

Community of Practice (CoP) Behavioral Health Strategies in Primary Care

Tuesday, July 22, 2025

2:00 p.m. to 3:00 p.m. ET

Session One

Welcome, Introductions,
and CoP Overview
Identifying and Addressing
Common Behavioral Health
Conditions of Health
Center Patients

Continuing Education (CE)

- We offer behavioral health (BH) continuing education units (CEUs) for participation in BH/substance use disorder (SUD) integration technical assistance (BH/SUD TA) events.
- You must attend the event and complete the online Health Center TA Satisfaction Assessment Form after the event (2–3 minutes).
- A link with instructions will be provided at the end of the session.
- CE certificates will be sent within 5 weeks of the event from the Health Center BH/SUD TA Team via Smartsheet <user@app.smartsheet.com>.



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.

Your CoP Facilitator

Laura Ross, MS, LMFT, CCTP, CTMH
Technical Expert Lead
JBS International, Inc. (JBS)



Welcome and Introductions

Please Share:

1. Your name
2. Your organization
3. The state you live in
4. Your role/title
5. What is one thing, personal or professional, you hope for in 2025?



Today's Agenda



Welcome, Introductions, and Overview of the CoP



Behavioral Health Conditions Seen in Health Centers



Addressing Behavioral Health in Primary Care



Interactive Discussion and Plan-Do-Study-Act (PDSA) Activity



Session Wrap-Up, Questions, and Optional Office Hours

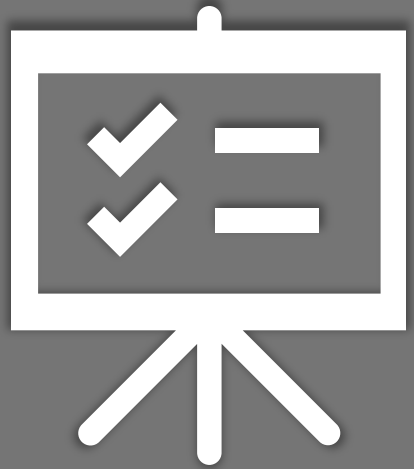
CoP Overview and Schedule

- This CoP occurs every other Tuesday from July 22 to October 28, 2025
- The CoP sessions run from 2:00 to 3:00 p.m. ET
- Optional office hours will take place from 3:00 to 3:30 p.m. ET, immediately after each CoP session.

SESSIONS:

1. **July 22** *Identifying and Addressing Common Behavioral Health Conditions of Health Center Patients*
2. **August 5** *An Approach to Team-Based Care*
3. **August 19** *Use of Structured or Semi-Structured Interventions*
4. **September 2** *Stages of Behavior Change & Increasing Patient Motivation for Improving Health Outcomes*
5. **September 16** *Core Evidence-Based Behavioral Health Intervention Strategies – Part 1*
6. **September 30** *Core Evidence-Based Behavioral Health Intervention Strategies – Part 2*
7. **October 14** *Assessing Patient Needs and Developing a Plan for Supporting New Skills in Practice*
8. **October 28** *Plan to Practice: Next Steps for Enhanced Care*

CoP Objectives



Participants of the CoP will be able to:

1. Identify a set of core strategies and skills commonly deployed by behavioral health providers in integrated care.
2. Describe an approach to team-based care.
3. Identify and practice specific skills including:
 - Use of structured or semi-structured interventions
 - Screening and risk stratification using validated tools
 - Deploying brief motivational interventions in support of treatment engagement and retention
 - Core evidence-based behavioral intervention strategies
 - Strategies for behavioral activation.
4. Develop a plan that supports transfer of learning and new skills into practice.

Session Objectives

Participants of today's session will be able to:

- Describe CoP expectation and participation norms.
- Get to know your colleagues.
- Identify and address common behavioral health conditions of health center patients.



CoP Norms and Expectations



Attend each session and office hours if needed.



Let the facilitators know if you cannot attend a session.



To the extent possible, please be on camera throughout the sessions.



ACTIVELY ENGAGE in sessions and with other participants!



Share your experiences, including progress and challenges.



Be real, open, and curious...this is a place to learn from one another!



Remember, this is your CoP...you will get out of it what you put into it!

Introduction to the CoP Discussion

- What do you hope to gain by participating in the CoP?
- What are the most common medical health conditions of patients at your health center?



Commonly Treated Medical Conditions in Health Centers

- Diabetes
- Cardiovascular Disease
- Chronic Pain
- Weight: Under/Overweight
- Childhood Health Concerns
- Others (e.g., dental concerns, nutritional concerns)



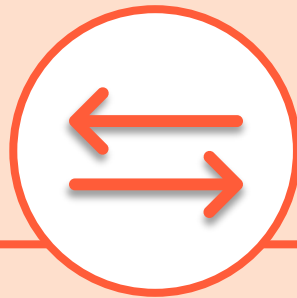
Commonly Occurring Health Behaviors in Health Centers



**Substance
Use**



Depression



**Co-occurring
Conditions**



Anxiety



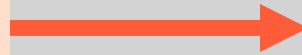
**Medication
Non-adherence**

Many Risky Health Behaviors Were Once a Solution

We try to solve these...

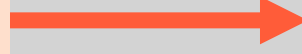
With these...

Worry/boredom



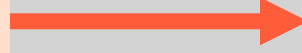
Smoking/vaping

Stress/loneliness



Overeating

Depression, hopelessness



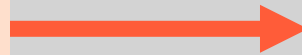
Substance use

Anxiety, anger



Self-harm

Lack of autonomy



Risk-taking

Addressing Behavioral Health in Primary Care

Perform Screenings

- Universal Screening
- Secondary Screening

Stratify Risk

- Low/No Risk
- Moderate Risk
- High Risk

Apply Intervention

- Psychoeducation/
Motivational Interventions
- Brief Intervention/Brief Treatment
- Medical & Specialty Services
- Appropriate Level of Care

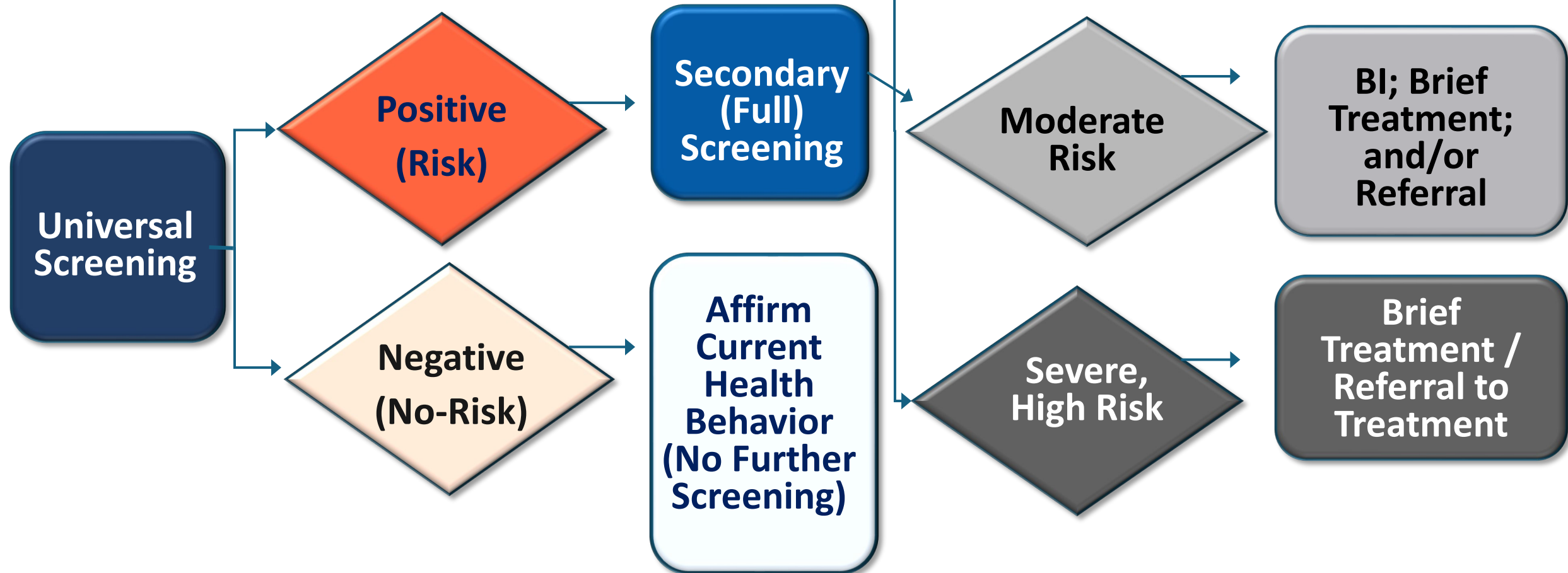
Monitor Results

- Authorization for Clinical
Collaboration/Releases of Information
- Progress Reports
- Treatment Progress

Continue Follow-up

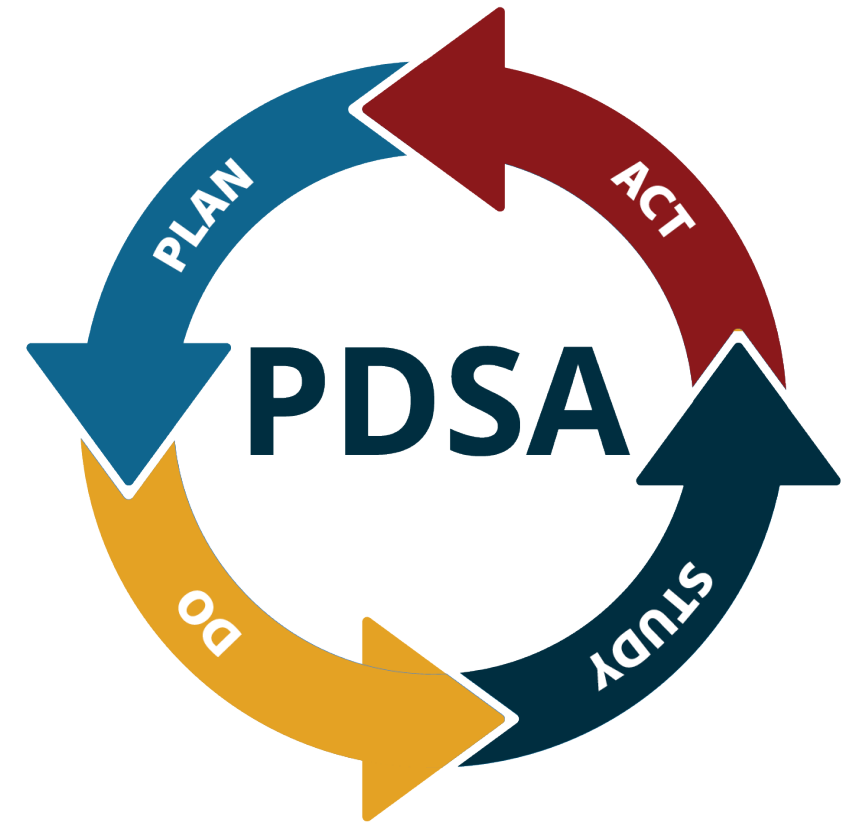
- Community Supports
- Medical & Specialty Referrals
- Wellness Programs
- Higher Levels of Care

A Screening and Response Pathway




Introducing CoP PDSA Cycle for Change & Implementation

- Each CoP session will contain discussion and activities to support your health center's efforts to implement changes related to CoP objectives.
- We will provide a PDSA template you can use for planning and implementation at your organization.
- Share a 5-minute summary of your PDSA activities and/or plans for applying CoP learnings at the final CoP session.



Introducing the CoP's PDSA Cycle Template




Behavioral Health Strategies in Primary Care


Medical and Behavioral Health Conditions

- Which conditions does your health center do well in addressing?
- Which could be improved?

Behavioral Health Interventions: Thoughts and Reflections

- What thoughts/reflections do you have about the interventions presented here?
 - Perform Screenings:
 - Stratify Risk:
 - Apply Intervention:
 - Monitor Results:
 - Continue Follow-up:


1




Behavioral Health Strategies in Primary Care

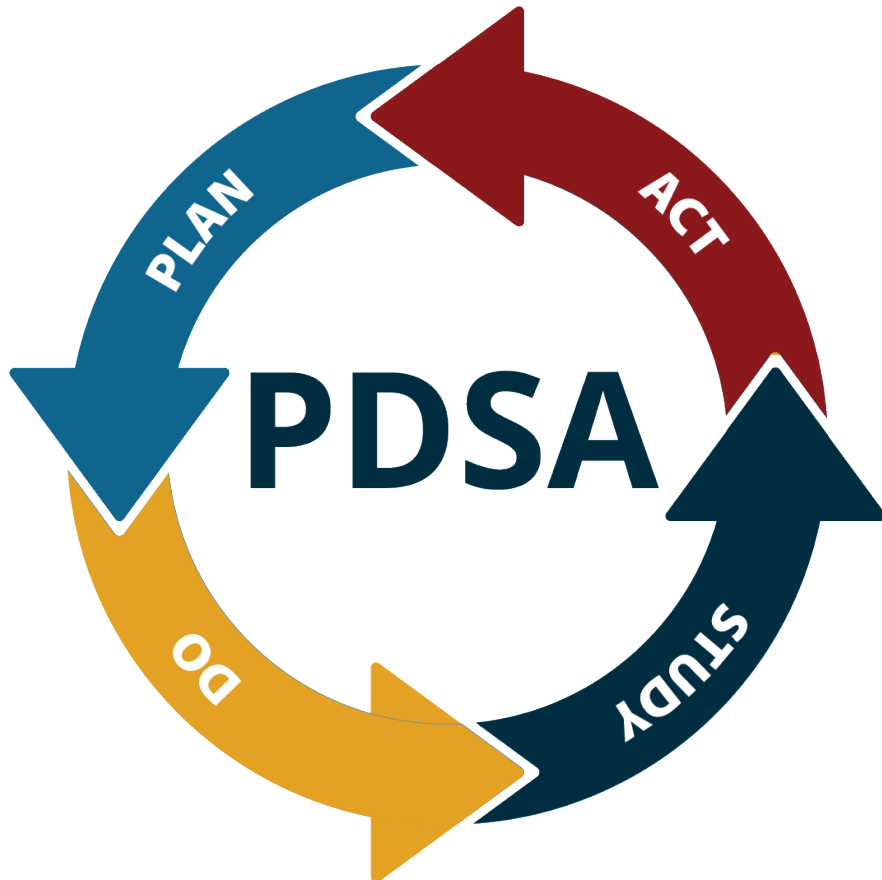
Action Steps
Two things I will do in the next two weeks to further behavioral health strategies in primary care at my organization

- 1.
- 2.

Resources:


3

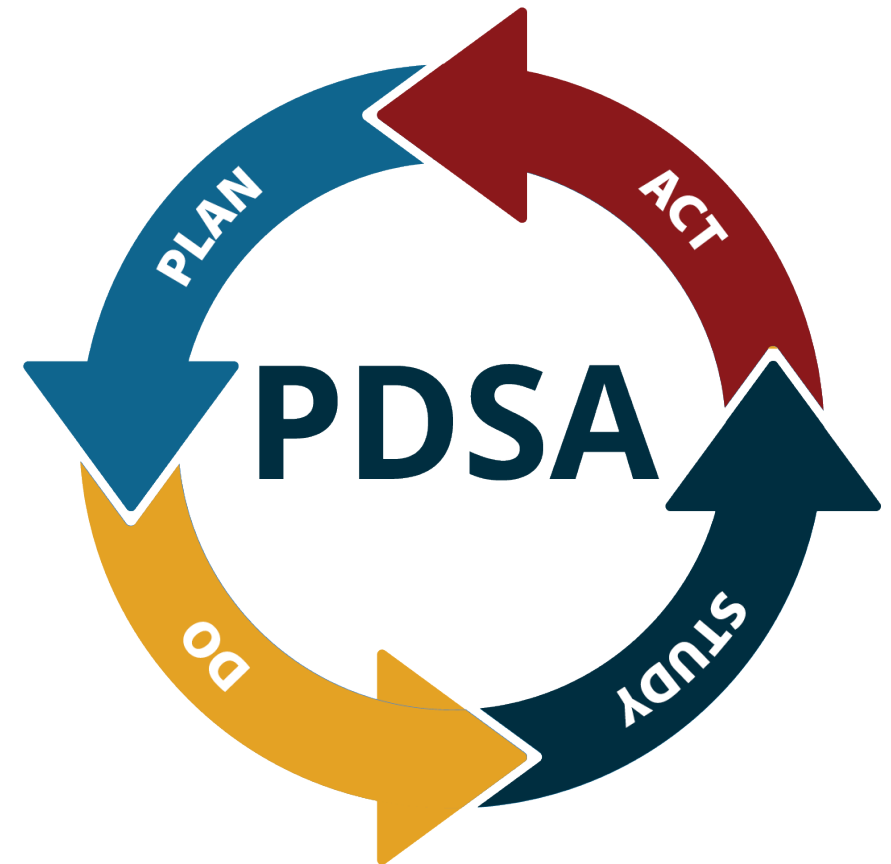
Reflection and Assessment (1)



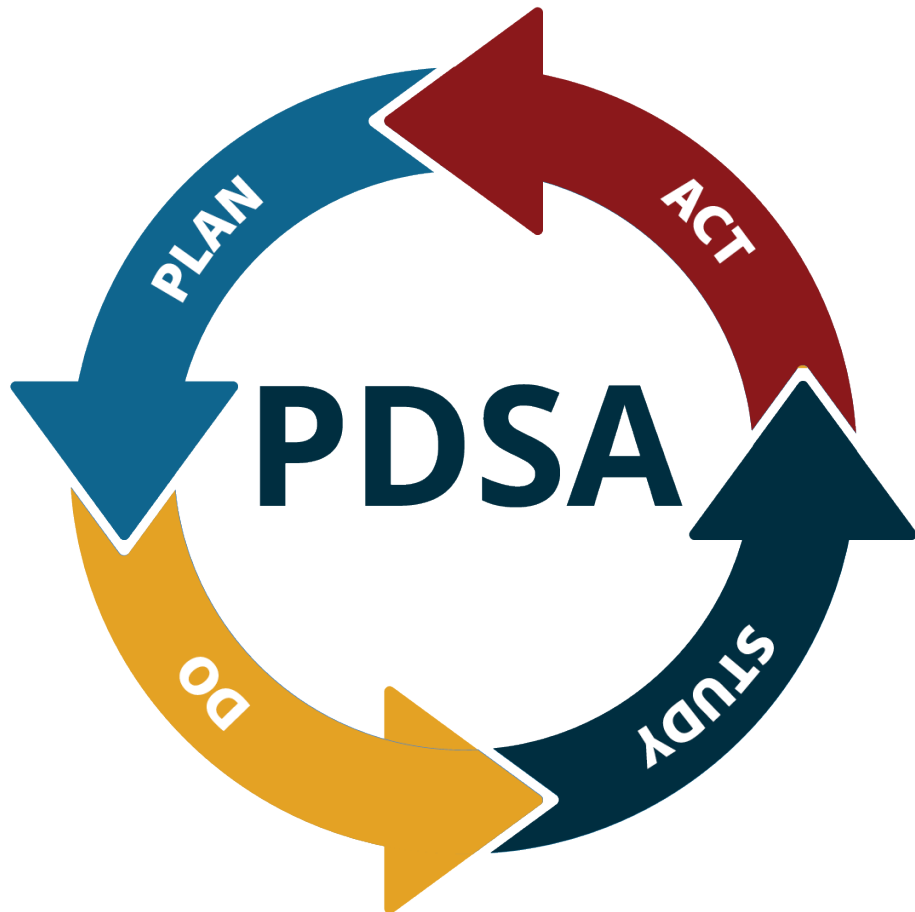
- Thinking back on the medical and behavioral health conditions identified today, which conditions does your organization do well in addressing?
- Which could be improved?

Reflection and Assessment (2)

- What thoughts/reflections do you have about the interventions presented here?
- Have you seen these interventions used effectively in your organization or at other organizations?
- Are you skeptical about behavioral health interventions in primary care settings?



Reflection and Assessment (3)



- Are there behavioral health champions within your health center? Within the medical department?
- Who might support efforts to integrate and/or enhance behavioral health interventions in primary care?
- How would you describe the level of leadership buy-in and support for integrated care?

Q&A



Resources/References

National Institute on Drug Abuse (NIDA). (2022, November 23). *The Science of Drug Use: A Resource for the Justice Sector*. <https://nida.nih.gov/research-topics/criminal-justice/science-drug-use-resource-justice-sector>

NIDA. (2020, July 6). *Addiction and Health*. <https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/addiction-health>

The Academy: Integrating Behavioral Health & Primary Care. (n.d.) *Playbooks*. Agency for Healthcare Research and Quality. <https://integrationacademy.ahrq.gov/products/playbooks>

Substance Abuse and Mental Health Services Administration. (2024, November 7). *Screening, Brief Intervention, and Referral to Treatment (SBIRT)*. <https://www.samhsa.gov/substance-use/treatment/sbirt>

Accessing Training and TA Opportunities



EMAIL US

bphc-ta@bizzellus.com



VISIT THE TA PORTAL

bphc-ta.bizzellus.com



SUBSCRIBE TO THE HUB IN FOCUS

bphc-ta.bizzellus.com/subscribe

Scan the QR code to subscribe and watch for updates in the Hub in Focus regarding additional TA opportunities



Continuing Education (CE) Opportunity

- We offer BH CEUs for participation in BH/SUD TA events.
- You must attend the event and complete the online Health Center TA Satisfaction Assessment form after the event (2–3 minutes).
- CE certificates will be sent within 5 weeks of the event from the Health Center BH/SUD TA Team via Smartsheet
<user@app.smartsheet.com>



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.

Health Center Satisfaction Assessment

We'd love your feedback on
today's session!

Please take 2 minutes to
complete the Health Center TA
Satisfaction Assessment.

Thank you for your time!



<https://www.surveymonkey.com/r/CoP3Session1>

Thank you!

We'll see you on August 5
from 2:00 to 3:00 p.m. ET



Optional Office Hours
Tuesday, July 22, 2025,
3:00 to 3:30 p.m. ET