

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

Tuesday, September 16, 2025

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

Office Hours 3:00 to 3:30 p.m. ET

Session Five

Core Evidence-Based Behavioral Intervention Strategies **Part 1**

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.



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Your CoP Facilitator

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



CoP Overview and Schedule

SESSIONS:

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

- This CoP occurs every other **Tuesday from July 22 to October 28.**
- 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.

Agenda



Session Four Reflection

- Stages of Behavior Change and Increasing Patient Motivation for Improving Health Outcomes
- Opportunities for Plan-Do-Study-Act (PDSA) cycles



Motivational Interviewing (MI) / Motivational Enhancement



Mindfulness Skills



Peer-to-Peer Discussion

Session Objectives

Participants of today's session will be able to:

- Understand the role of motivation and mindfulness in making health behavior changes
- Identify strategies for motivational enhancement
- Name mindfulness practices that patients may use to help achieve health behavior changes



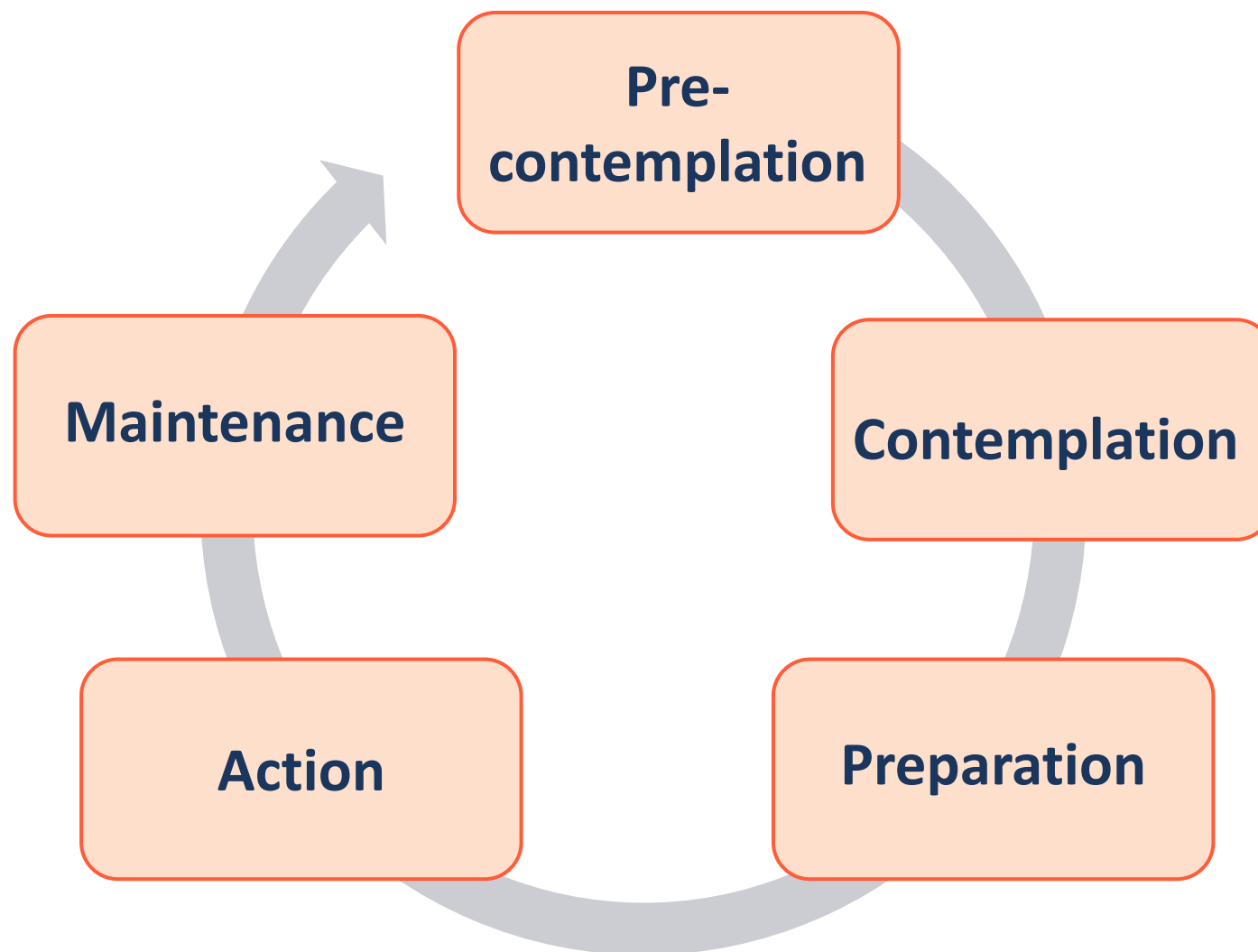
Behavior Change Discussion



- What are some behavior changes patients at your health center may want to make to be healthier?
- What are some health behavior changes you have made in the past?
 - What did you do that helped make that change?
- What makes changing health behaviors easier?

In Which Stage of Change Does Motivation Exist?

A Model of Behavior Change



Exploring Intrinsic Motivation

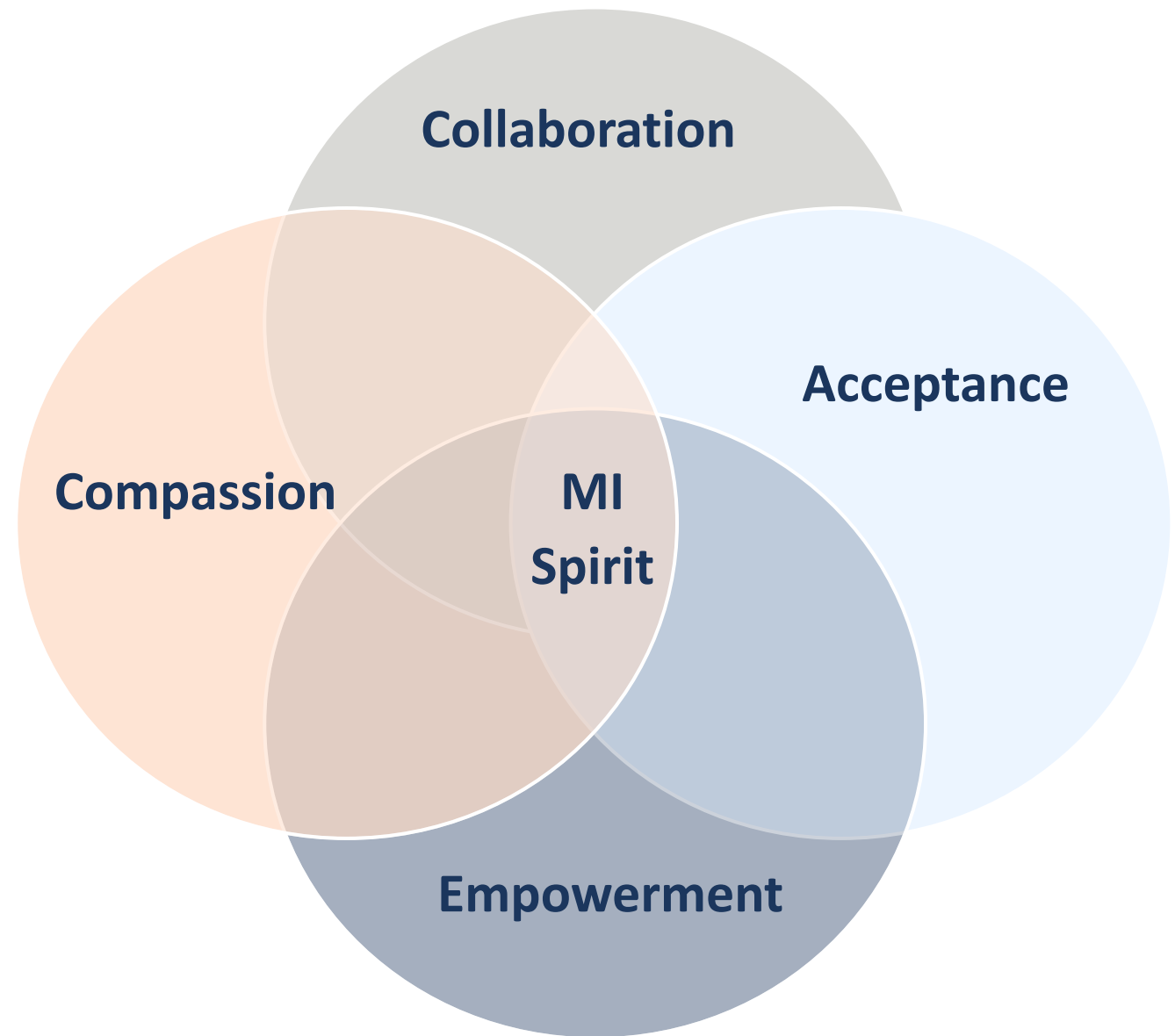


Expect and respect that patients bring their wisdom and understanding to planning and services.



Explore what or who is important to the patient and how change will support those relationships.

Enhancing Motivation for Behavior Change: Motivational Interviewing (MI) & MI Spirit



MI Processes Enhance Patient Motivation



Engage

Have discussions about health behaviors with patients.



Focus

Identify what's important to the patient regarding their behavior and health.



Empower

Elicit ideas by using the patient's personal motivation for change.



Negotiate a Plan

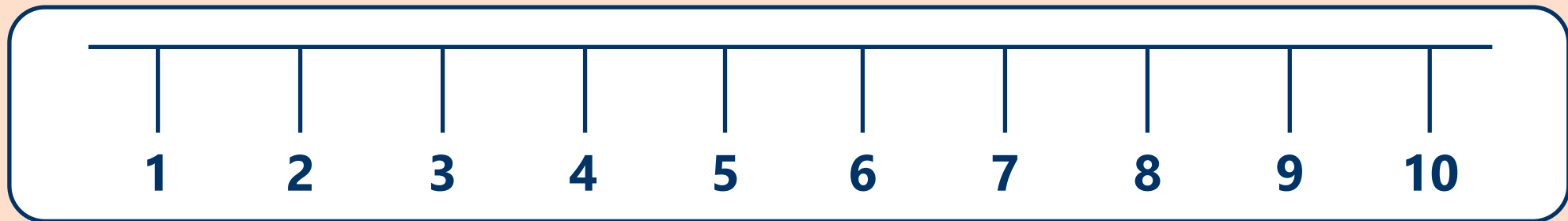
Help patients identify next steps based on motivation and readiness to change.

Readiness for Change

- Could we talk for a few minutes about your interest in making a change?
- On a scale from 1 to 10, with 1 being not ready at all and 10 being completely ready (also important, confident), how ready are you to make any changes to improve how you are feeling?

Not at All

Very



A horizontal scale with 10 tick marks, numbered 1 through 10. The scale is contained within a rounded rectangular border. The numbers are centered under each tick mark.

1	2	3	4	5	6	7	8	9	10

Enhance Motivation with Summaries

Summarizing

- Reinforces the patient's reasons for making a behavior change
- Brings strength-based facts from a patient's health history into the summary and highlights successes



Spirit of MI Activity

Spirit of MI Activity: Most Helpful Person

1. Think about a challenging time in your life.
2. Think about a person who was most helpful to you during that time.
3. Describe this person and what it was about them that was helpful.

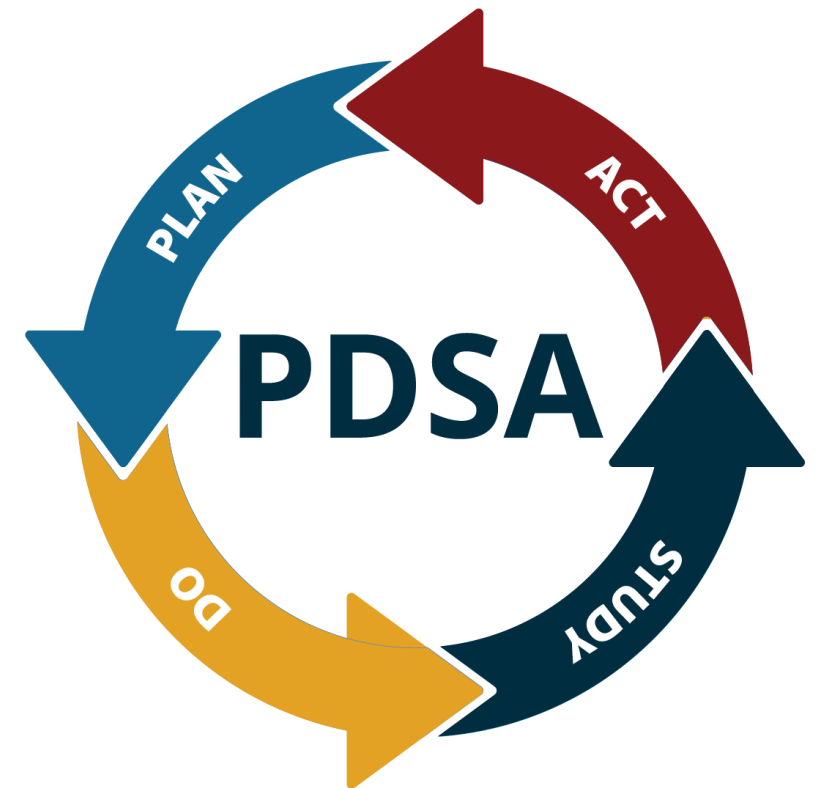
Specifically, note the following:

- Attitude
- Traits/Qualities
- Behaviors



Reflection and Assessment

- What approaches or interventions do providers and staff at your health center currently use to enhance patient motivation toward health behavior change?
- What strategies described in this presentation could providers and staff implement to support enhancing patient motivation to change?
- What one or two strategies might you consider adding to your current practice to enhance patient motivation to change?



Mindfulness

What Is Mindfulness?



- Mindfulness is a concept wherein a person focuses on observing what is happening in the present moment. It is a way of noticing that removes expectation, judgement, and preconceived notions. Mindfulness allows persons to live fully in the present moment.
- The concept of mindfulness is simple; yet becoming a mindful person takes commitment and practice.

Why Is Mindfulness Important?

- Mindfulness helps us to become aware of what is going on inside our bodies and minds, as well as what is going on around us.
- When we are aware, we can make connections between events that happen around us, and what happens inside us. If we can become aware of how events impact us, we can begin to consider other ways to respond to events around us.



Mindfulness Skills Enhance Patient Capacity for Change

Six (6) core skills for mindfulness practice:

1. Observe – simply notice
2. Describe – words to explain observations
3. Participate – fully focus
4. Non-judgmental stance – neutral description
5. One-mind – one thing at a time
6. Effectiveness – do what works



Enhance patient capabilities for:

- *Mindfulness*
- *Distress Tolerance*
- *Interpersonal Effectiveness*
- *Emotion Regulation*

Strategies to Achieve Health Behavior Change

Health Strategies:

- Prioritize a good night's sleep
- Eat a healthy diet; minimize caffeine and sugar intake
- Exercise regularly
- Stay hydrated
- Set realistic goals; learn to say “no”
- Be grateful
- Focus on the positive
- Connect and stay connected with loved ones, pets, friends



Mindfulness: Mindful Activities



- Body scan
- Muscle relaxation
- Deep breathing
- Yoga
- Meditation
- Guided imagery
- Walking

A Mindfulness Meditation Technique for Daily Practice

A skill of emptying the mind of thoughts or focusing on one thought.



**Relax Your
Breathing**



**Relax Your
Muscles**



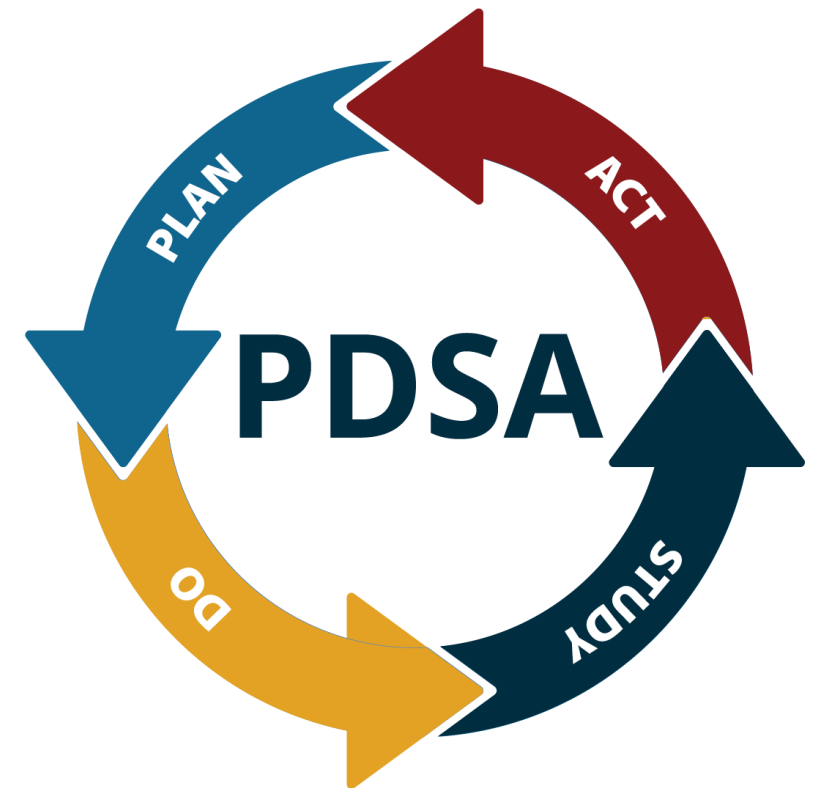
**Relax Your
Mind**



**Notice Your
Thoughts**

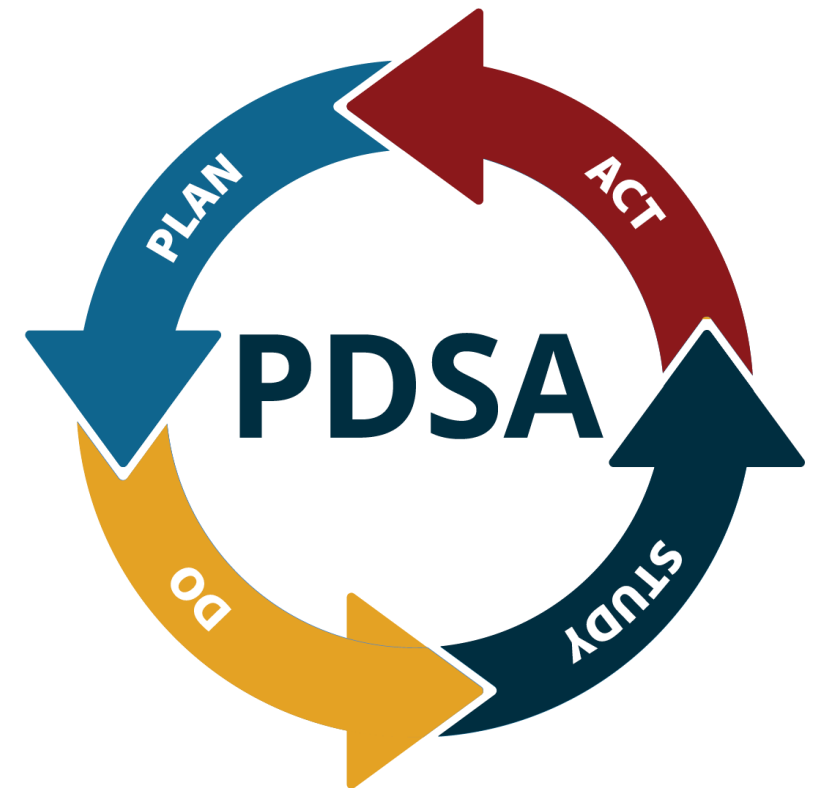
Mindfulness: Reflection and Assessment (1)

- How do personal awareness skills influence health behaviors?
- Which patients in your health center might benefit most from mindfulness, distress tolerance and other mindfulness skills to support health behavior change?



Mindfulness: Reflection and Assessment (2)

- What tools or educational resources can be incorporated into your care planning and service delivery to support patient health behavior change?



Q&A



Resources and References (1)

Slide 9: A Model of Behavior Change

Centers for Disease Control (CDC). (December 12, 2024). *Appendix I: Understanding What Drives Behavior Change*. CDC.gov. <https://www.cdc.gov/suicide/playbook/behavior-change.html>

Slide 18: What Is Mindfulness?

National Institutes of Health (NIH). (June 2021). *Mindfulness for Your Health: The Benefits of Living Moment by Moment*. <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>

Slide 21: Strategies to Achieve Health Behavior Change

National Institute of Mental Health (NIH). (2024). *Caring for Your Mental Health*. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Resources and References (2)

Slide 22: Mindful Activities

National Institute of Mental Health (NIH). (2024). Caring for Your Mental Health.
<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Slide 23: A Mindfulness Meditation Technique for Daily Practice

National Institute of Mental Health (NIH). (2024). Caring for Your Mental Health.
<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Accessing Training and TA Opportunities



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bphc-ta@bizzellus.com



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



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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/CoP3Session5>

Thank you!

See you

September 30, 2025

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



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September 16, 2025
3:00 p.m. to 3:30 p.m. ET