| Incorporating Behavior Change Strategies |
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| * What one or two action steps might your health center take to promote patient behavior changes?

 ​* What one or two action steps might you take to promote healthy behavior change with patients?
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| Supporting Behavior Change in Practice |
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| * How might health behavior changes be incorporated into care planning? ​
* When and how might you introduce problem solving and/or behavioral activation with patients?
* How might members of the care team support patients to identify personal resources for behavior change?
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| Advancing Behavior Change Strategies in Practice |
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| * What tools or resources at your health center or in your community can support patients to change their behavior? ​
* Which clinical or clinical support staff can provide support to patients at various points on their path to behavior change?
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| Notes |
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|  Resources  |
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| * National Institute on Drug Abuse. (2012). Principles of drug addiction treatment: *A research-based guide, 3rd edition*. National Institutes of Health. <https://nida.nih.gov/sites/default/files/podat_1.pdf>
* United States Department of Veteran’s Affairs. (March 2025). *Evidence-based therapy*. Mental Health. <https://www.mentalhealth.va.gov/get-help/treatment/ebt.asp>
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