



Community of Practice (CoP) Interventions for Integrated Behavioral Management of Chronic Conditions

Behavioral Health/Substance Use Disorder Integration Technical Assistance

Tuesday, December 2, 2025

Health Resources and Services Administration (HRSA), Bureau of Primary Health Care (BPHC)

Vision: Healthy Communities, Healthy People



Disclosure

This webinar was produced for the Health Resources and Services Administration (HRSA), Bureau of Primary Health Care under contract number 47QRAA18D00FZ/75R60224F80097.



Your Facilitator



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Session Objectives

Participants in this CoP session will:

1. Review the three levels of behavior/habit change.
2. Discuss evidence-based practices for diabetes, metabolic syndrome, hypertension, and heart disease.
3. Discuss evidence-based practices and strategies associated with the three ingredients for behavior/habit change.
4. Use a Plan-Do-Study-Act (PDSA) continuous process model to apply learnings to their health centers.



Session Four

Evidence-Based Practices to Support Behavior Change



Today's Agenda



Check-In and Between-Session Invitation Debrief



Evidence-Based Practices for Chronic Conditions



Evidence-Based Practices for Behavior/Habit Change



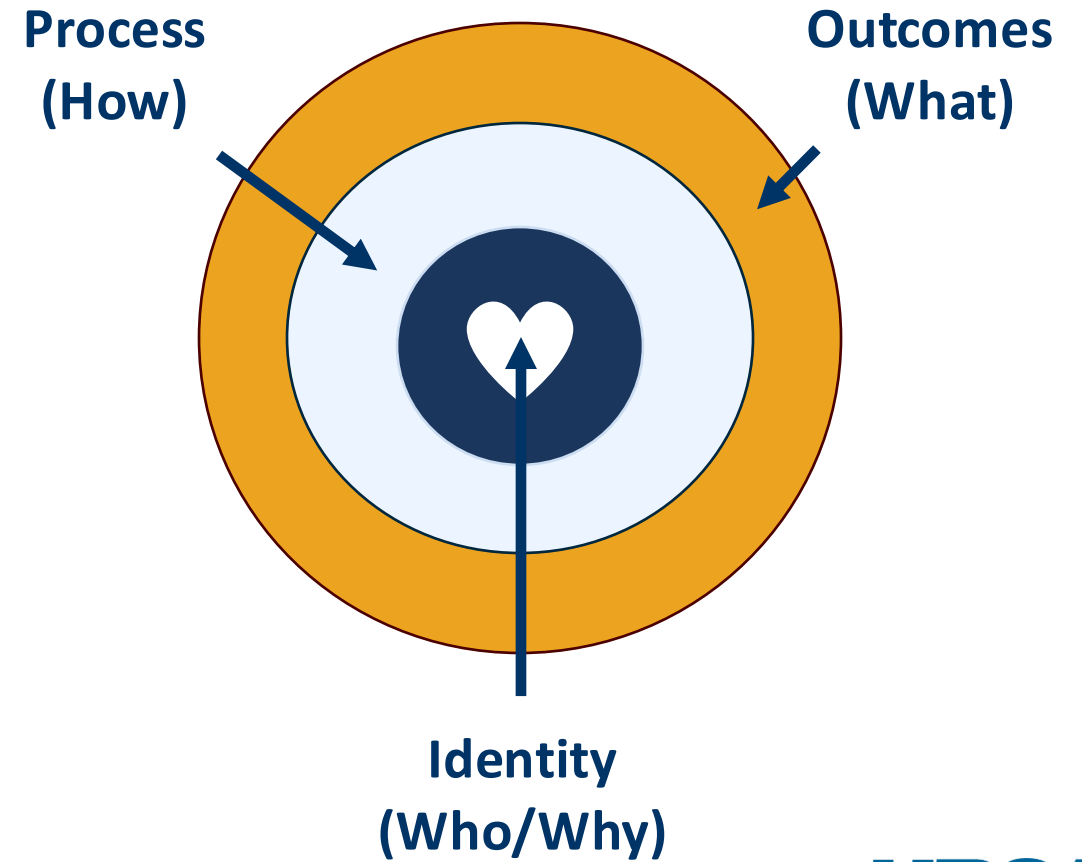
Interactive Discussion and PDSA Activity



Session Wrap-Up, Questions, and Between-Session Activity

Effective Health Behavior (Habit) Change Happens at Three Levels

Today's session focuses on the Process (How) level.



Discussion: Evidence-Based Practices (EBPs) for Chronic Conditions



- What evidence-based practices do you use for patients with diabetes or metabolic syndrome?
- What evidence-based practices do you use for patients with hypertension or heart disease?

Common EBPs for Diabetes & Metabolic Syndrome

Self-Medication/ Education

- Diabetes education
- Blood sugar

Lifestyle Modification

- Healthy eating
- Regular exercise
- Weight loss

Medications

- Oral medications
- Injectable medications
- Insulin pumps

Common EBPs for Hypertension & Heart Disease

Self-Management/ Education

- Lifestyle education
- Blood pressure monitoring

Lifestyle Modification

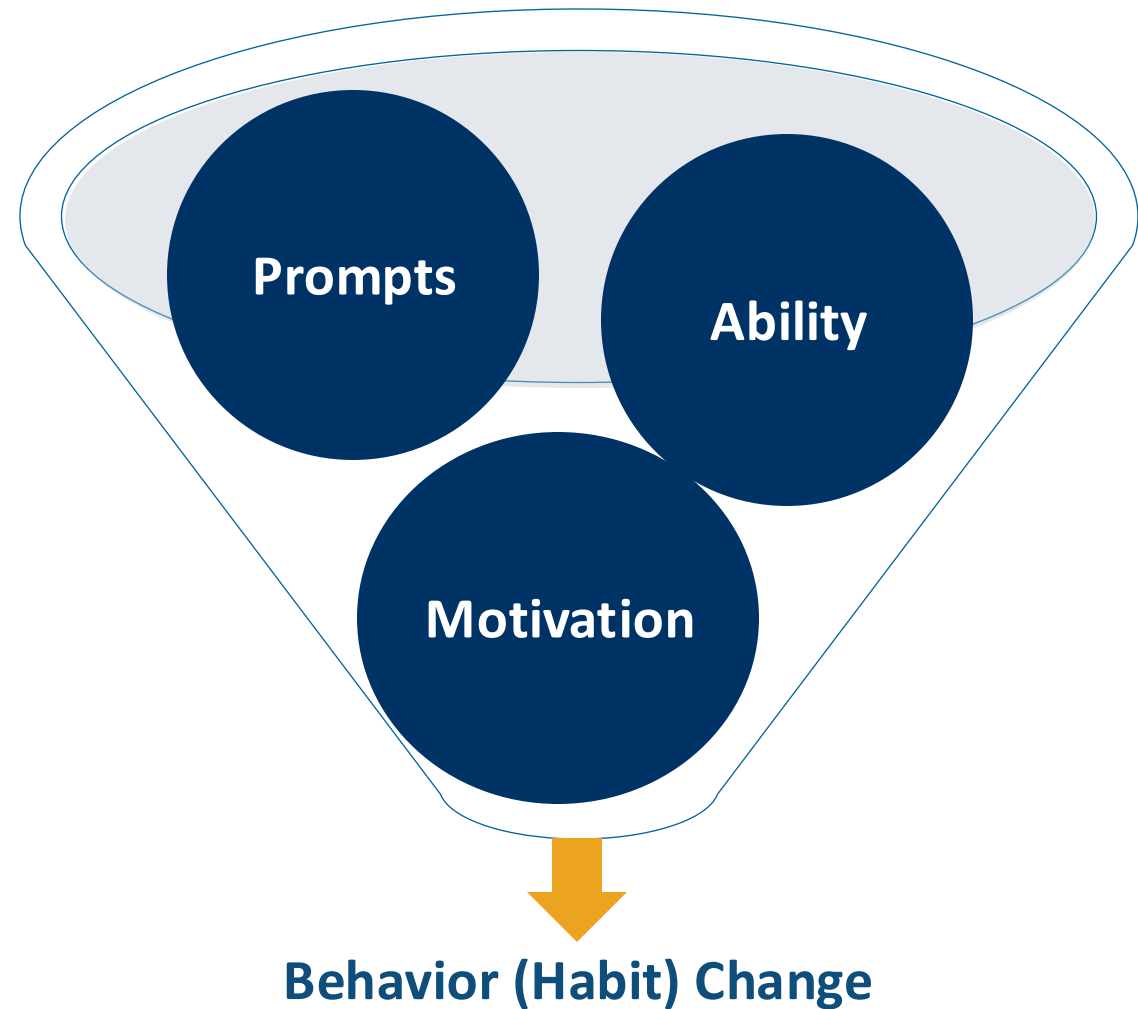
- Healthy eating (e.g., DASH diet)
- Regular exercise
- Weight loss
- Reduced tobacco & alcohol use

Medications

- First-line medications
- Combination pharmacologic interventions

The Importance of Understanding Behavior (Habit) Change (1)

- Most EBPs for chronic conditions target a certain lifestyle or behavior change...
- But don't address each of the three ingredients needed to make a lasting change.



EBPs that Address Ingredients for Behavior (Habit) Change (1)

Prompts: Focused Acceptance & Commitment Therapy (FACT)

- Core principles: increase awareness of thoughts and feelings; allow them without controlling or acting on them; identify and connect with core values
- Key activities: cultivate mindfulness and other practices that raise awareness

Ability: Behavioral Activation (BA)

- Core principles: engage in meaningful enjoyable activities; set small, realistic goals; anticipate and develop strategies to overcome obstacles
- Key activities: activity planning and scheduling; activity tracking; problem-solving skills training

Motivation: Motivational Interviewing (MI)

- Core principles: brief, guided conversations to elicit change talk to increase readiness and motivation to change
- Key activities: MI spirit; MI core skills; readiness rulers & other advanced skills

EBPs that Address Ingredients for Behavior (Habit) Change (2)

Prompts:

- **EBP: Focused Acceptance & Commitment Therapy**
- Core principles: increase awareness of thoughts and feelings; allow them without controlling or acting on them; identify and connect with core values
- Key activities: cultivate mindfulness and other practices that raise awareness

Ability:

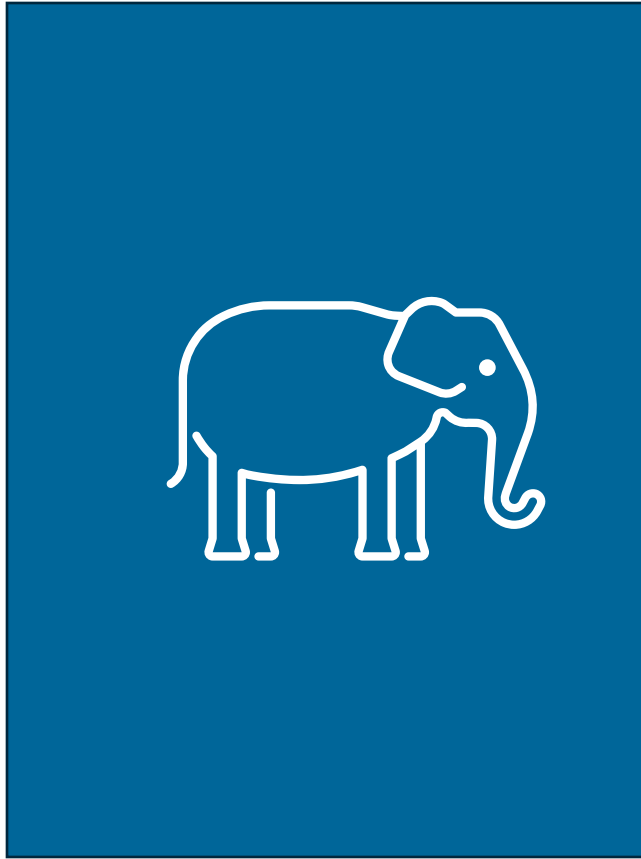
- **EBP: Behavioral Activation**
- Core principles: engage in meaningful enjoyable activities; set small, realistic goals; anticipate and develop strategies to overcome obstacles
- Key activities: activity planning and scheduling; activity tracking; problem-solving skills training

Motivation:

- **EBP: Motivational Interviewing**
- Core principles: brief, guided conversations to elicit change talk to increase readiness and motivation to change
- Key activities: MI Spirit; MI core skills; Readiness rulers & other advanced skills



Working with Prompts



- **EBP:** Use aspects of Focused Acceptance and Commitment Therapy
- **Strategy:** Alter your environment to create visible prompts to do the habits you want; remove specific, visible prompts for habits you want get rid of
- **Strategy Tag Lines:** Make it Obvious; Create Your Elephant
- **Examples:**
 - Set medications out by toothbrush, coffee station, key holder
 - Set scale in front of refrigerator
 - Not buying salty, sugary snacks
 - Setting gym clothes out or keeping weights/bands near TV

Discussion: Strategies to Address Prompts



- How have you worked with prompts when working with your own health habits?
- How have you worked with prompts when working with patients?
- What is one way you could address prompts with a current patient?

Building Ability



- **EBP:** Use aspects of behavioral activation
- **Strategies:**
 - Break big changes down into small, doable tasks using SMART goals (Specific, Measurable, Achievable, Realistic, Time-bound)
 - Focus on repetition
- **Strategy Tag Line:** Make it Easy; KISS – Keep it Simple Silly
- **Examples:**
 - Practice the “make it to the trailhead” mindset
 - Exercise for 2 minutes
 - Eat one vegetable with every meal
 - Develop the “Oreos obstruction” practice

Discussion: Strategies to Build Ability



- How have you built ability when working with your own health habits?
- How have you built ability when working with patients?
- What is one way you could help to build ability with a current patient?

Addressing Motivation

- **EBP: MI**
- **Strategies:**
 - Reframe hard habits: “I get to” vs. “I have to”
 - Create a motivation ritual: do something enjoyable just before the new behavior
 - Use reinforcement: immediately reward behavior you want to become a habit
 - Competition & accountability: create friendly competition and accountability partners
 - Measure progress: visually track, share, and celebrate progress
- **Strategy Tag Lines:** Make it fun; The journey is the reward
- **Examples:**
 - Watch favorite show just before or during working out OR only watching a show after a workout is complete
 - Using fitness trackers, meal trackers, etc.
 - Healthy meal challenge

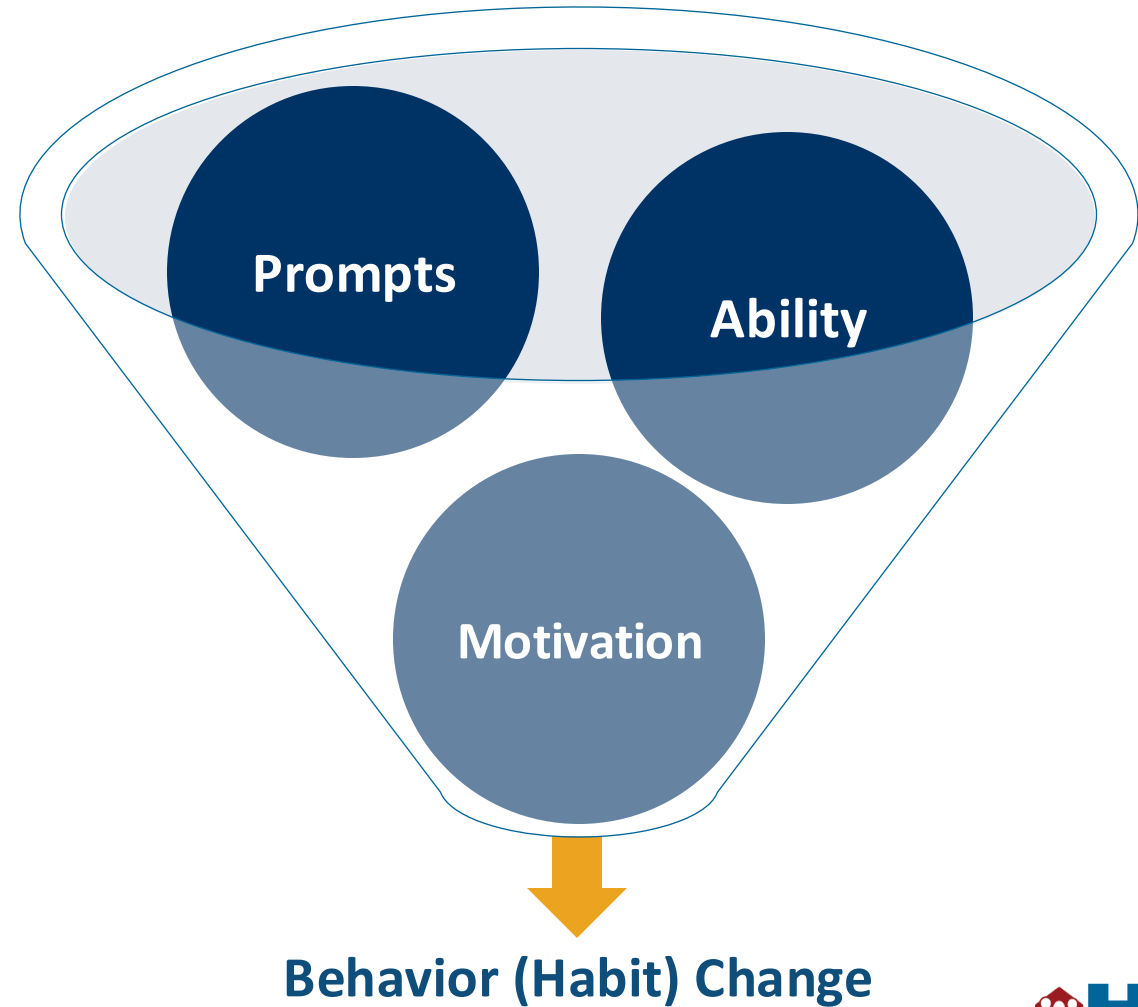
Discussion: Strategies to Address Motivation



- How have you addressed motivation with your own health habits?
- How have you supported motivation with patients?
- What is one way you're addressing motivation with a current patient?

The Importance of Understanding Behavior (Habit) Change (2)

- When you leverage strategies that address each of the three ingredients for behavior (habit) change within the EBPs to address chronic conditions...
- You create a recipe for effective change that improves health outcomes



Q&A



CoP Session 4 Wrap-Up



- What are your main takeaways from today's session?
- You must complete the TA Satisfaction Assessment to receive CEs for participating in today's session.
- The next session will address behavior/habit change strategies for patients with diabetes.

Next session details:

December 16, 2025, 2:00 p.m. to 3:00 p.m.

Resources/References (1)

- US Department of Veteran Affairs. (2025, June 24). *Evidence-Based Therapy: Therapy at VA*. <https://www.mentalhealth.va.gov/get-help/treatment/ebt.asp>
- Substance Abuse and Mental Health Services Administration (SAMHSA). (2021, September). *Using Motivational Interviewing in Substance Use Disorder Treatment*. <https://library.samhsa.gov/sites/default/files/PEP20-02-02-014.pdf>
- SAMHSA. (2019). *Enhancing Motivation for Change in Substance Use Disorder Treatment*. <https://library.samhsa.gov/sites/default/files/tip-35-pep19-02-01-003.pdf>
- National Institute on Alcohol Abuse and Alcoholism. (2025, May 9). *Conduct a Brief Intervention: Build Motivation and a Plan for Change*. <https://www.niaaa.nih.gov/health-professionals-communities/core-resource-on-alcohol/conduct-brief-intervention-build-motivation-and-plan-change>



Resources/References (2)

- National Center for Disease Control and Prevention. (n.d.). *Strategies for Prompts to Encourage Physical Activity*. <https://www.cdc.gov/physical-activity/php/strategies/encouraging-physical-activity.html>
- National Center for Disease Control and Prevention. (n.d.). *Strategies for Individual Supports*. <https://www.cdc.gov/physical-activity/php/strategies/individual-supports.html#:~:text=Key%20points,with%20goal%2Dsetting%20and%20coaching>

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.

**You must complete the assessment to claim
continuing education credit.**

Thank you for your time!



[https://www.surveymonkey.com/r/
CoP5Session4](https://www.surveymonkey.com/r/CoP5Session4)

Thank You!



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