



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

## Mental Health/Substance Use Disorder Integration Technical Assistance

*December 16, 2025*

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

Vision: Healthy Communities, Healthy People



# Disclosure

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



## Session Five

# Strategies for Effective Behavioral Interventions for Patients with Diabetes



# Your CoP Facilitator



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# Session Objectives

Participants in this CoP session will:

1. Receive an overview of diabetes, including:
  - a) common types,
  - b) signs and symptoms,
  - c) lab tests and values,
  - d) long-term complications, and
  - e) evidence-based treatments and interventions

2. Discuss health behavior change strategies for diabetes in assessment & treatment planning.
3. Discuss health behavior change strategies in treatment & intervention delivery.
4. Use discussion and a Plan–Do–Study–Act (PDSA) continuous process model to apply learnings to their health centers.



# Today's Agenda



Check-In and Questions from the Previous Session



Diabetes Overview for Mental Health and Substance Use Clinicians and Clinical Support Staff



Discuss Health Behavior Change Strategies



Reflection and Assessment: Interactive Discussion and PDSA Activity



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



# Overview of Diabetes for Mental Health and Substance Use Clinicians

What mental health and substance use professionals and clinical support staff need to know



# Diabetes Polling Question

How familiar are you with the following aspects of diabetes? (rank each on a scale from 1 to 5, where 1 is not familiar and 5 is completely familiar and knowledgeable):

- Types of diabetes
- Diabetes lab tests and values
- Common signs and symptoms
- Long term consequences of diabetes
- Medication & medication adherence
- Blood glucose monitoring
- Lifestyle management: diet and exercise
- Self-management education



# Common Types of Diabetes

## Type 1 Diabetes:

- A chronic, autoimmune disorder where the body's immune system attacks cells that make insulin, a hormone that lowers and regulates the amount of sugar in our blood, resulting in high blood sugar levels.
- The body doesn't produce enough insulin to regulate blood sugar.

## Type 2 Diabetes:

- A chronic condition where not enough insulin is produced to lower blood sugar levels or cells do not respond to insulin produced to regulate the amount of sugar in our blood, resulting in high blood sugar levels.
- The body makes insulin, but our body's cells have developed a resistance to it.

## Gestational Diabetes:

- A temporary condition that develops during pregnancy.
- Conditions in pregnancy may compound slightly elevated insulin resistance pre-pregnancy, leading to a diabetes diagnosis.
- About half of women with gestational diabetes go on to develop type 2 diabetes.



# Diabetes Lab Tests and Values You Need to Know

## Blood Glucose (amount of glucose in your bloodstream)

- Low: below 70
- Healthy: 70 – 99
- Prediabetes: 100 – 125
- Diabetes: 126 +

## Hemoglobin A1c (% of glucose on your red blood cells)

- Ideal: below 5.7%
- Prediabetes: 5.7% – 6.4%
- Diabetes: over 6.5%
- Poor Control: over 9%

Key UDS Measure: “Diabetes: Glycemic Status Assessment Greater than 9% (Poor Control)”



# Common Signs and Symptoms of Diabetes



- Increased thirst
- Frequent urination
- Increased hunger
- Fatigue
- Blurred vision
- Slowly-healing wounds, sores, or cuts
- Frequent infections
- Numbness and tingling in hands and feet
- Patches of darker skin



# Type-Specific Signs and Symptoms of Diabetes

## Type 1:

- Sudden onset of common symptoms
- Nausea, vomiting, stomach pain
- Unexplained weight loss
- Fruity-smelling breath

## Type 2:

- Slow wound healing
- Yeast infections
- Numbness and tingling
- Blurred vision

## Gestational:

- Weight loss
- Nausea and vomiting
- Yeast infections



# Causes of/Risk Factors for Diabetes

## Type 2 Diabetes

- Overweight/obesity
- Low-nutrition diet
- Sedentary lifestyle
- Smoking/tobacco use
- High blood pressure
- High cholesterol
- Family history

## Gestational Diabetes (GDM)

- Overweight/obesity
- Gaining too much weight during pregnancy
- Advanced maternal age
- Family history of GDM
- Polycystic Ovarian Syndrome (PCOS)



# Risk Factors for Diabetes

- Overweight/obesity
- Low nutrition diet
- Sedentary lifestyle
- Smoking/tobacco use
- Family history
- Autoimmune disorders
- Heart disease & high blood pressure



How might these risk factors affect patients' mental health and substance use disorders?



# Long-Term Complications of Diabetes Discussion

- Cardiovascular disease
  - Poor circulation, can lead to amputation
  - Heart disease
  - Stroke
- Nerve damage
  - Chronic pain
  - Poor sensation that increases risk of injury
  - Difficulties with mobility
- Vision problems, including blindness
- Kidney dysfunction, including kidney failure
- Risk of hearing loss, gum disease, and skin disorders
- Gestational diabetes: Risk of miscarriage, pregnancy complications, health issues for the baby



What mental health and/or substance use impacts may result from the physical complications of diabetes?



# Common Treatments and Interventions for Diabetes

## Medications

Insulin, metformin/GLP-1s/SGLT2 inhibitors (type 2 diabetes)

## Blood glucose monitoring

Blood glucose meter (finger prick), continuous glucose monitor (sensor under the skin), wearables

## Health behavior changes and lifestyle management

Nutrition therapy, physical activity interventions, motivational interviewing, behavioral activation, solution-focused brief therapy, stress management

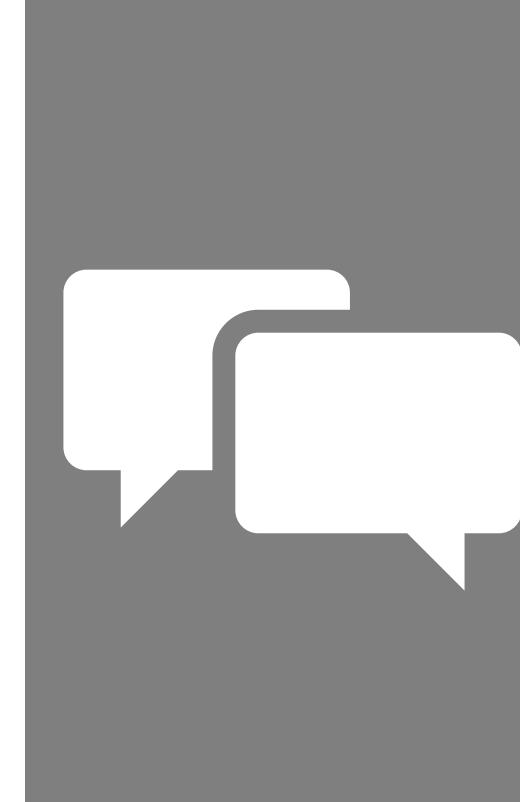
## Education and support

Diabetes self-management education, peer support groups, social support, technology-based support



# Diabetes Treatments and Intervention Discussion (1)

- Do you feel comfortable enough with the diabetes medication basics to discuss medication adherence concerns with your patient and/or with the primary care physician?
- How comfortable are you with blood glucose monitoring?
- Which of the health behavior change and lifestyle management interventions presented are you most familiar with? The least familiar with?
- How much education and support does your health center and community offer to help patients with diabetes?



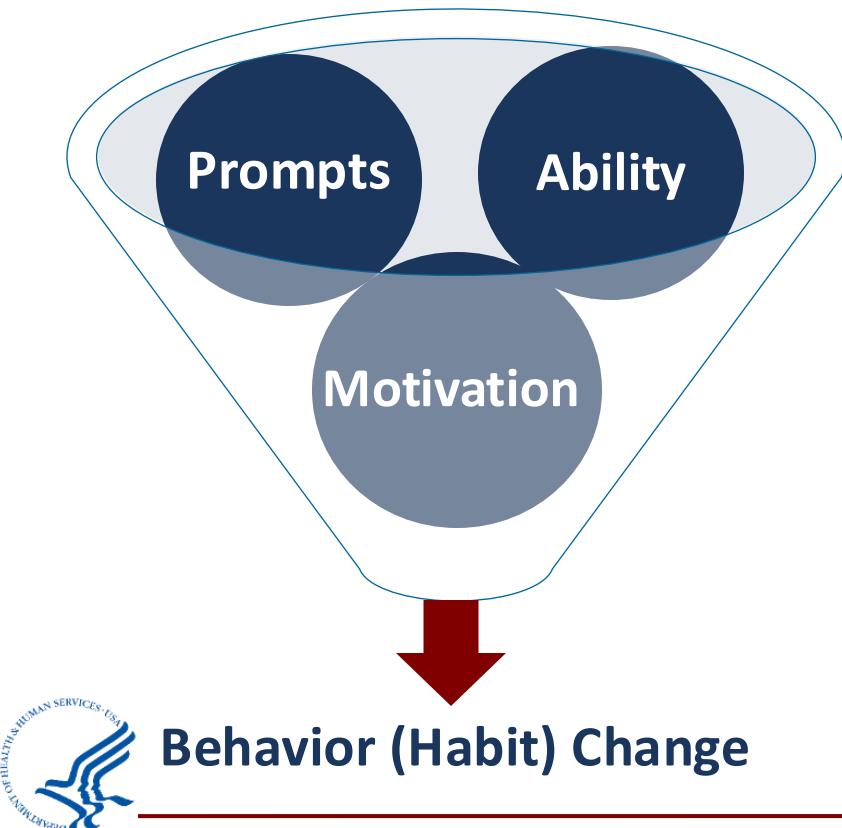
# Health Behavior Change Strategies: Patients with Diabetes

Your role and your patient's experience in a clinical visit



# Using Behavior/Habit Change Strategies in Assessment and Treatment Planning

## Listen for the Ingredients of Change



### Diabetes-Specific Assessment

#### Health behaviors

- Blood glucose checks and patterns, eating habits
- Physical activity

#### Mental health, substance use, and cognitive factors

- Stress, worries about living with diabetes
- Depression
- Substance use

#### Social and environmental factors

- Social support, family history
- Access to healthy foods

### Behavior/Habit Change Assessment

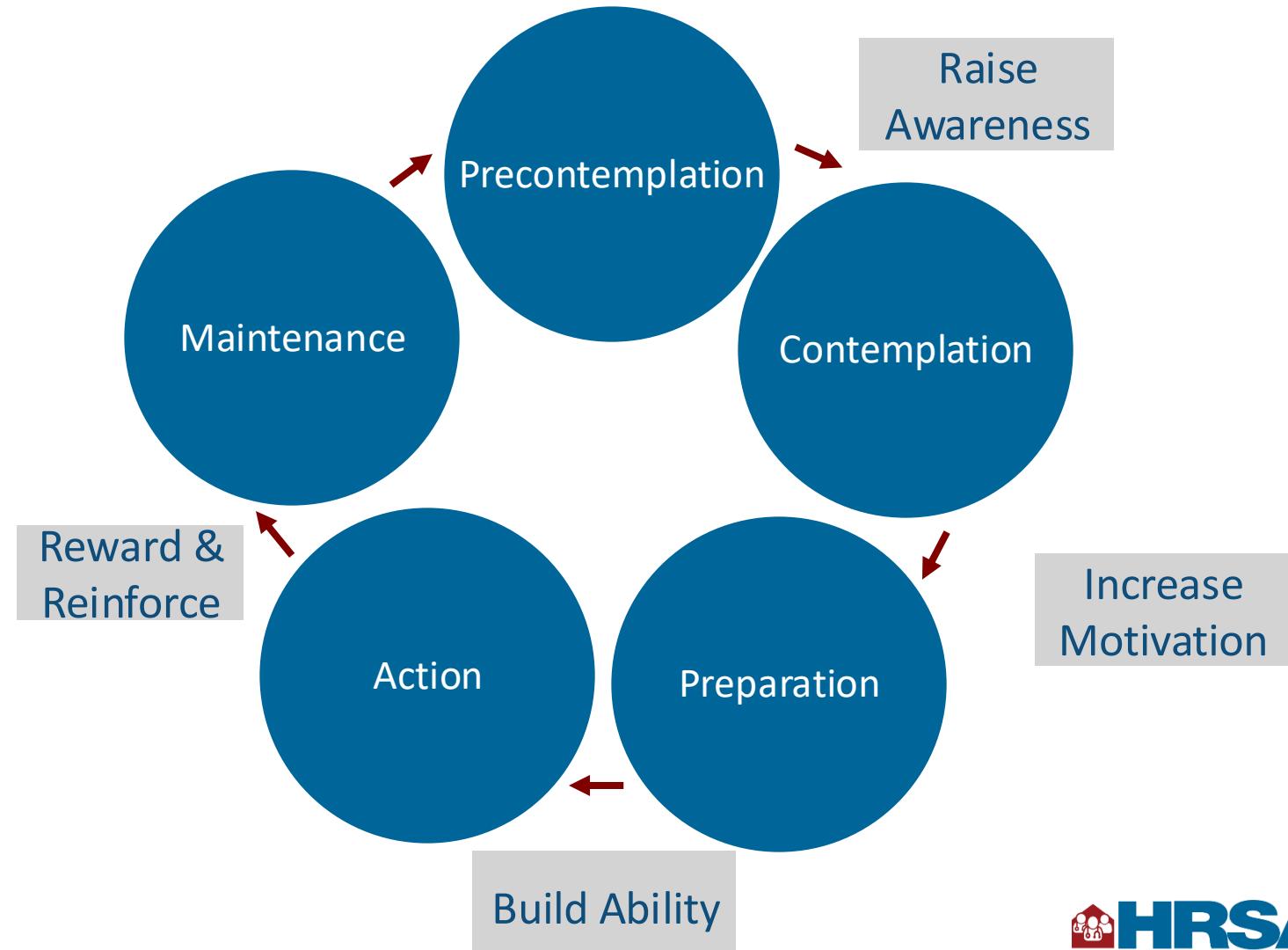
- Identity-level of behavior change (i.e., reasons, values, motivations)
- Stage of change and readiness for change



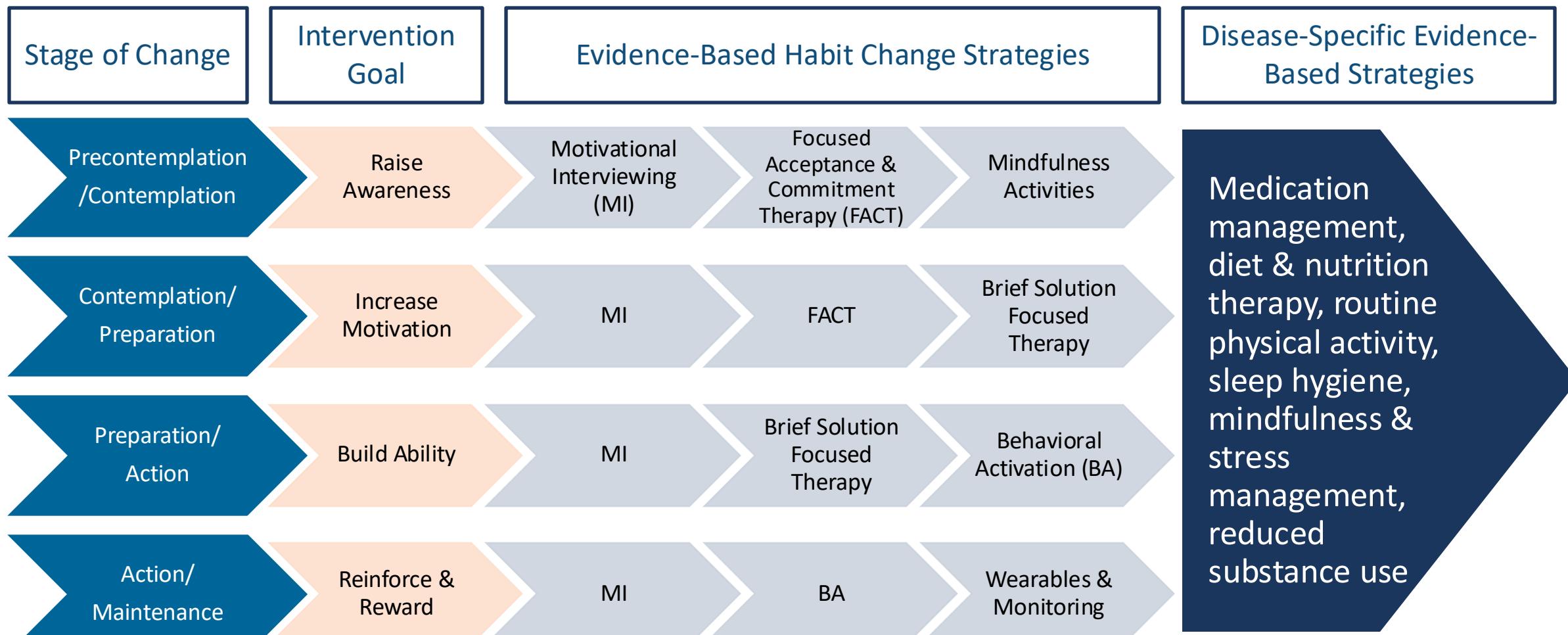
# Using Stages of Change in Assessment and Treatment Planning

Transtheoretical or Stages of Change Model:

1. Precontemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance
6. \*Recurrence/Lapse/Relapse



# Change-Based Assessment to Intervention

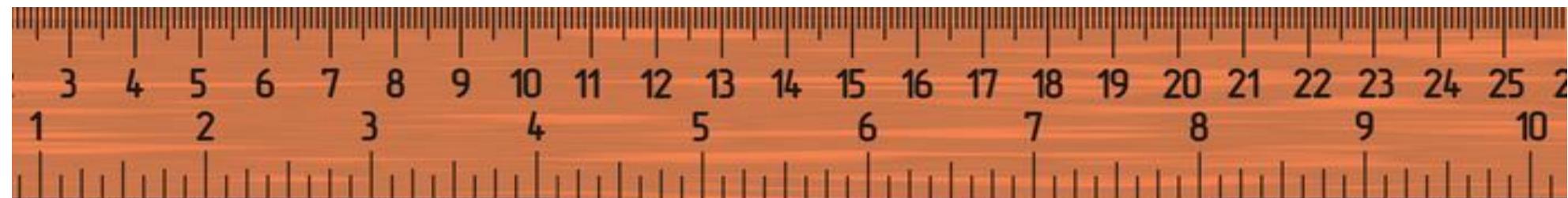


# Assessing Readiness for Change with MI Rulers

Could we talk for a few minutes about your interest in making a change?

On a scale from 1 to 10, 1 being not ready at all and 10 being completely ready:

- How ready are you to make any changes in your [health behavior]?
- How important is it to make any changes in your [health behavior]?
- How confident are you to make any changes in your [health behavior]?



# Tips for MI Readiness Rulers

Strategically ask follow-up, open-ended questions about patient readiness responses:

- If client chooses a low number, ask why they chose that number and not a lower one.  
“I’m curious, why did you choose a 4 and not a 2?”
- If client chooses a high number, ask what it would take to get to a higher number.  
“What would it take for you to get from a 6 to an 8?”



# Diabetes Treatments and Intervention Discussion (2)

- What assessments are done with patients with diabetes at your health center?
  - Health behaviors
  - Mental health, substance use, and cognitive factors
  - Non-medical factors
  - Behavior change factors
- To what extent are interventions/treatments matched to a patient's stage of change?
- To what extent do interventions/treatments include both diabetes-specific and behavior/habit change strategies?
- To what extent does goal setting/action planning incorporate the three ingredients of change (i.e., prompts, motivation, ability)?



# Q&A

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# CoP Session 5 Wrap-Up

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

Next session details:

January 6, 2026



# 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/CoP5Session5](https://www.surveymonkey.com/r/CoP5Session5)



# Thank You!



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Questions? Reach out via the [BPHC Contact Form](#)



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