



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

**Mental Health/Substance Use Disorder Integration Technical Assistance**

*January 6, 2026*

**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 Six

# Strategies for Effective Behavioral Interventions for Patients with Metabolic Syndrome

# Your Facilitator



**Amber Murray, RN, BSN, MA, PMP**

# CoP Session Objectives

## Participants in this CoP session will:

1. Receive an overview of metabolic syndrome, 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 management strategies for metabolic syndrome in assessment & treatment planning.
3. Discuss health behavior management 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 Previous Session



Metabolic Syndrome Overview for Mental Health and Clinical Support Staff



Discussion about Health Behavior Management Strategies



Reflection and Assessment: Interactive discussion and PDSA activity



Session Wrap-Up, Questions, and Office Hours

# **Overview of Metabolic Syndrome for Mental Health Providers**

What mental health and  
clinical support staff  
need to know



# Metabolic Syndrome Polling Question



- How familiar are you with the following aspects of metabolic syndrome? (rank each on a scale from 1 to 5, where 1 is not familiar and 5 is completely familiar and knowledgeable):
  - What it is & how it is diagnosed
  - Common signs & symptoms
  - Lab tests & values associated with metabolic syndrome
  - Causes and risk factors
  - Behavioral factors associated with metabolic syndrome



# What Is Metabolic Syndrome?

- Metabolic syndrome is a cluster of conditions occurring together that increase the risk for chronic conditions such as heart disease, stroke, and type 2 diabetes.
- For a metabolic syndrome diagnosis, patients must have three of the five conditions:

**Large waistline /  
abdominal obesity**

**High blood pressure**

**High blood sugar**

**High blood fat  
(triglycerides)**

**Low HDL cholesterol**

# Metabolic Syndrome Lab Values Reference Guide

## Waist Circumference

Healthy Men:  
40 inches or less

Healthy Women:  
35 inches or less

Abdominal Obesity  
Men: 40+ inches

Abdominal Obesity  
Women: 35+ inches

## Blood Pressure

Healthy:  
120/80 or lower

Stage 1:  
130–139 systolic  
OR 80–89  
diastolic

Stage 2:  
140+ systolic OR  
90+ diastolic

## Fasting Blood Sugar

Healthy:  
70–99

Prediabetes:  
100–125

Diabetes: 126+

## Blood Triglycerides

Healthy:  
Less than 150

Elevated:  
150 –200

High:  
Over 200

## HDL Cholesterol

Healthy:  
Over 60

Low:  
Less than 40  
(men);  
less than 50  
(women)



*The Uniform Data System (UDS) does not have a specific measure for metabolic syndrome, but it does measure diabetes, cardiovascular health, and hypertension, the chronic conditions resulting from metabolic syndrome.*

# Metabolic Syndrome Signs and Lab Values You Need to Know

## Abdominal Obesity

Your patient carries most of their excess weight around their waist

## High Blood Pressure

140+ systolic OR  
90+ diastolic  
  
Hypertensive  
crisis: 180+  
systolic or 120+  
diastolic

## High Fasting Blood Sugar

126+

## High Blood Triglycerides

150+

## Low HDL Cholesterol

Less than 40 for  
men and less  
than 50 for  
women



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# How Understanding Physical Signs and Lab Values Supports Integrated Care

- Demonstrates competency to the medical team
- Increases trust and collaboration between medical and mental health
- Effective chart scrubs to include supporting patients with chronic conditions
- Advocacy for mental health and substance use disorder support for patients with chronic conditions
- Supports for earlier intervention before metabolic syndrome progresses to chronic conditions (e.g., diabetes and cardiovascular disease)
- Over time, better patient health outcomes and improved community health

# Causes and Risk Factors of Metabolic Syndrome

## Risk Factors

- Low physical activity/sedentary lifestyle
- Unhealthy diet and large portion sizes
- Poor sleep
- Regular tobacco use
- Regular alcohol use

## Medical Causes

- Increased inflammation
- Insulin resistance



Which of these risk factors are behavioral? Which of the medical causes could be linked to behavioral risk factors?

# Behavioral Risk Factors for Metabolic Syndrome Discussion

## Behavioral Risk Factors for Metabolic Syndrome

- Low physical activity/sedentary lifestyle
- Unhealthy diet and large portion sizes
- Poor sleep
- Regular tobacco use
- Regular alcohol use

- If a patient has multiple risk factors, which one do you prioritize?
- What kinds of treatment interventions could you provide for someone with these risk factors for metabolic syndrome?
- Does your health center look for patients who meet the criteria for metabolic syndrome and refer them to mental health?

# Long-Term Complications of Metabolic Syndrome

## Cardiovascular Disease

- Poor circulation/amputation
- Heart failure
- Stroke

## Fatty Liver Disease

## Kidney Disease

## Type 2 Diabetes

- Nerve damage
- Vision problems
- Hearing loss
- Skin disorders

## Certain Cancers

- Colon
- Breast
- Prostate



# Evidence-Based Treatments and Interventions for Metabolic Syndrome

## Food and Drug Administration— Approved Medications to Control

- Blood pressure
- Very-low-density lipoprotein (VLDL)
- High-density lipoprotein (HDL)
- Blood sugar

## Sleep Hygiene

- Sleep monitoring to understand natural rhythms
- Sleep amount and sleep quality

## Weight Management

- Healthy eating
- Regular physical activity

## Stress Management

- Relaxation techniques
- Emotional regulation
- Coping behaviors

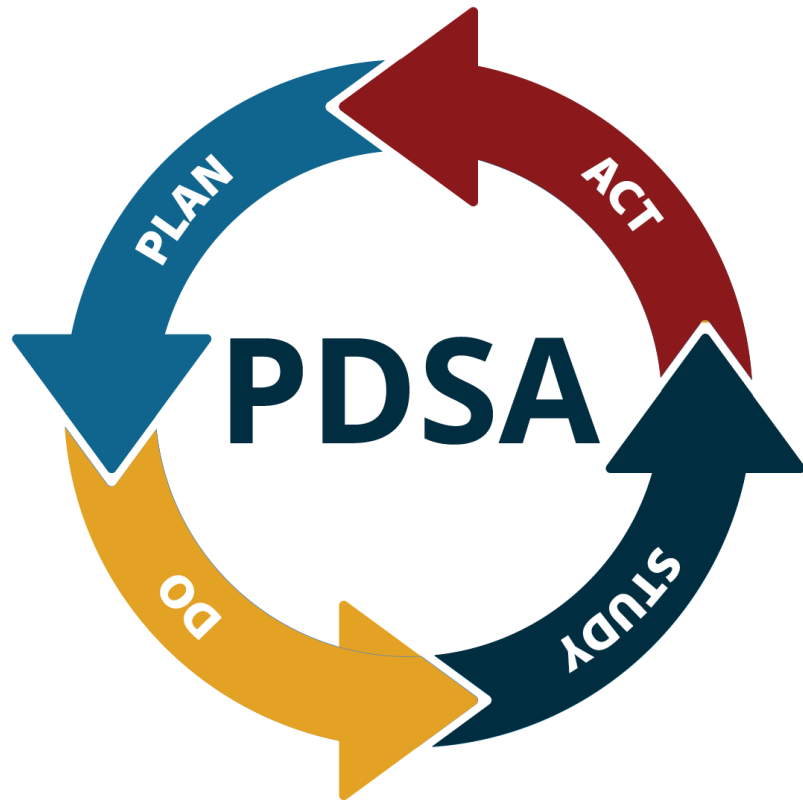
## HDL Cholesterol

- Behavioral interventions e.g., exercise



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# Reflect and Assess: Metabolic Syndrome Treatments and Intervention (1)



- Do you feel comfortable enough with the signs and lab values indicative of metabolic syndrome to advocate for health behavior management?
- Are your medical colleagues trained to make referrals to mental health for patients with metabolic syndrome?
- Which of the health behavior and lifestyle management interventions are you most/least familiar with?
- What types of education and support does your health center and community offer to help patients with metabolic syndrome?

# Health Behavior Management Strategies: Patients with Metabolic Syndrome

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

# Staff Roles in Assessment & Treatment Planning

## Risk Factors for Metabolic Syndrome

- Low physical activity/sedentary lifestyle
- Unhealthy diet and large portion sizes
- Poor sleep
- Regular tobacco use
- Regular alcohol use

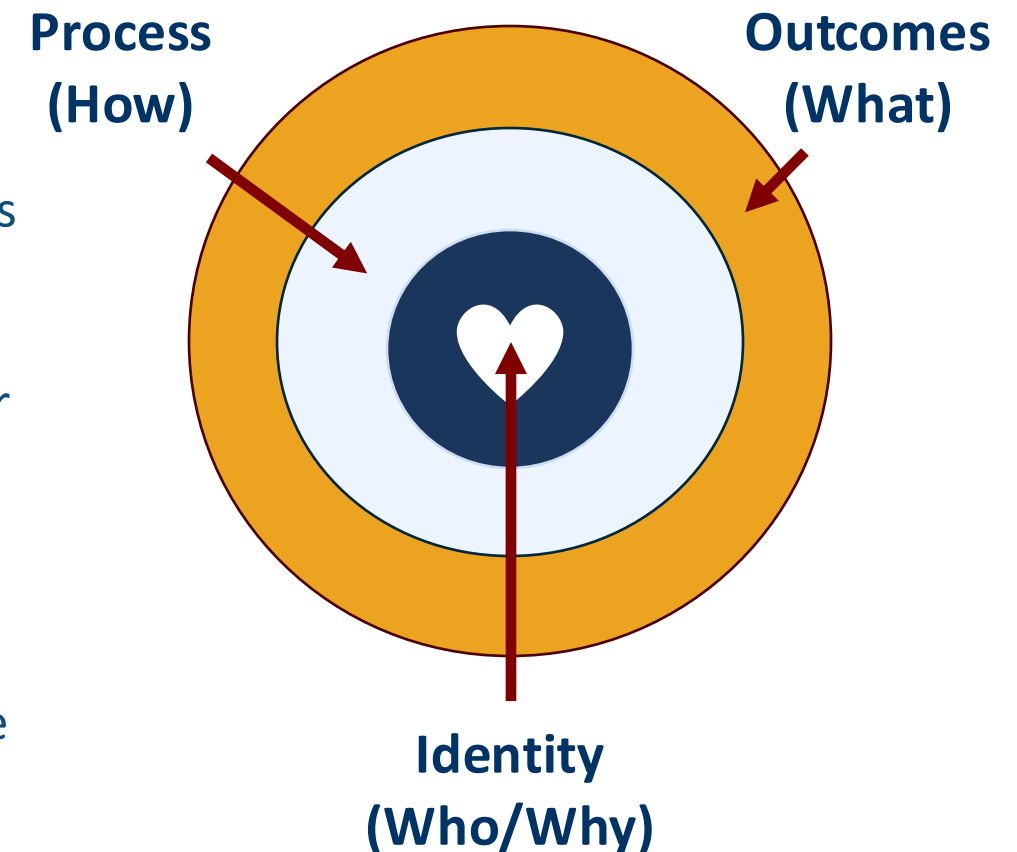
- If a patient has multiple risk factors, which one do you prioritize?
- What kinds of treatment interventions could you provide for someone with these risk factors for metabolic syndrome?
- Does your health center look for patients who meet the criteria for metabolic syndrome and refer them to mental health?



Which staff could/should assess?

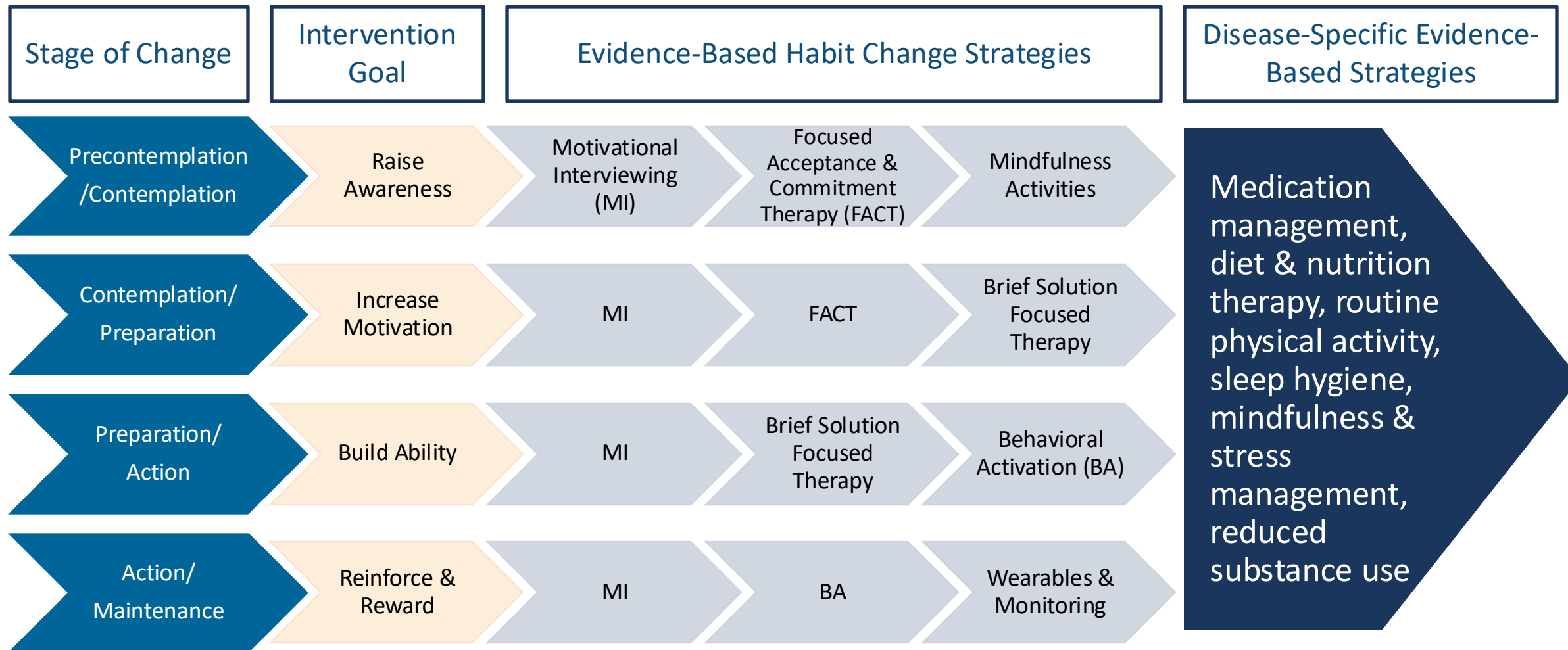
# Staff Roles in Assessment using Motivational Interviewing (MI)

- **MI-based Questions that Target the Patient's Why:**
  - How has [sign/symptom] made life better for you or helped you? How has it made life worse or harder?
  - What scares you most about the long-term complications of [sign/symptom] or metabolic syndrome?
  - Imagine you woke up tomorrow and didn't have [sign/symptom] or metabolic syndrome. How would your life be different?
  - What would need to change to consider addressing [sign/symptom]?
  - On a scale from 1 – 10, how ready are you to address [sign/symptom]? How important is it? How confident are you?

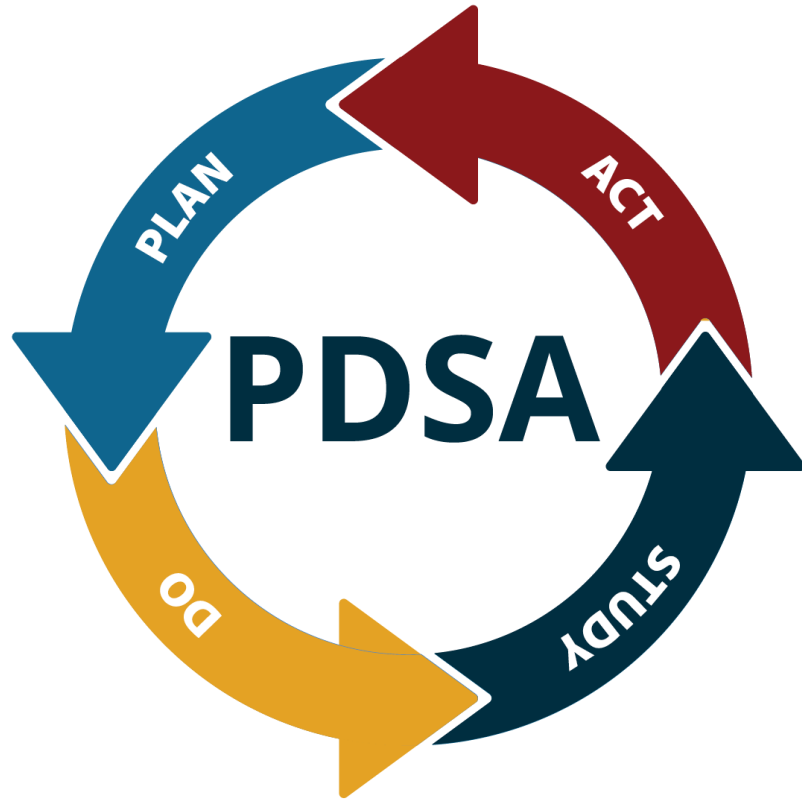


Which staff could/should assess?

# Change-Based Assessment to Intervention



# Reflect and Assess: Metabolic Syndrome Treatments and Intervention (2)



- What assessments are done with patients with metabolic syndrome at your health center?
  - Health behaviors
  - Mental health 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 disease-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)?



# Behavioral Activation: Intervention & Action Planning



## The Goal

Support patients in planning for, and implementing, **a series of simple, achievable actions** that help patients **gain confidence** and **experience rewards** from doing small activities that align with their bigger health goals.



## The Process

A structured, systematic approach that supports skills development, learning, practicing health behaviors, and empowerment.



## The Approach

Create an action plan that fits patient's life; identify and develop easy steps that promote healthy habits and decrease avoidance behaviors, maintaining unhealthy habits, and self-defeating thoughts and emotions.

# Behavioral Activation: Sample Change Plan Worksheet

## Sample Change Plan Worksheet

Change I want to make:

How important is it to make this change?

How confident am I that I can make the change?

The most important reason(s) to make this change is:

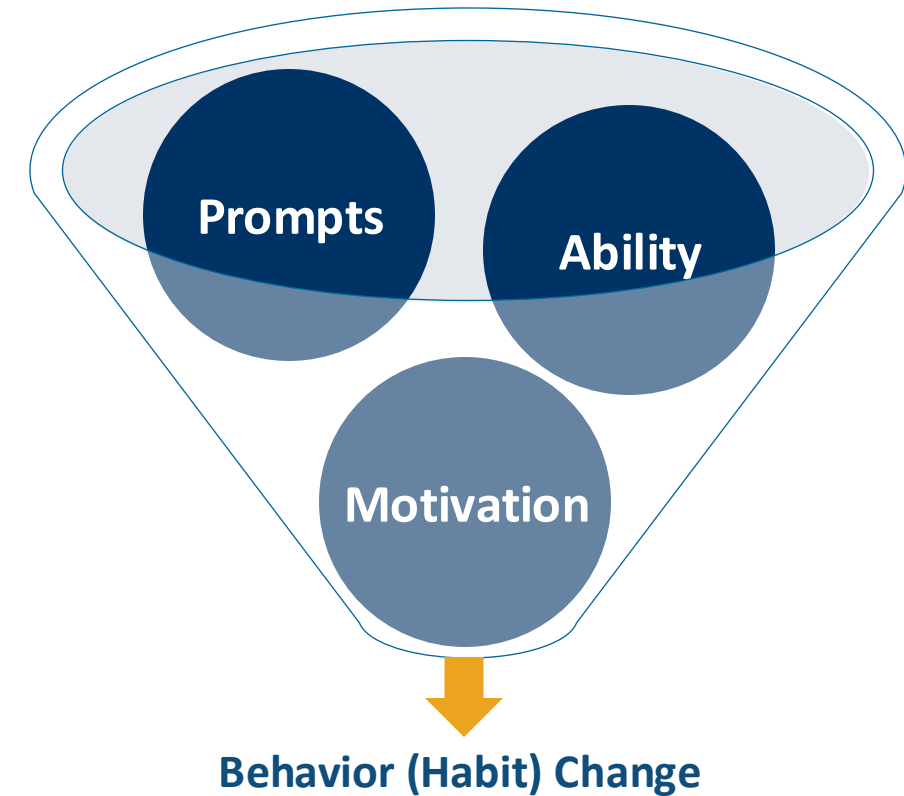
The steps I will take are:

Others who can help me (person; kind of help):

I will know my plan is working when:

Some things that may interfere with my plan are:

A Behavioral Activation intervention should address the three ingredients of behavior change.



# Action Plans & Follow-up with Patients & Your Care Team



- **Follow Up with Patient & Your Care Team!**
  - If a plan is made with your patient, follow-up on progress.
  - Document. Make notes accessible in a shared electronic medical records system.
  - Discuss key patient insights gained with the medical and other care team members.
  - Share successes with supervisors, leadership, and your quality department.

# Q&A

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# CoP Session 6 Wrap-Up



- What are your main takeaways from today's session?
- If you want to receive CEs for participating today, you must complete the TA Satisfaction Assessment.
- The next session will address strategies to leverage your multiple staff roles to support behavior change in patients with heart disease & hypertension.
  - Next session: Tuesday, January 13, 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/  
CoP5Session6](https://www.surveymonkey.com/r/CoP5Session6)

# Thank You!



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