



Identification and Evidence-Based Interventions for Treating Anxiety

Contemporary Approaches to Behavioral Therapy—Part 3

Joseph Hyde, MA, LMHC, CAS, Facilitator

Laura Ross, MS, LMFT, Co-Facilitator

Tuesday, March 28, 2023

Vision: Healthy Communities, Healthy People





Session 4: Community of Practice (CoP)

Contemporary Approaches to Behavioral Therapy: Behavioral Activation

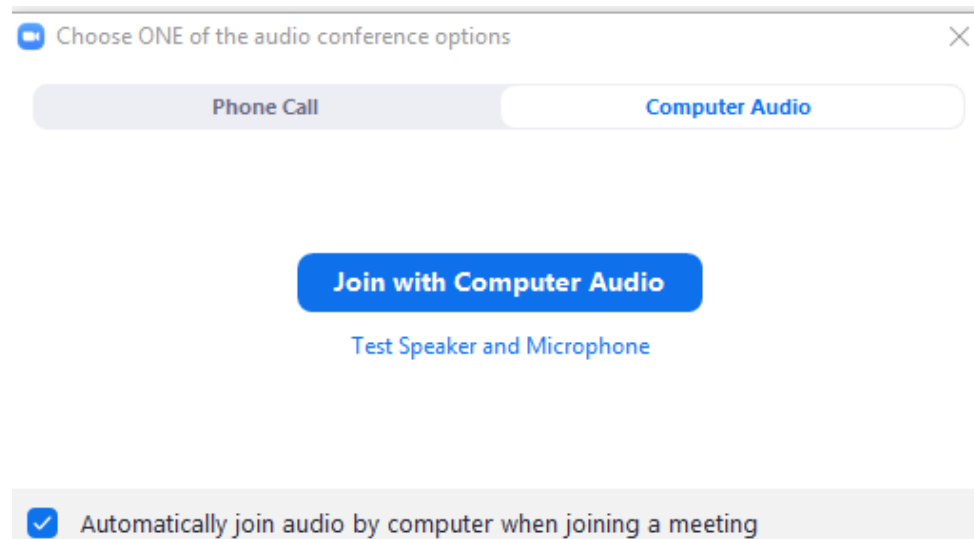
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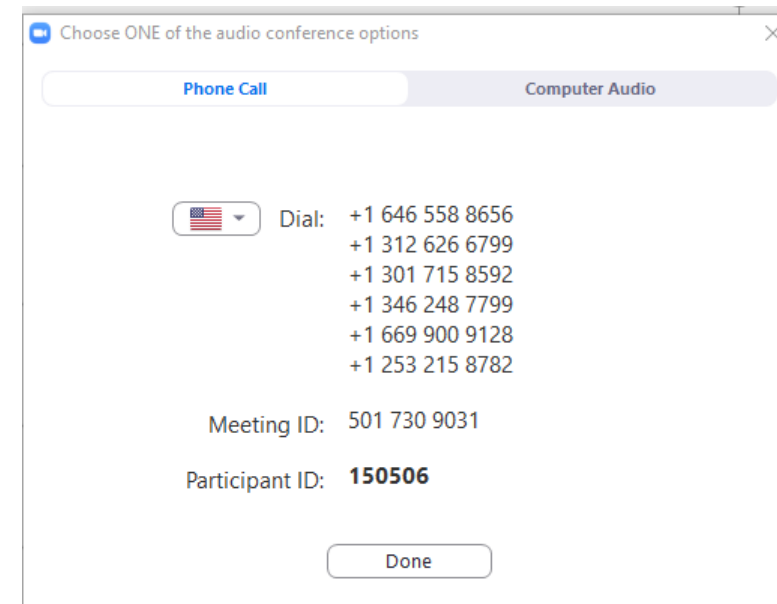
By computer:

- Click **Join with Computer Audio**.



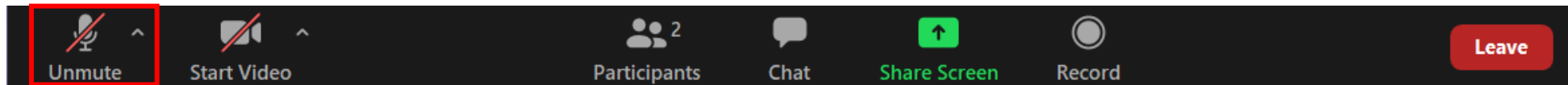
By phone:

- Click the **Phone Call** tab, dial a listed phone number, and enter **Meeting ID** and **Participant ID**.

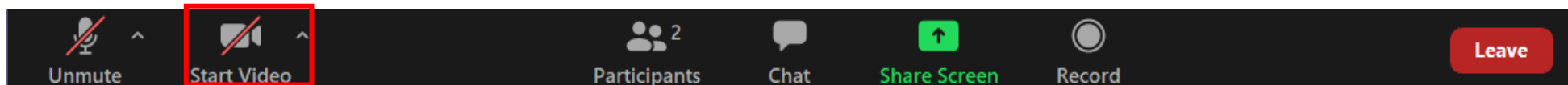


Zoom Participation

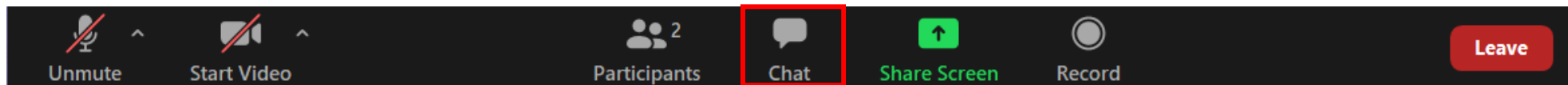
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- We encourage everyone to keep their video enabled. Click **Start Video** to join by webcam.



- To ask a question using the **Chat** feature, click the **Chat** icon located at the bottom center of your Zoom window.



CoP Facilitators



Facilitator: Joseph Hyde, MA, LMHC, CAS
Behavioral Health Technical Assistance (BHTA) Project
Director and Senior Technical Expert Lead
JBS International, Inc. (JBS)



Co-Facilitator: Laura Ross, MS, LMFT
Technical Expert Lead
JBS



CoP Agenda

Session 1 (January 17): Orientation

Session 2 (January 31): Enhancing Cultural Relevance in Clinical Practice

Session 3 (February 14): Patient-Centered Care Planning

Session 4 (February 28): Contemporary Approaches to Behavioral Therapy–Part 1:
Integrated Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT)

Session 5 (March 14): Contemporary Approaches to Behavioral Therapy–Part 2:
Functional Analysis and Mindfulness

Session 6 (March 28): Contemporary Approaches to Behavioral Therapy–Part 3:
Behavioral Activation

Session 7 (April 11): An Orientation to Pharmacotherapies for Depression and Anxiety

Session 8 (April 25): Case-Based Learning, Wrap-Up, and Next Steps



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Bureau of Primary Health Care (BPHC)-BH TA Portal

<https://bphc-ta.jbsinternational.com/>

- Request TA
- Access Learning Management System modules
- Learn more about BH TA options:
 - One-on-one coaching
 - E-learning webinars
 - Intensive technical assistance to improve outcomes
 - Integration of Oral and BH
 - Virtual brown bag sessions



BPHC-BH TA
Bureau of Primary Health Care Behavioral Health Technical Assistance

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Welcome to the BPHC-BH TA Resource Portal!

The Bureau of Primary Health Care (BPHC) Behavioral Health (BH) Technical Assistance (TA) portal is designed to meet the specific needs of HRSA health centers and shall focus on both mental health and substance use disorders (referred to jointly as “behavioral health”), with an emphasis on the opioid epidemic.

Learn About BH TA Options

- One-on-One Coaching
- E-learning Webinars
- Intensive TA for Practice Change
- Join a Community of Practice (CoP)
- Integration of Oral Health and Behavioral Health Virtual Learning Collaborative
- Virtual Brown Bag Lunches



CoP Learning Objectives

At the end of this session, participants will be able to:

- Describe the intervention of Behavioral Activation (BA) as an approach to brief therapy
- Explain the benefits of BA for patients with depression and anxiety
- Identify the practical application of BA in a Health Center (HC) setting

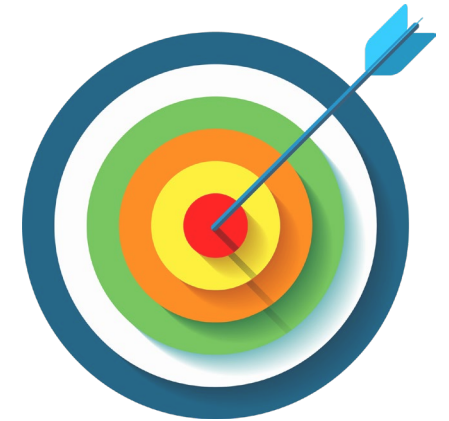
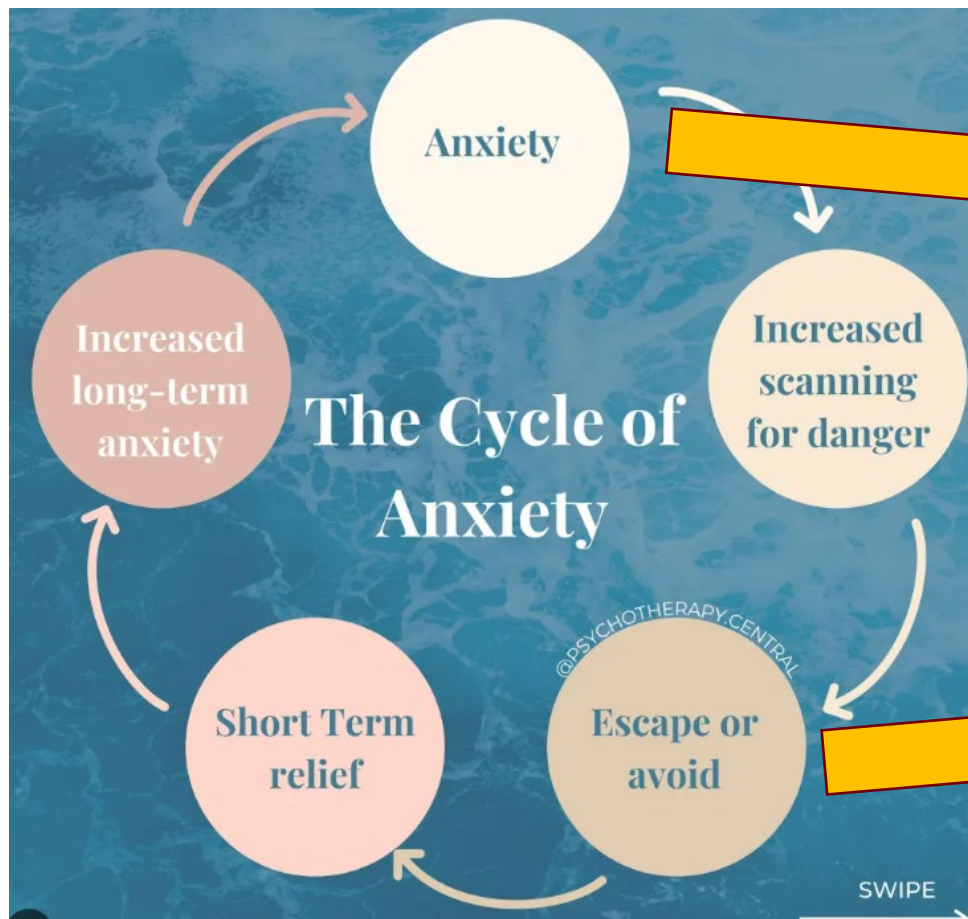


Image Source: iStock

Cycle of Anxiety



Anxiety symptoms:

- Worry
- Fear
- Racing heart
- Perspiring
- Feeling overwhelmed

Examples of escape/avoidance:

- Leaving a situation
- Skipping class
- Missing work
- Using alcohol or other drugs
- Procrastinating on challenging tasks

Cycle of Depression

Depression Symptoms:

- Lack of pleasure in activities
- Sleep disturbance
- Poor concentration/focus
- Crying
- Sadness
- Feeling hopeless
- Fatigue
- Unexplained weight changes¹

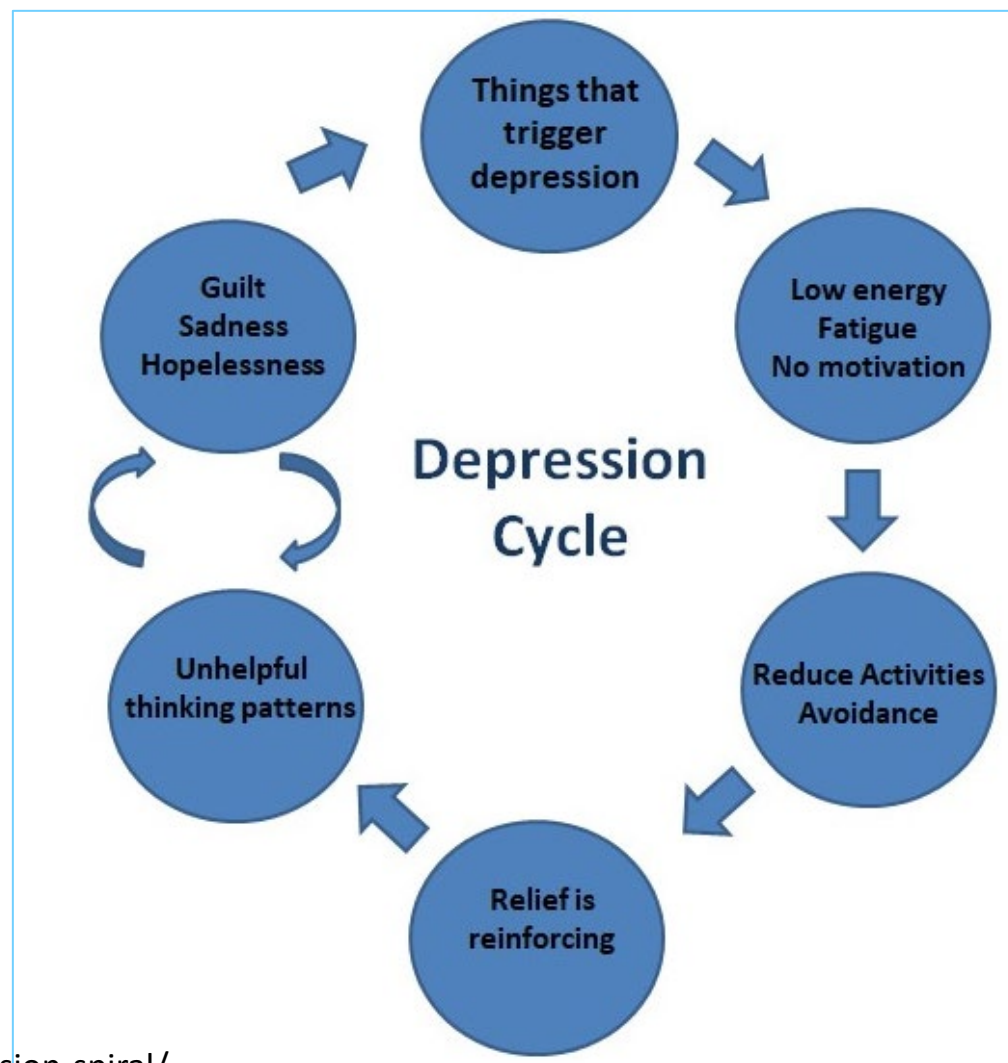


Image source: <https://anxietycoach.mayoclinic.org/the-depression-spiral/>

Cognitive Behavioral Therapy (CBT)



Thought: "I am behind on my housework."



Feelings: overwhelm, embarrassment, shame



Behavior: crying, sleeping a lot, lethargy

Core Belief: "I am inadequate."²

Behavioral Activation

A brief intervention of the type of CBT called behavioral activation seeks to involve the patient in scheduled, pleasurable, meaningful activities such that positive reinforcement (feelings and thoughts) occur. Reinforcement encourages the patient to repeat the activity.³



Patient Values + Pleasurable Activity = Decreased Symptoms

BA Cycle

If thoughts and feelings lead to behavior, behavior will also lead to thoughts and feelings.

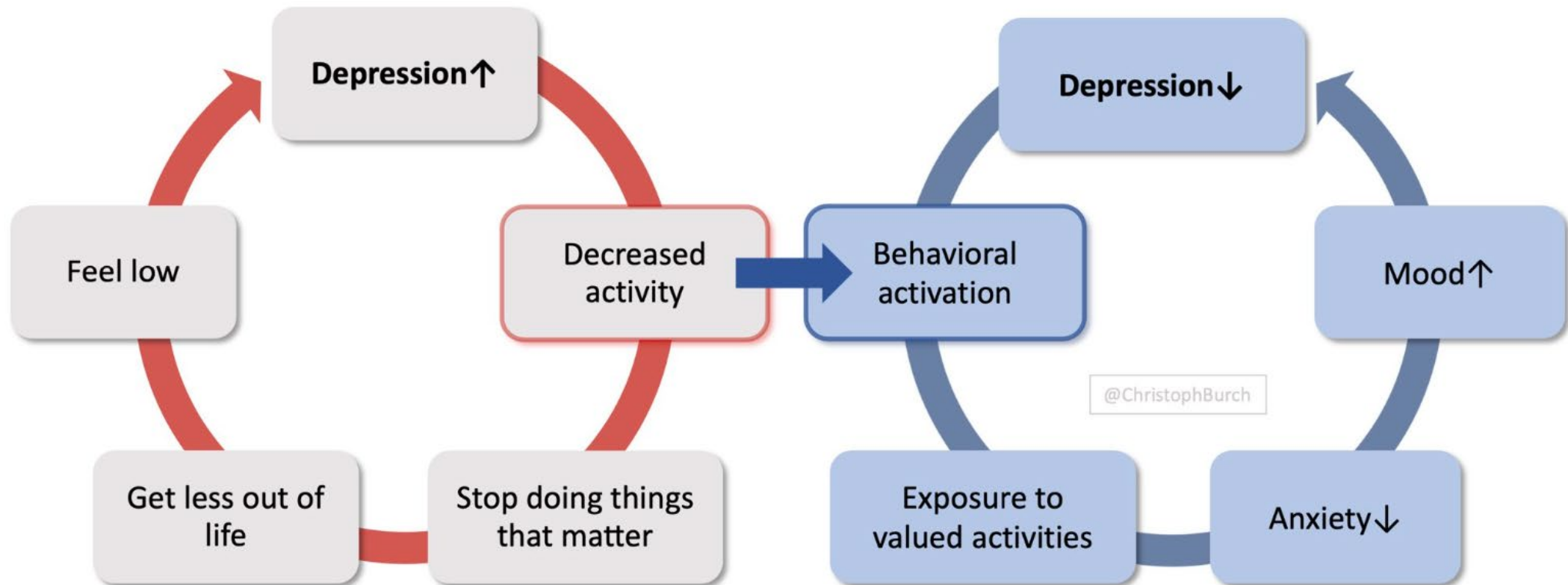


Image source: <https://twitter.com/ChristophBurch/status/1501892382308159500/photo/1>

BA Steps

- Monitor daily activity
- Identify values-based pleasurable activities
- Engage in structured, scheduled activity, including social connections
- Experience enjoyment and mastery
- Experience improvement in mood⁴

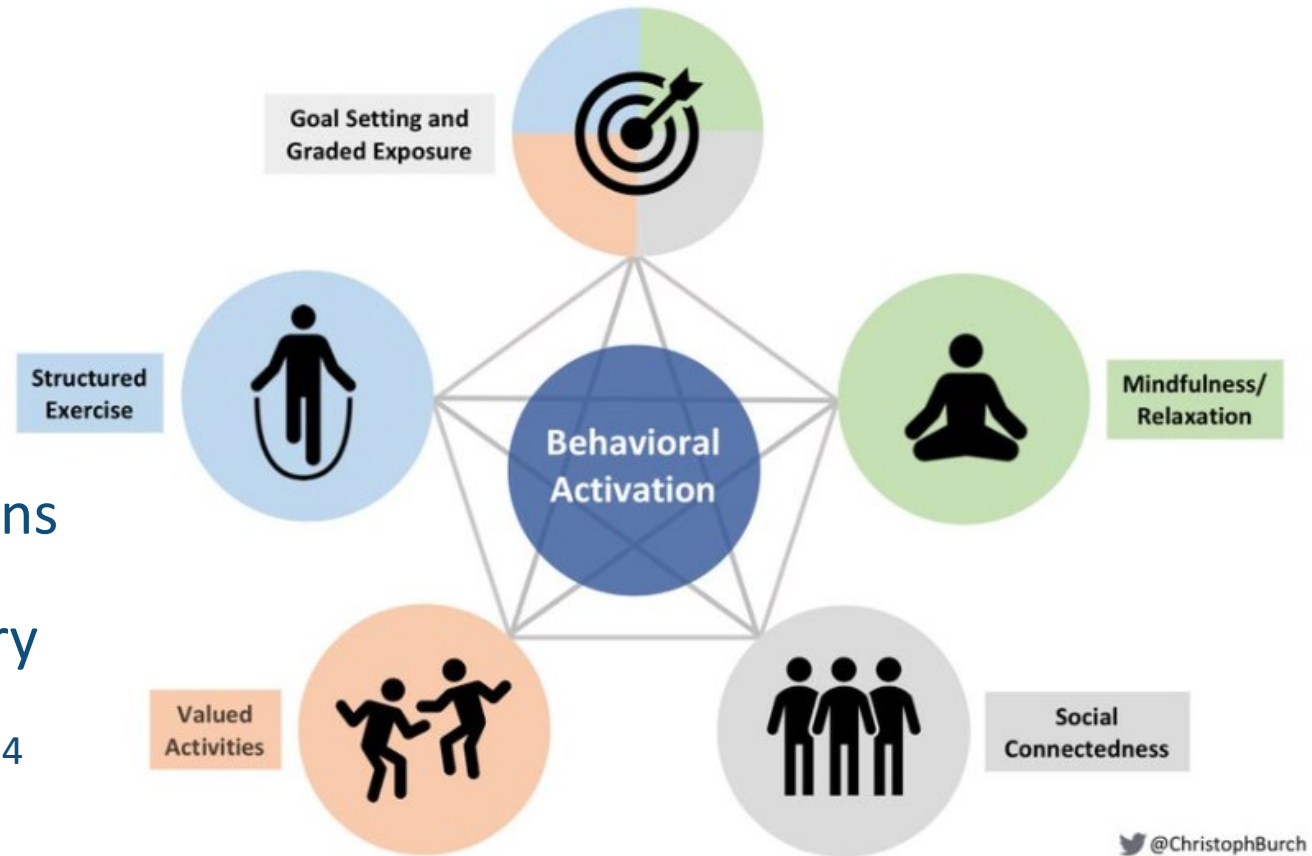


Image source: <https://twitter.com/ChristophBurch>

Behavioral Activation

Daily Activity/Mood Log



Daily Activity/Mood Log

Beginning Behavioral Activation



During Behavioral Activation

Activity Monitoring Worksheet

Instructions: Record your activity for each hour of the day (what you were doing, with whom, where, etc.). Record a rating for your mood as you were doing each activity. Mood is rated between 0-10, with "0" indicating "low mood" and "10" indicating "good mood."

| | Sun | Mon | Tues | Wed | Thurs | Fr | Sat |
|----------|-----|-----|------|-----|-------|----|-----|
| 5-7:00am | | | | | | | |
| 7:00 am | | | | | | | |
| 8:00 am | | | | | | | |
| 9:00 am | | | | | | | |
| 10:00 am | | | | | | | |
| 11:00 am | | | | | | | |
| 12:00 pm | | | | | | | |
| 1:00 pm | | | | | | | |
| 2:00 pm | | | | | | | |
| 3:00 pm | | | | | | | |
| 4:00 pm | | | | | | | |



Image source: <https://medicine.umich.edu/sites/default/files/content/downloads/Behavioral-Activation-for-Depression.pdf>





Behavioral Activation

Patient's Values





Values Rating–Sample

| <u>Patient's Values</u> | <u>Patient Rating 1–10</u> (10 is most important): |
|--------------------------|---|
| Strength of character | |
| Self-education/learning | |
| Volunteering | |
| Family/parenting | |
| Religion/spirituality | |
| Entertainment/recreation | |
| Health/fitness | |



Values Ratings–Patient's Top Values

| <u>Patient's Values</u> | <u>Rating 1-10</u> (10 is most important): |
|--------------------------|---|
| Strength of character | 8 |
| Self-education/learning | 4 |
| Volunteering | 5 |
| Family/parenting | 10 |
| Religion/spirituality | 9 |
| Entertainment/recreation | 6 |
| Health/fitness | 7 |



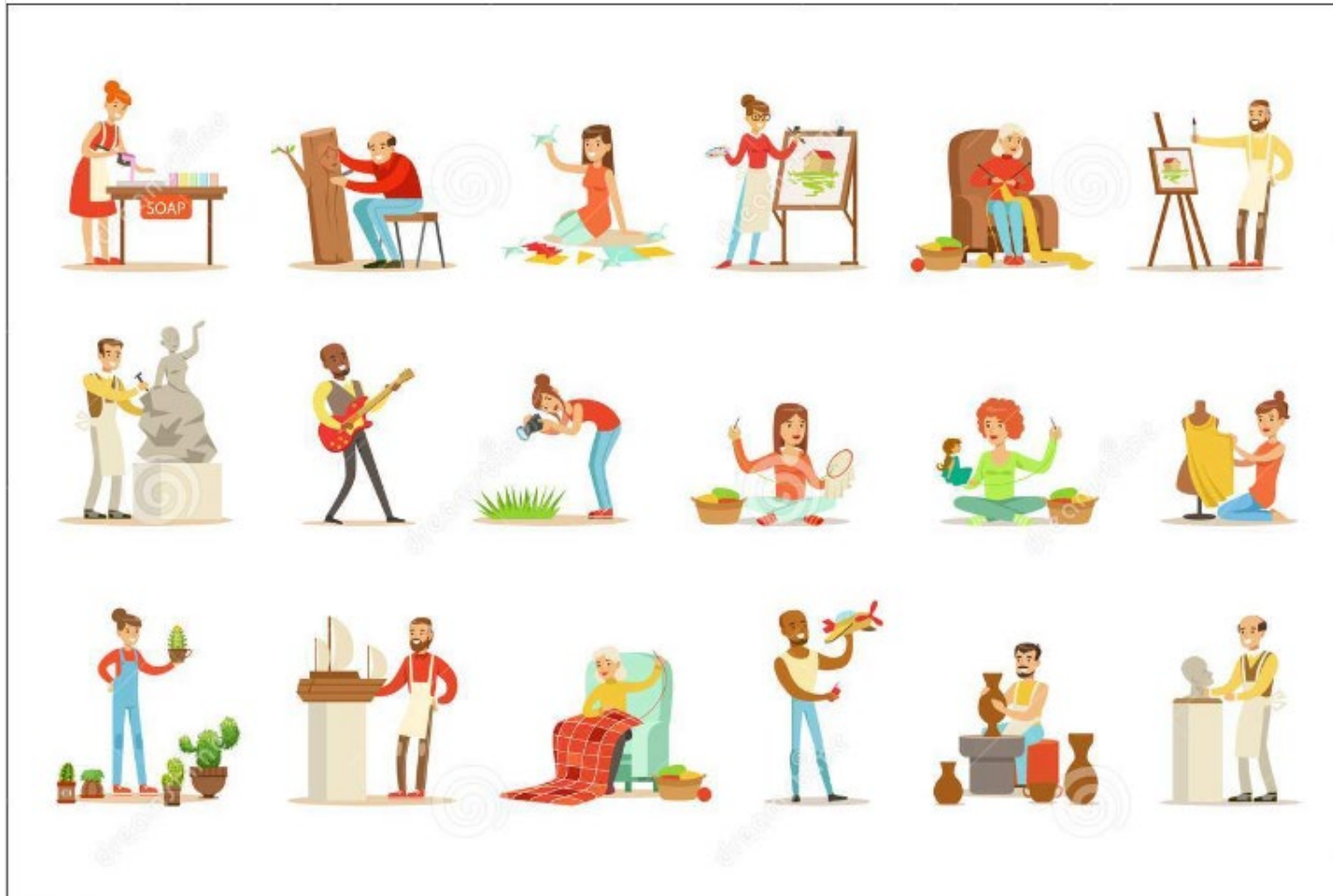
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Behavioral Activation

Meaningful, Pleasurable Activity



Mutual Brainstorm



Brainstorm with patient:

- Walk
- Garden
- Play an instrument
- Talk with a friend
- Knit
- Draw
- Sing
- Do yoga
- Go fishing
- Read
- Cook/bake
- Build
- Dance

Image: <https://www.dreamstime.com/adult-people-their-creative-artistic-hobbies-set-cartoon-characters-doing-their-favorite-things-adult-people-their-image124537930>

Balance Mastery With Pleasure

Mastery

- Skill based
- Progressive, aims to develop or improve
- Results oriented

and

Pleasure

- Simple enjoyment
- Not performance based

Negotiating Activity Selection

Meaningful, pleasant activities patient enjoyed before symptoms began:



- Baking
- Walking
- Reading
- Sewing
- Singing
- Picnics
- Dancing
- Telenovelas
- Painting
- Pottery
- Gardening



Review Resources and Barriers

Required Resources

- Materials on hand
- Activity partner
- Adequate time available

Potential Barriers

- Preparation
- Cost
- Time required
- Requires others



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Values-Based Activity Planning

| <u>Patient's Values</u> | <u>Patient Rating 1–10</u> (10 is most important): |
|-------------------------|---|
| Family and parenting | 10 |
| Religion/spirituality | 9 |
| Strength of character | 8 |
| Health/fitness | 7 |

Activity Monitoring Worksheet

Instructions: Record your activity for each hour of the day (what you were doing, with whom, where, etc.). Record a rating for your mood as you were doing each activity. Mood is rated between 0-10, with "0" indicating "low mood" and "10" indicating "good mood."

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Image source: <https://medicine.umich.edu/sites/default/files/content/downloads/Behavioral-Activation-for-Depression.pdf>

Follow-Up

For successful BA, follow-up is key:

- ✓ **Schedule follow-up appointment(s); give appointment reminders if available**
- ✓ **Any provider can follow up if activity worksheet is documented in medical record**
- ✓ **Hold patient accountable**
- ✓ **Celebrate small wins**
- ✓ **Patient feels important and valued**



Cecilia–Case Study Discussion



Image: iStock



Group Discussion (15 min)

Select a group reporter to share your group response to these questions:

- What has worked well when negotiating activity with HC patients?
- What might you do if a patient does not follow through with planned activity/activities?

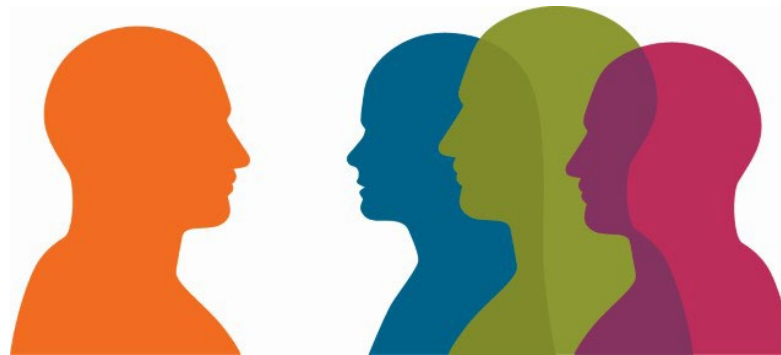
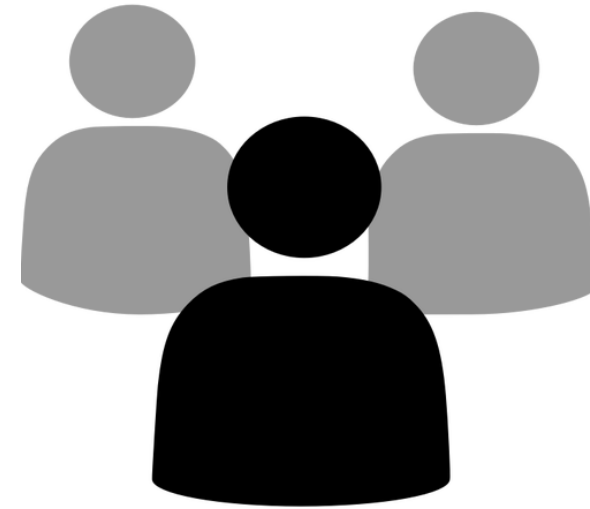


Image source: ThinkStock

Group Report-Outs

- What has worked well when negotiating activity with HC patients?
- What might you do if a patient does not follow through with planned activity/ activities?



Health Center Considerations

- Would BA assist your HC patients?
- What skills would be needed? Identify training needs.
- What are the next steps to building capacity?





Q and A



Source: <https://publicdomainvectors.org/en/free-clipart/Button-with-question-mark-vector-image/15166.html>





Biweekly Office Hours

Tuesdays (after the session) 3:30–4:30 p.m. ET

Fridays 1:00–2:00 p.m. ET

- Discuss progress and/or challenges related to:
 - Your team's action plan
 - The session topic
- Meet colleagues from other HCs

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Continuing Education and Satisfaction Assessment

- We will be offering **1.5 CE credits per session** attended, for a maximum of 12 CE credits for participation in all 8 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CE credits.
 - Follow the link in the chat box.
 - Use the link in the follow-up message from Alchemer (SurveyMonkey).
- **CE credits will be distributed within 2 weeks after the session.**



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.



JBS International, Inc., has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc., is solely responsible for all aspects of the programs.



Coming in April

Oral Health and Behavioral Health Services Integration Learning Collaborative (1.5 hour)

6 Didactic Sessions (1.5 CME credit per session) and 6 Discussion Sessions

April 12, 2023, 1:00–2:30 p.m. ET: *Trauma Informed Care for Better Oral Health - Didactic Session*

Presenters: Selynn Edwards, DMD, Tamanna Tiwari, MPH, MDS, BDS

REGISTER: https://us06web.zoom.us/meeting/register/tZApduGtqz8iHdTRTRf3O-922zwJqMa1H_2I

Virtual Brown Bag Lunch Office Hours (1 hour)

8 Sessions for Health Center Staff Only (1 CE credit per session)

April 5, 2023, 1:00–2:00 p.m. ET: *Addressing Behavioral Health with Youth in a School-Based Health Setting*

Presenters: Katy Stinchfield, MS, LPS, and Addie Van Zwoll, MJ, MSW, LCSW, School-Based Health Alliance

REGISTER: <https://us06web.zoom.us/meeting/register/tZ0kcuGrpzsUht3ghrlp6rLxWKXrX2kklUdw>





Thank You!

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Endnotes

1. Mayo Clinic. (2020). *The depression spiral*. <https://anxietycoach.mayoclinic.org/the-depression-spiral/>
2. Beck, A. T. (2019). A 60-year evolution of cognitive theory and therapy. *Perspectives on Psychological Science*, 14(1), 16-20. <https://doi.org/10.1177/1745691618804187>
3. Hindman, R. (2021, June 8). *Behavioral activation tip*. Beck Institute. [Behavioral activation tip](https://beckinstitute.org/blog/behavioral-activation-tip/). <https://beckinstitute.org/blog/behavioral-activation-tip/>
4. Therapist Aid. (n.d.). *Positive activities for behavioral activation*. <https://www.therapistaid.com/therapy-worksheet/activities-behavioral-activation>



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- Therapist Aid. (n.d.). *Positive activities for behavioral activation*. <https://www.therapistaid.com/therapy-worksheet/activities-behavioral-activation>
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