



Identification and Evidence-Based Interventions for Treating Anxiety

Joe Hyde, MA, LMHC, CAS, Facilitator
Laura Ross, MS, LMFT, Co-Facilitator

4/25/2023

Vision: Healthy Communities, Healthy People





Session 8: Reflections, Key Takeaways and Next Steps

Vision: Healthy Communities, Healthy People



Facilitators



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

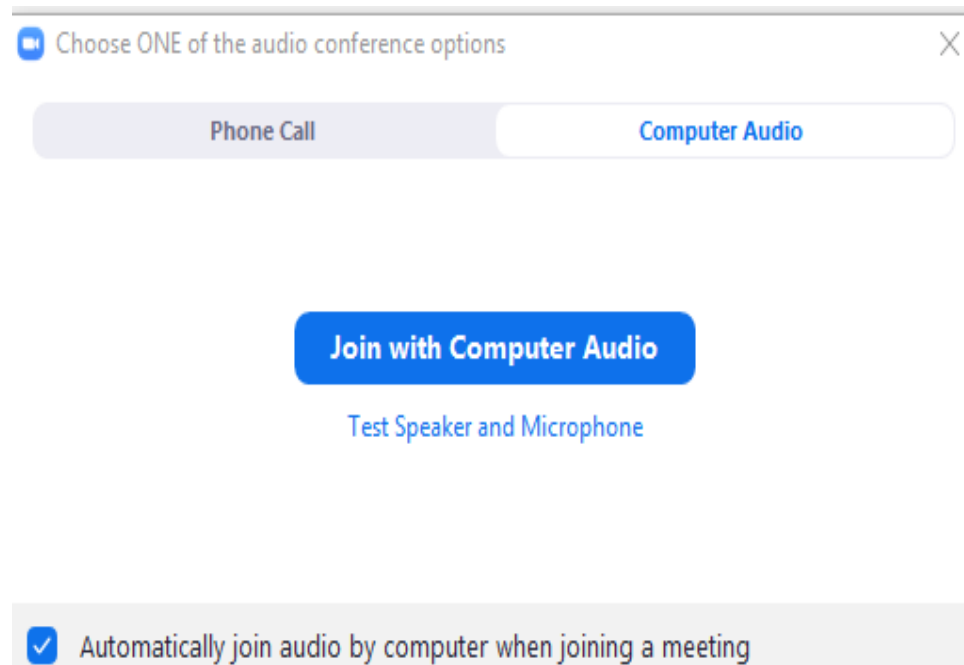


Co-Facilitator: Laura Ross, MS, LMFT
Technical Expert Lead
JBS International, Inc. (JBS)

Connecting to Audio

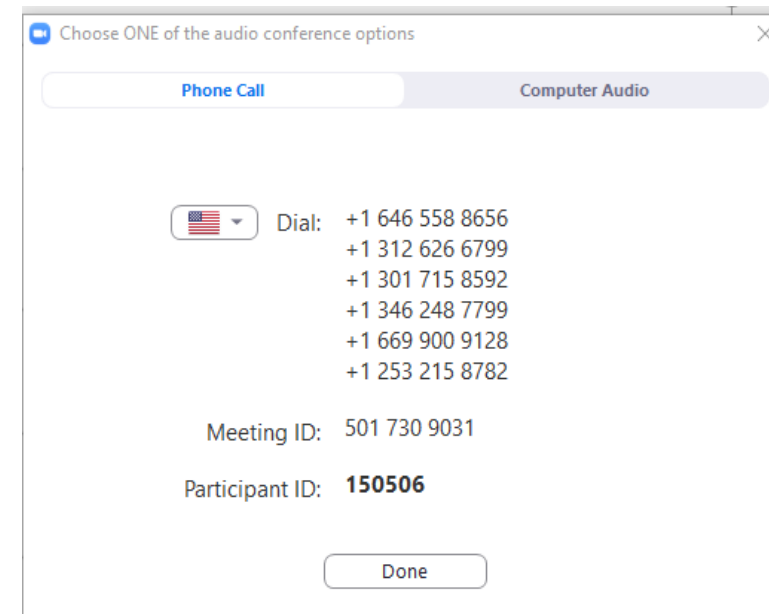
By computer:

- Click **Join with Computer Audio**.



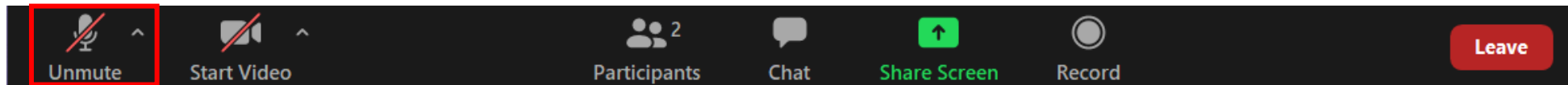
By phone:

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

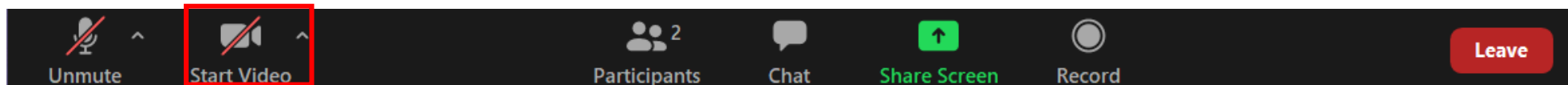


Zoom Participation

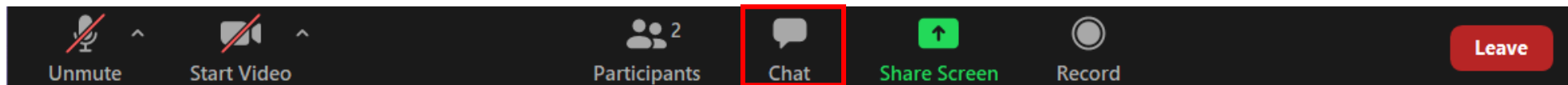
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- 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.



Continuing Education

- We will be offering **1.5 CE credit per session** attended for a maximum of 9 CEs for participation in all 8 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.
- **CE credits will be distributed for all sessions at the conclusion of the CoP.**



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.

Agenda

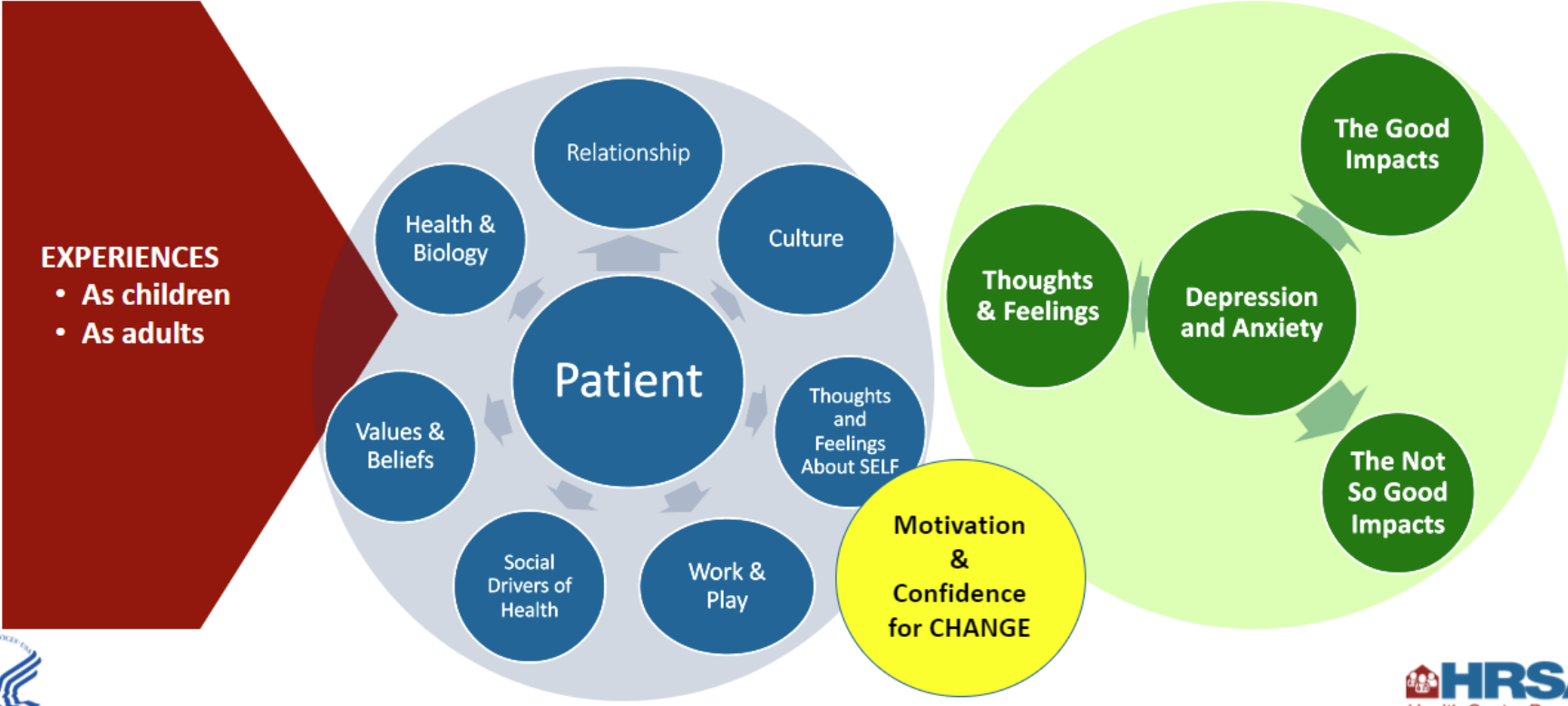
- Check-In
- A Summary of CoP Content
- Peer-to-Peer Discussion
- Sharing Key Takeaways from the CoP
- Discussion of Initiatives
- Next Steps
- Participant Q&A
- Session Wrap-Up



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CoP Session 1: A Contextualized Understanding of Anxiety and Depression

Contemporary behavioral health understands anxiety and depression within a broader context than biology.



Session 2 – Enhancing Cultural Relevance in Clinical Practice



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- Culture must be understood contextually and through an intersectional lens.
- Clinician self-awareness and practice skills.
- Build rapport, open communication and to humbly recognize that sometimes we might miss the mark!
- The patients are the experts in their lives.

CoP Session 3 – Patient Centered Care Planning

A patient-centered care plan includes patient priorities (values), health center priorities, incremental strategies, available resources.

- Enhancing patient engagement in the care plan
- Contextualized care planning
- Aligning care with patient values and culture
- Negotiating patient relevant goals



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Session 4- Contemporary Approaches to Behavioral Therapy – Part 1 – MI and CBT



- Integrating Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT)
- Focus on Values Alignment
- Skills-Focused Therapy

- Collaboration/Partnership
- Autonomy/Acceptance
- Evoking Meaning, Values, Ambivalence
- Compassion¹



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Session 5 – Contemporary Approaches to Behavioral Therapy

Part 2 – Functional Analysis & Mindfulness

Functional Analysis²

Assists patients with identifying their responses to situations

Raises Self-Awareness

Mindfulness³

Assists patients with viewing situations/events without judging or striving

Non-Judgement/Observing the Self

Session 6 – Contemporary Approaches to Behavioral Therapy – Part 3 - Behavioral Activation (BA)

BA - Practical application for treating depression and anxiety



Image source: <https://publicdomainvectors.org/en/free-clipart/Female-cello-player/52308.html>

Sessions 7 & 8 – Pharmacotherapies & Transfer of Learning



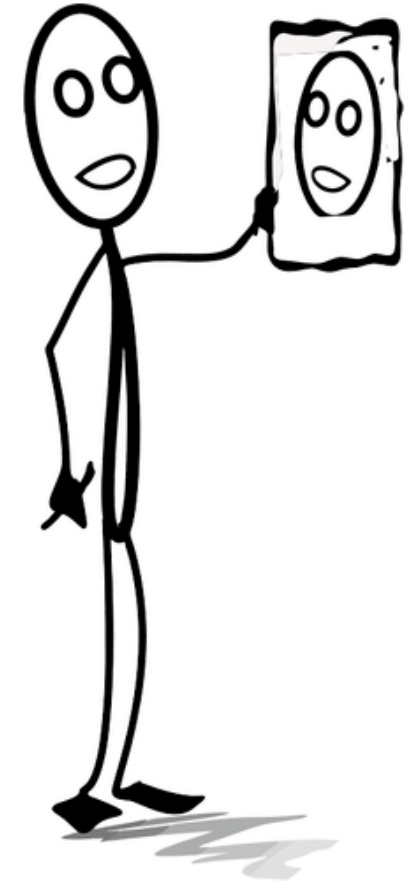
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Behavioral health
provider orientation
to pharmacotherapies
for depression and
anxiety



Participant
Reflections

—
Explorations of
Transfer of
Learning to
Practice



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Check-In



Peer-to-Peer Breakout Discussion

Roses and Thorns – What works, what are challenges in delivery or behavioral health services



Image Source: Microsoft® PowerPoint® for Microsoft 365.

Next Steps: Breakout session 2

What are two next steps that you or your team will do next to strengthen integrated care at your center?



Image Source: Microsoft® PowerPoint® for Microsoft 365.

Question

What practice elements have you started to focus on because of your participation in this CoP?



Image Source: Microsoft® PowerPoint® for Microsoft 365.

Some Centers will Transfer Learning by practicing...

- 1) **Client is Expert** – Invite Patient to discuss their values and beliefs before care planning starts
- 2) **Healing takes place outside the clinic** – Behavioral Activation holds client accountable for treatment
- 3) **Mood Log** – adapt for population (youth, homeless) and desired/target behavior(s)
- 4) **Mindfulness** – demonstrate for clients and use on myself
- 5) Acknowledge the emotional drivers of patient's behavior(s), help clients stop being reactive
- 6)
- 7)
- 8)
- 9)



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Next Steps - Debrief



Questions & Answers



Image Source: Microsoft® PowerPoint® for Microsoft 365.

We will reach out to you!

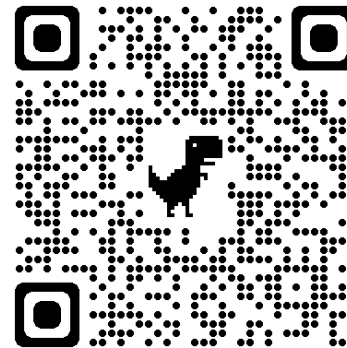
As your practice enhancement partners, Laura and I will reach out to each of you soon to see how we can further support your efforts.



BPHC-BH TA Portal

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

- Request TA
- Access Learning Management System (LMS) modules
- Learn more about BH TA options
 - One-on-One Coaching
 - E-learning Webinars
 - Virtual or In-Person TA for Sustainable Integrated Care
 - Integration of Oral and Behavioral Health
 - Virtual Brown Bag Sessions



Continuing Education & Satisfaction Assessment

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



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Upcoming Communities of Practice

"Behavioral Health Integration Skills and Practices"

Session 1: Core Strategies and Skills Used by Behavioral Health Providers in Integrated Care

Date: Tuesday, May 2

Time: 2:00 – 3:30 PM ET

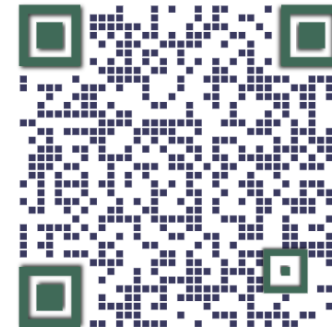
Presenters: Joe Hyde LMHC, Laura Ross LMFT

Description: Participants will receive a brief orientation to the Community of Practice (CoP) 8 (eight) session series, including introductions, ground rules for participation, and use of Office Hours. Discussion of the topic area will follow.

Registration Link:

<https://us06web.zoom.us/meeting/register/tZUld-iuqzkrEt0i07M2YKAFyGIBwdH8oRK9>

**Registration
QR Code:**



Upcoming Webinars

"Successfully Integrating Behavioral Health Care into Clinical Workflow"

Date: Wednesday, May 10

Time: 2:30 – 3:00 PM ET

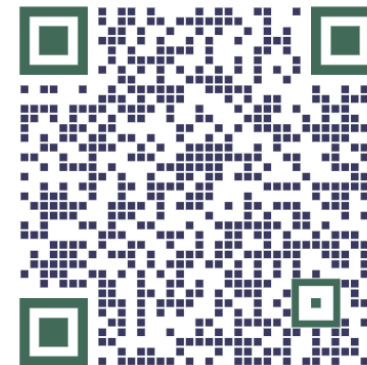
Presenters: Lori Raney, MD

Description: This webinar will apply lessons learned in developing an integrated care workflow, describe the roles of key team players in integrated care, and understand how issues with role clarity may impact successful workflow design.

Registration Link:

https://us06web.zoom.us/webinar/register/WN_YbwrSsABRY6yU6k6j-KQYg

**Registration
QR Code:**





Thanks! We hope to see you at Behavioral Health Integration Skills & Practices

Joe Hyde, BHTA Deputy Project Director

Laura Ross, Technical Expert Lead

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Endnotes

1. Rollnick, S., Butler, C. C., Miller, W. R. (2022). *Motivational Interviewing in Health Care: Helping Patients Change Behavior*. United States: Guilford Publications.
2. Drossel, Claudia, Rummel, Clair and Fisher, Jane E. (2009). *Assessment and Cognitive Behavior Therapy: Functional Analysis as Key Process*. In W.T. O'Donahue & J. E. Fisher (Eds.). *General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy* (pp. 15-41). Hoboken, NJ: John Wiley and Sons, Inc.
3. [Staff, M. \(2022, January 25\). Jon Kabat-Zinn: Defining mindfulness. Mindful. https://www.mindful.org/jon-kabat-zinn-defining-mindfulness/](https://www.mindful.org/jon-kabat-zinn-defining-mindfulness/)



References

- Drossel, Claudia, Rummel, Clair and Fisher, Jane E. (2009). Assessment and Cognitive Behavior Therapy: Functional Analysis as Key Process. In W.T. O'Donahue & J. E. Fisher (Eds.). General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy (pp. 15-41). Hoboken, NJ: John Wiley and Sons, Inc.
- Rollnick, S., Butler, C. C., Miller, W. R. (2022). Motivational Interviewing in Health Care: Helping Patients Change Behavior. United States: Guilford Publications.
- Staff, M. (2022, January 25). Jon Kabat-Zinn: Defining mindfulness. Mindful. Retrieved April 11, 2023, from <https://www.mindful.org/jon-kabat-zinn-defining-mindfulness/>

