



Welcome to Behavioral Health Technical Assistance (BH TA) Integration of Oral Health and Behavioral Health Virtual Learning Collaborative

Supported by the HRSA Bureau of Primary Health Care (BPHC), Office of Quality Improvement (OQI)

Vision: Healthy Communities, Healthy People





Integration of Oral Health and Behavioral Health Virtual Learning Collaborative Session 5

Applying A Motivational Interviewing Foundation In Oral Health

Matt Allen, DDS – Presenter

Amber Murray, BSN, MA – Task Lead & Facilitator

Wednesday, May 10, 2023, from 1:00 – 2:30 pm ET

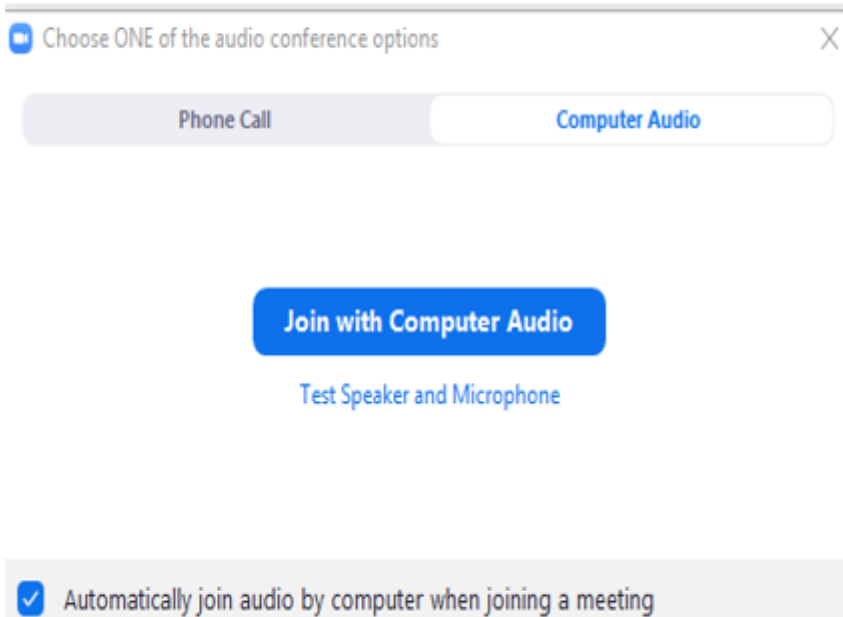
Vision: Healthy Communities, Healthy People



Housekeeping – Connecting to Audio

By computer:

- Click **Join with Computer Audio**.



Choose ONE of the audio conference options

Phone Call Computer Audio

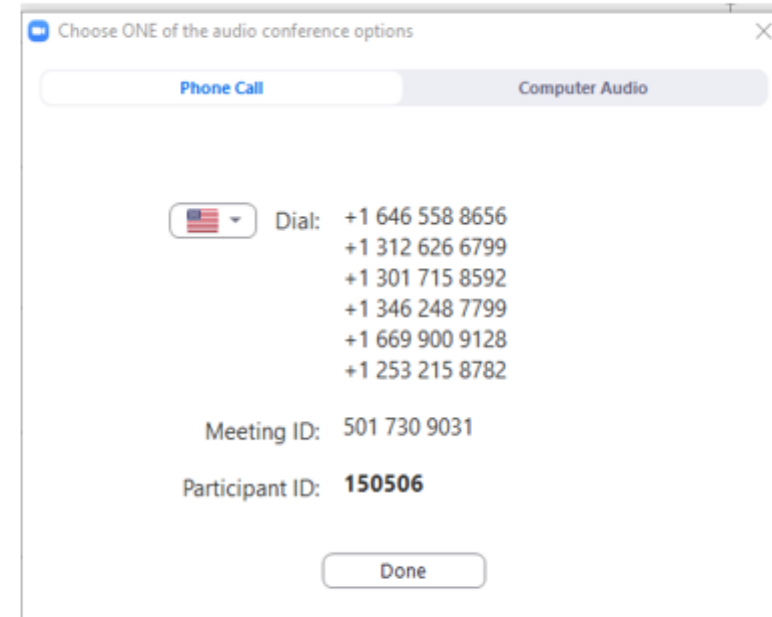
Join with Computer Audio

Test Speaker and Microphone

Automatically join audio by computer when joining a meeting

By phone:

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



Choose ONE of the audio conference options

Phone Call Computer Audio

Dial: +1 646 558 8656
+1 312 626 6799
+1 301 715 8592
+1 346 248 7799
+1 669 900 9128
+1 253 215 8782

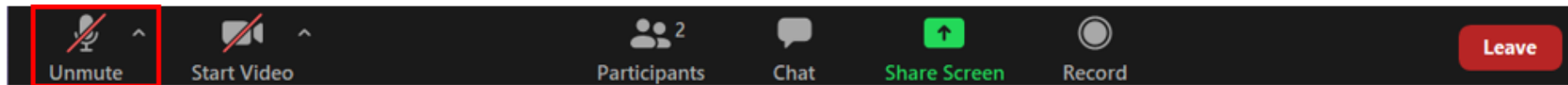
Meeting ID: 501 730 9031

Participant ID: **150506**

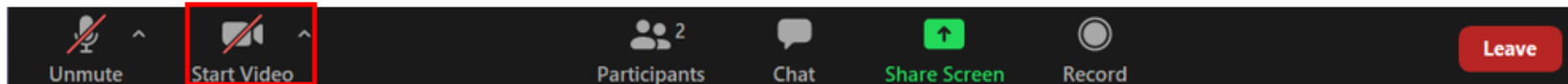
Done

Housekeeping – Zoom Participation

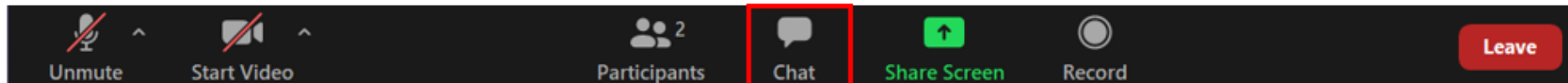
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- 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 (CE)

- We will be offering **1.5 CE credit** for your attendance at today's session.
- You **must** complete the Health Center Satisfaction Assessment to be eligible for CEs.
- **CE credits will be distributed within 4 weeks of the event.**



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.



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Virtual TA: Presenters & Facilitators



Presenter:
Matt Allen, DDS
CEO and Co-Founder, DifferentKind



Facilitator:
Amber Murray, BSN, MA
Project Director & Technical Expert Lead
JBS International, Inc.

Today's Agenda

- Welcome & Introductions
- Presenter Presentation
 - **Applying A Motivational Interviewing Foundation In Oral Health Settings**
 - Facilitated Discussion
- Announcements
 - Office hours for this event
 - Future TA events
 - Satisfaction assessment form



Source: iStock



Applying A Motivational Interviewing Foundation In Oral Health Settings

Vision: Healthy Communities, Healthy People



Disclosures

CEO and Co-Founder, DifferentKind

Clinician, Clinica Family Health

Adjunct Faculty, University of Colorado School of Dental Medicine



How Much Can Counseling Affect Dental Outcomes?



Dental RECUR Randomized Trial to Prevent Caries Recurrence in Children¹

The odds of new caries experience occurring were reduced by in the Dental RECUR Brief Negotiated Interview for Oral Health (DR-BNI) group as compared with control

51%

Motivational interviewing (MI) to prevent early childhood caries: A randomized controlled trial²

Integration of motivational interviewing improves the effectiveness of prevailing health education in preventing early childhood caries, enhancing parental efficacy, and improving children's oral health behaviors

¹Pine CM, Adair PM, Burnside G, Brennan L, Sutton L, Edwards RT, Ezeofor V, Albadri S, Curnow MM, Deery C, Hosey MT, Willis-Lake J, Lynn J, Parry J, Wong FSL. Dental RECUR Randomized Trial to Prevent Caries Recurrence in Children. J Dent Res. 2020 Feb;99(2):168-174.

²Jiang S, McGrath C, Lo EC, Ho SM, Gao X. Motivational interviewing to prevent early childhood caries: A randomized controlled trial. J Dent. 2020 Jun;97:103349.



How Much Can Teeth Affect Behavioral Health Outcomes?



Association Between Mental Health and Oral Health Status and Care Utilization

Greater risk for dental decay and tooth loss can lead to:

- **more frequent pain experience**
- **social isolation**
- **low self-esteem**
- **reducing quality of life** and in turn possibly being associated with poorer mental and overall health



What Do People Want From Their _____?



What Do People Want From Their Dentist?

Patients wanted help taking
control of their own oral health



What is
MI?

Motivational interviewing (MI) is a person-centered, guiding method of communication and counseling to elicit and strengthen motivation for change.

- Miller & Rollnick, 2013



What is the
matter with
you?

**What
matters to
you?**

What Would Make This Session a Success for You?



So How Can I Integrate Oral And Behavioral Health?

1

Focus on
Engaging



What Promotes Engagement?



What Promotes Engagement?

Desires or Goals

Importance

Expectations

Positivity

Hope



What Promotes Engagement?

Setting the Table

Name

Role

Time

Agenda

Ask permission



So How Can I Integrate Oral And Behavioral Health?

1

Focus on
Engaging

2

Move
Beyond
Assessment

Risk Assessment



Risk Assessment → Risk Conversation



Only Four

- “Tell me about how you keep your teeth healthy at home?”
- “We know fluoride is one of the best ways to help make teeth strong. A lot of people might get fluoride through their toothpaste or even tap water depending on where you live. I wonder if you could tell me about any places you might be getting it from?”
- “Tell me about what you eat and drink during a normal day.”
- “What’s your experience at the dentist been like?”



Reflective Listening Statements



“It’s hard to remember to brush my teeth because I’m so busy.”



“My baby cries at night unless I give him the bottle with milk. I’m exhausted. I know I shouldn’t, but I’m at the end of my rope.”



“I’m sorry I missed our appointment. I wanted to come, but my boss said I couldn’t miss work again.”



“I can do it (brush twice a day), but it’s more about getting her to be chill while I do it. I want to figure out how to make it a fun activity instead of her being really upset.”

Case Study: Carlos

4-year-old patient

Drinks milk in bottle

Current white spot lesions

Frequent snacking

Fluoride in tap water (when he does drink water)

What are SMGs?

- Patient Driven
- Borne from good risk conversations
- SMART: specific, measurable, attainable, realistic, and time-bound



Agree on preventive plan according to values and preferences



Family stays connected to dental office via teledentistry every __ months



Eat healthy snacks (nuts and cheese)



Brush with fluoride toothpaste at least 2 times daily (brush, spit, don't rinse)



Use prescription toothpaste



Limit juice, soda and sports drinks to mealtime



Take vitamin D (or get outside in UV light)



Chew xylitol gum



Drink tap water (containing fluoride)



Clean in between teeth for gum health (floss, floss picks, Waterpik)



In-office preventive treatments (sealants, SDF, fluoride)



Other ideas?



So How Can I Integrate Oral And Behavioral Health?

1

Focus on
Engaging

2

Move
Beyond
Assessment

3

Relationally
Share
Information

Explore-Offer-Explore (EOE)



Explore

What do they know?

Offer

Share information

Explore

What do they think?

So How Can I Integrate Oral And Behavioral Health?

1

Focus on
Engaging

2

Move
Beyond
Assessment

3

Relationally
Share
Information

But What About Fluoride???



**What, If Any, Questions
Would You Like To Ask?**



“ I do not have knowledge, but the dentist acknowledges that **I am person of intelligence as well**. So, I suppose, it is how [the dentist] explains the information without making me feel like [the dentist] has been speaking to me condescendingly.”



“As in most things it is a two-way relationship. So it is the gentleness, it is the trust, it is the respect, it is actually the transparency that has being able to build up a relationship where you can trust your dentist to give you a very open and honest answer about any treatment.”



“I have dropped dentists in the past. I think that how they were able to relate to me as a person was probably the biggest indicator of whether I felt comfortable with what they were doing. **I suppose if you have a choice of five people with the same skill set, it is how they are able to deliver that skill set that is more important than the skill set as such.**”

Sbaraini, A., Carter, S.M., Evans, R.W. et al. Experiences of dental care: what do



Presenter Contact Info



DifferentKind

matt@differentkind.com





Questions?



Wrap-Up Polling Question



Source: iStock

**What were the main reasons for your participation in today's event?
Select all that apply.**

1. To learn more about the topic from the presenter
2. To engage with other health centers
3. To raise questions about this topic as it relates to my health center
4. To learn about the experiences other health centers have related to this topic

BPHC-BH TA Portal

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

- Access Past BH TA Resources
- Request TA
- Access Learning Management System (LMS) modules
- Learn more about BH TA options

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

Event Calendar | About Us | Contact Us

Home | Technical Assistance Resources | Request Technical Assistance | Learning Management System

Welcome to the BPHC-BH TA Resource Portal!

View Edit Delete Revisions

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.

This portal allows HRSA-funded health centers to

Learn About BH TA Options

- One-on-One Coaching
- E-learning Webinars
- Intensive TA for Practice Change
- Join a Community of Practice (CoP)
- SDoH Group Virtual TA Roundtable
- Virtual Office Hours

Upcoming Events

There are no upcoming events.



TA Opportunities for Health Centers

- One-on-One Coaching
- Communities of Practices (CoPs)
- Virtual + On-site Site Visits T/TA
- Oral Behavioral Health Learning Collaborative (LC)
- Virtual Brown Bag TA Sessions
- Webinars



Register for the Session 5 Discussion

Session 5: Facilitated Discussion

In this interactive, discussion-based session, Dr. Matt Allen will help participants practice applying the spirit and core skills of Motivational Interviewing (MI) through role-playing scenarios, real-playing situations, and small group discussions. Participants will have an opportunity to practice applying this communication skill to support improved patient outcomes and experiences.

Date: Wednesday, May 17, 2023, 1:00 – 2:00 p.m. ET

Registration link:

<https://us06web.zoom.us/meeting/register/tZYtdeiqrijwsGtleSuK07SlppT6WeIAFSiAk>



Learning Collaborative Session 6 Information

Session 6 Presentation: Integrated Oral Behavioral Health in Vulnerable Populations

Date: Wednesday, June 7, 2023 from 1:00 – 2:30 p.m. ET

Registration Link: https://us06web.zoom.us/meeting/register/tZMudOCgrTgvH9CjLwNucLFHW4NDeOEB_xPs

Description: This session will discuss a person-centered approach to providing oral health care for vulnerable populations, such as veterans, older adults, and LGBTQIA+ adults. Integrated oral and behavioral health can improve access to care and oral and behavioral health outcomes for these populations. We will discuss the challenges and barriers these populations face in accessing oral behavioral care and how oral health and behavioral health providers can play a role in identifying the concerns, developing tailored treatment approaches, and improving health outcomes.

Session 6 Discussion: Integrated Oral Behavioral Health in Vulnerable Populations: Panel Discussion

Date: Wednesday, June 14, 2023 from 1:00 – 2:00 p.m. ET

Registration link: https://us06web.zoom.us/meeting/register/tZYvcOqprDIqH9BaOiGfQU_19vKpLjn0k9Ov



CEs for Dental Providers

To obtain continuing education credit for participation in this session:

Complete the Qualtrics evaluation survey within 8 days of the webinar. Once the survey response is received, a certificate of completion with 1.5 CEs for participation will be forwarded to you within 4 weeks. Please retain this certificate for your records.

<Donna to provide CE Link when it is provided>



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 **HRSA**
Health Center Program

CEs for Nondental Providers



- 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 box.
 - The assessment will pop up in a separate browser at the conclusion of the event.
 - The assessment link will be emailed to you in a follow-up email after the session.
 - <https://survey.alchemer.com/s3/7181506/Health-Center-TA-Satisfaction-Assessment-OH-BH-LC-Didactic-Session-5>
- **CE credits will be distributed within 4 weeks after the session.**



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Thank You!

Please submit questions to
Amber Murray: amurray@jbsinternational.com

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