



Addressing Substance Misuse and Use Disorder in a Healthcare Setting

Community of Practice

Session 7: Brief Interventions to Modulate Distress in Clinical Settings
August 16, 2022

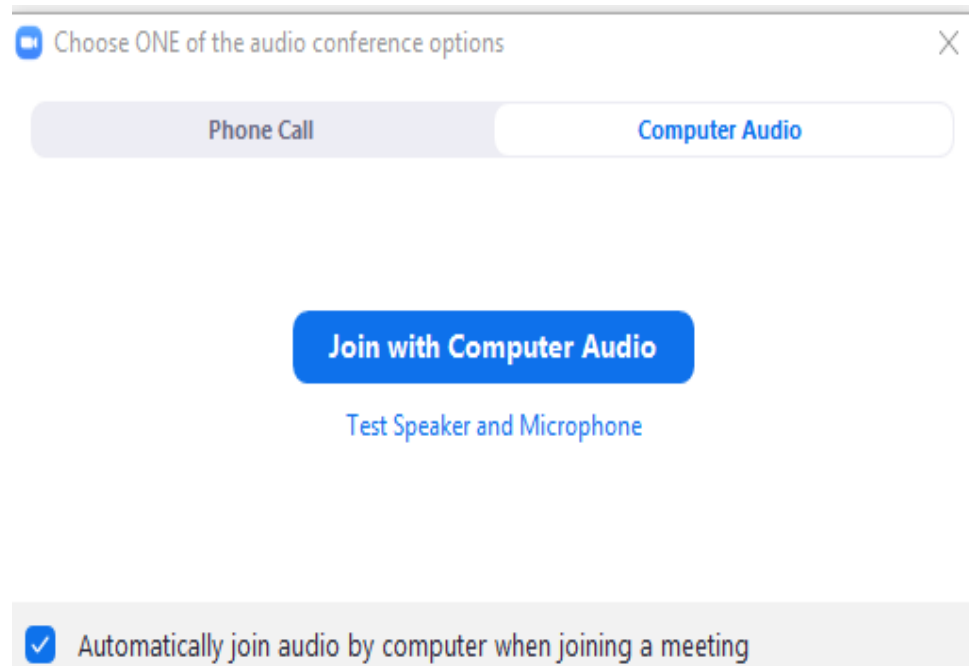
Vision: Healthy Communities, Healthy People



Connecting to Audio

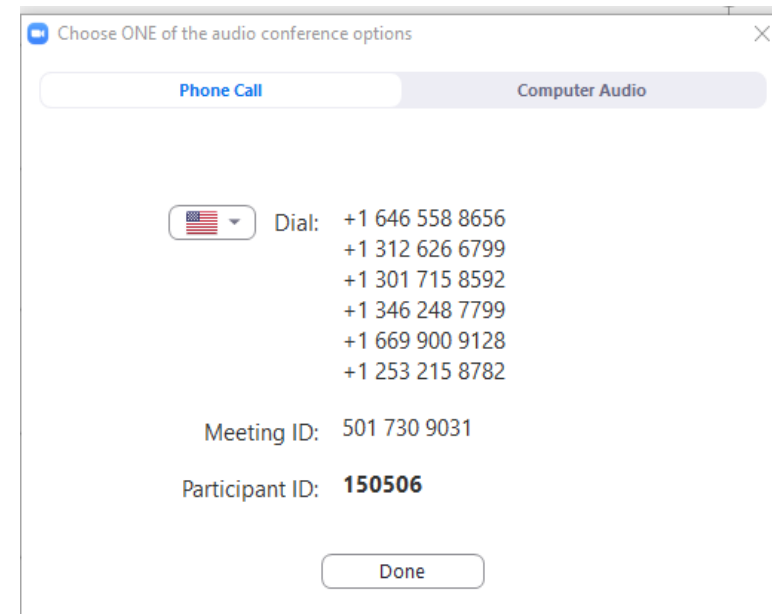
By computer:

- Click **Join with Computer Audio**.



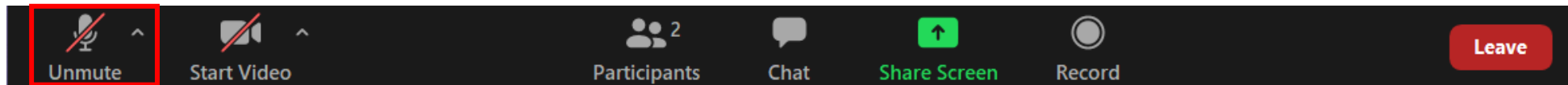
By phone:

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

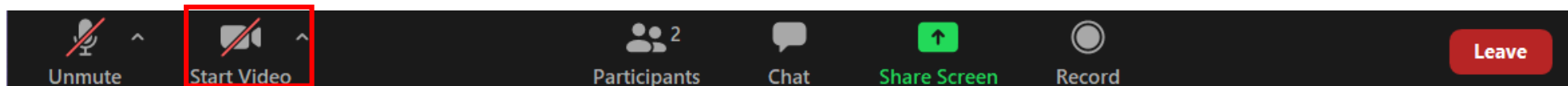


Zoom Participation

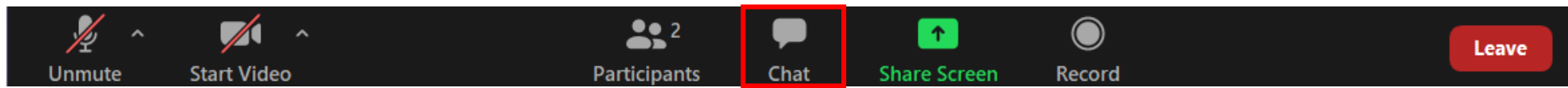
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- 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 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.
- **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.

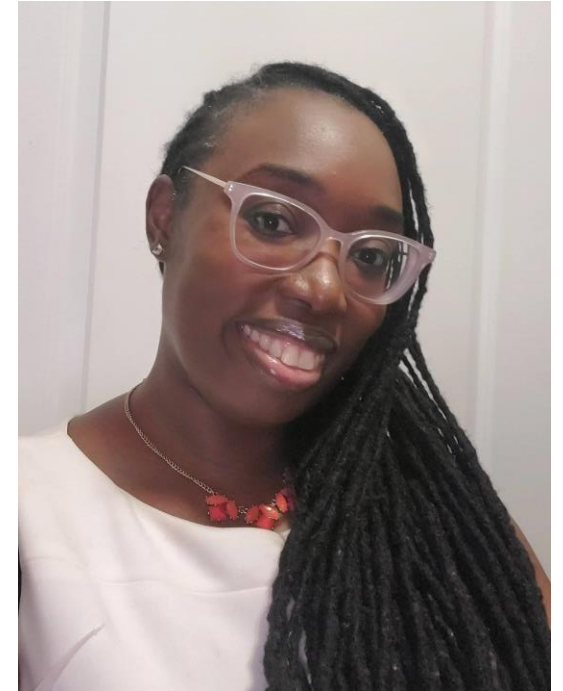
CoP Presenters and Facilitators



Presenter:
Ginger Cloud, LADC, LCMHC
The Health Center



Facilitator:
Joe Hyde, LMHC, CAS
JBS International



Facilitator:
Andrea Coleman, M.S.
JBS International

Agenda for Today

Check-In & Attendance

Presentation: *Brief Interventions to Modulate Distress in Clinical Settings*

Participant Q & A

Session Wrap-Up & Between-Session Activity



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Overview & Session Learning Objectives

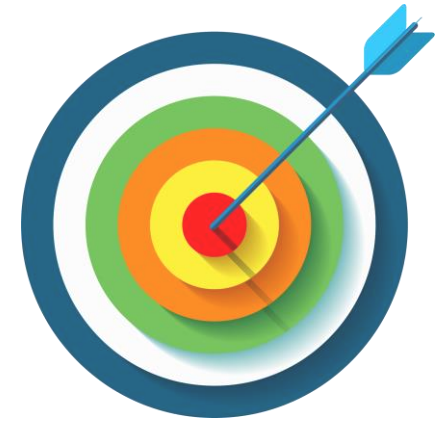
Welcome ~ Thank You for being here

- In chat share an experience in nature you enjoy or find peaceful (ocean, warmth of the sun, a campfire, feeling the wind, hiking etc.)

Today's Objectives

By the end of this session, participants will have

1. Deepened their understanding of clinical nonverbal presentations of distress by exploring what is in the room.
2. Reviewed and expanding their understanding of Polyvagal Theory, vagus nerve, and vagus nerve interventions
3. Gained knowledge to explore interventions that evoke hemispheric integration – to regulate emotions
4. Practiced vagus nerve brief interventions and reflected upon the use of the interventions.



Source: iStock

Internal Landscape

- Enjoy a moment to pause and notice what is happening in your internal landscape right now, close eyes if possible or gentle gaze at the floor.
- Notice your facial muscles (tight, loose, neutral), how easily can a smile arrive on your lips? How about a scowl? How about a frown?
- Notice the back of your neck and shoulders (is there tightness, can you welcome ease)
- Notice your hands (open, closed, relaxed, busy)
- Notice your pelvis is it forward, back or neutral?
- Notice the pace of your breathing, (short, long, deep, shallow)
- In breath verses out breath length
- Practice a sigh – ***Share in chat one thing you noticed***



Patient Presentation

- What clinical nonverbal symptoms might be noticeable in a patient in need of a brief intervention to regulate distress?

Answers in chat or raise hand



Potential Clinical Presentation of Distress

- Sweating, increased rate of breathing, fidgety, rigidity, rapid eye movements, tearfulness, sitting on the edge of the chair, shakiness, (sympathetic nervous system activation), pupil dilation, increased blood pressure, closed hands, closed body position, lack of eye contact.
- Who might present with these symptoms?
People with a trauma history, people struggling with significant distress, people that are overwhelmed, people with substance misuse, people that are fearful of rejection/fearful their needs won't be met...

Brief Overview of Polyvagal Theory

- [Brief Explanation of Polyvagal Theory](#) – by Dr. Lola Perez-Gavino
- Polyvagal Theory – Developed by Dr. Stephen Porges Neurologist and Psychiatrist – Neuroception – body scanning environment for cues of danger or safety.
- When our body system is in a state of sympathetic response or parasympathetic shut down, cognitive approaches may not be as helpful as body-based interventions.
- Handout [Helpful Handout on Polyvagal Theory and Interventions](https://togetherthevoice.org/wp-content/uploads/2020/02/Creating-Excellent-Organizations-Handouts.pdf) (from: <https://togetherthevoice.org/wp-content/uploads/2020/02/Creating-Excellent-Organizations-Handouts.pdf>)



Vagus Nerve

- The Polyvagal Theory is based on the operation of the vagus nerve (cranial nerve X). The vagus nerve is the longest, most complex cranial nerve, making connections with vital body systems from the brain down to the colon (facial muscles, eyes, ears, throat, heart, lungs, intestines, kidneys, liver colon).
- The vagus nerve is associated primarily with the parasympathic nervous system (rest, digest, heal). It controls immune and inflammatory responses.
- Low Vagal Tone - poor health outcomes

Brief Vagus Nerve Interventions to Calm a Person Presenting with Anxiety

Role Play – Andrea presenting with anxiety due to life stressors. – Brief introduction to vagus nerve – rationale.

- Looking up with eyes while breathing in
- Longer exhalation than inhalation or a sigh
- Follow the path of a ball or imaginary ball moving between hands
- Orienting to the room, follow the space with eyes, look behind, above, and down low, exits
- Re-entry- closure of session.

Are you already using vagus nerve exercises? If so, what do you use? If not, try taking turns practicing the above exercises. (8 minutes in dyads to discuss and practice)



Brief Body Interventions for People Presenting with Depression

Explore as a group

- Powerpose – 2 minutes (can be done in bed to motivate action)
- Body tapping – finding the boundaries of the body, notice sensations
- Eye movements to expand depressed posture, pause and notice
- Flower Breathing – out hands open, in hands close, pause and notice
- Are you already using body interventions? If so, what do you find most helpful? If not try taking turns practicing the above exercises.

8 minutes in dyads to discuss and practice



Hemispheric Integration Interventions

- When we are distressed or in strong emotion states we are generally operating from our limbic brain center.
- Right hemisphere controls left side of the body, left hemisphere controls right side of the body.
- Engagement in bilateral crossing the midline movements prompts activation of both hemispheres of the brain (motor cortex) and stimulates communication via the corpus callosum.
- Practice exercises of [bilateral crossing the midline](#) – Jack Hartmann

Micro Actions to Engage the Senses and Return to the Moment

- Using the five senses to engage with the environment
- Press feet into the floor
- Close eyes and sense the tips of your ears, weight of your eyelids, the air moving into your nostrils, the weight of your tongue.
- Hand to the heart for a two breaths
- Go outside and pause until you feel the wind or sun or see a cloud, or hear a bird
- Touch your shoulders, hips, knees, ankles and toes

Trauma Is A Common Experience

- [A Gentle Reminder](#)
- Any acts to reduce distress we can do ourselves and teach to patients have the potential to expand our circle of capacity.
- Thoughts / Reflections

Teachers of Influence:

Dr. Cathy Malchiodi & Dr. Elizabeth Warson– Expressive Arts Therapy

Dr. Arielle Schwartz – Center for Resilience Informed Therapy

Dr. Pat Ogden – Sensorimotor Psychotherapy Institute.



Thoughts and Questions



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Next Steps

- Remember, Office Hours immediately following the CoP.
- Coaching Calls are available—*please reach out to schedule a coaching call if you need additional assistance.*



Source: iStock by Getty Images

Virtual Office Hours



Tuesdays (after each session)
3:30–4:30 p.m. EDT

Alternating Tuesdays (via Zoom)
2:00 – 3:00 p.m. EDT

Register for alternating sessions:

<https://us06web.zoom.us/meeting/register/tZlvdei qpjMqHtdTzfFCMAjNKaCnZt9-eJ68>

Office Hours Benefits:

- ✓ Connect with colleagues from other health centers
- ✓ Discuss progress and/or challenges related to your team's action plan
- ✓ Get more information about the session topic

BPHC-BH TA Portal and T/TA Offerings

<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
 - Intensive TA for Practice Change
 - Join a Community of Practice (CoP)
 - SDoH Group Virtual TA Roundtable
 - Virtual Peer-Learning Office Hours

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

Event Calendar | About Us | Contact Us

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#Together4MH
TOGETHER
for Mental Health

Mental health is an important part of our overall health. Join together to advocate for resources, support and access to quality mental health care.

NAMI
National Alliance on Mental Illness
nami.org/mentalhealthmonth

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.

This portal allows HRSA-funded health centers to request TA and obtain updates on available events such as webinars. Stay tuned for the learning management system and the opportunity to earn continuing education credits.

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
- “Ask an Expert” Series

Subscribe to the BH TA Bulletin

The BH TA Bulletin is a weekly update of upcoming BH TA training and technical assistance opportunities that is sent right to your inbox.

Subscribe to the BH TA Bulletin

Upcoming Events

Addressing Substance Misuse and Use Disorder in a Healthcare Setting Community of Practice (CoP)
May 24, 2022
2:00–3:30 pm EDT

Social Determinants of Health Roundtable 2: Building Relationships with Community Partners to Address Social Determinants of Health
May 25, 2022
2:00–3:30 pm EDT



Upcoming TA Opportunities!

- **Social Determinants of Health Roundtable 3– Collecting and Using Data to Address the Social Determinants of Health in Your Patient Community**
 - **Date: August 24, 2022, 2:00–3:30 p.m. ET**
 - **Presenter: Chantal Laperle, MA, CPHQ, PCMH, CCE, CTL**
 - **Register: https://us06web.zoom.us/meeting/register/tZ0qcuiprD0oHtd-Tfw2aRvMu_0kSHvl-Eay**
- **Addressing Stigma Toward Individuals with Substance Use Disorder**
 - **Date: August 25, 2022, 11:00 a.m.–12:00p.m. ET**
 - **Presenter: R. Lyle Cooper, Ph.D., LCSW**
 - **Register: <https://us06web.zoom.us/meeting/register/tZ0qcOmgqjMiG9WIFaezjaCfq3rs2CKE6Pxp>**

Earn **1.5** and **1 CE** credits for attending these sessions, respectively.



BHTA Satisfaction Assessment



- We would love your feedback – please complete a satisfaction assessment.
 - <https://survey.alchemer.com/s3/6871352/Health-Center-Technical-Assistance-TA-Satisfaction-Assessment-CoP-4-Addressing-Substance-Misuse-and-Use-Disorder-in-a-Healthcare-Setting-Community-of-Practice>
- Remember! If you want to obtain CEs for your time today, you must complete a satisfaction assessment.
- There are two ways navigate to the assessment:
 1. Follow the link provided in the chat here.
 2. You will be emailed a link from us via Alchemer, our survey platform.





Thank You!

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Vision: Healthy Communities, Healthy People

