



Addressing Substance Misuse and Use Disorder in a Healthcare Setting

Community of Practice

Session 3: Brief Consultation
June 21, 2022

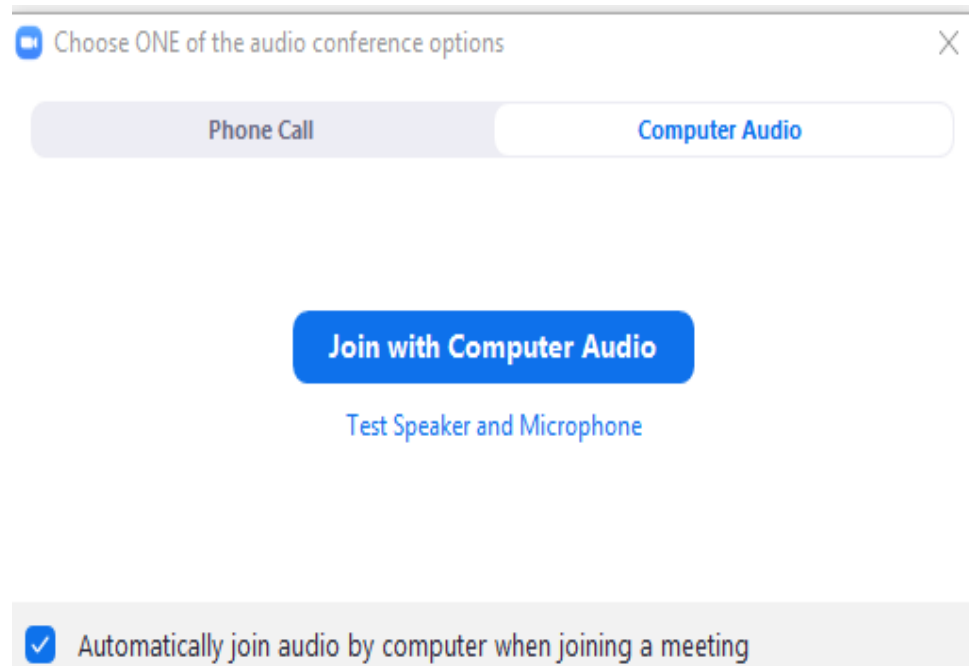
Vision: Healthy Communities, Healthy People



Connecting to Audio

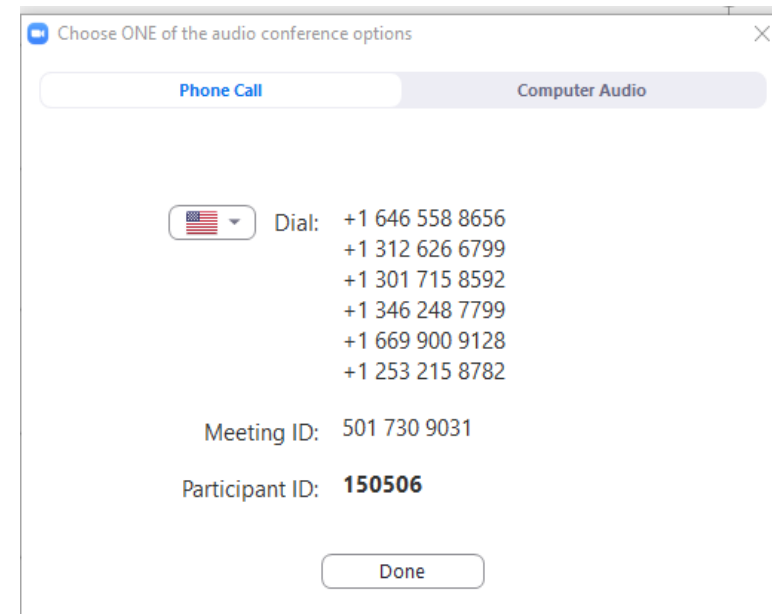
By computer:

- Click **Join with Computer Audio**.



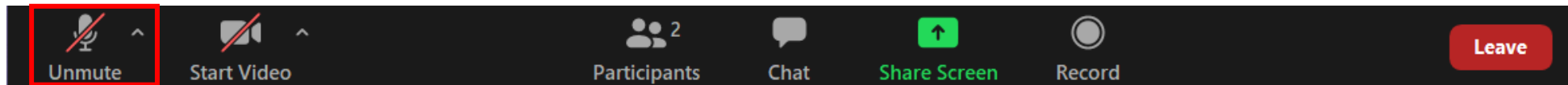
By phone:

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

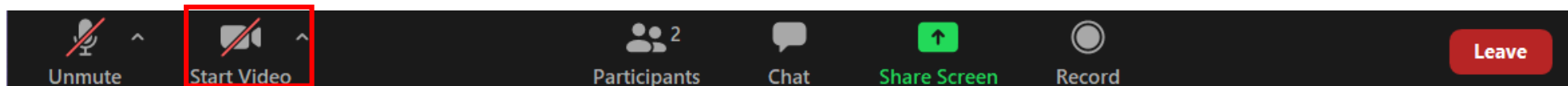


Zoom Participation

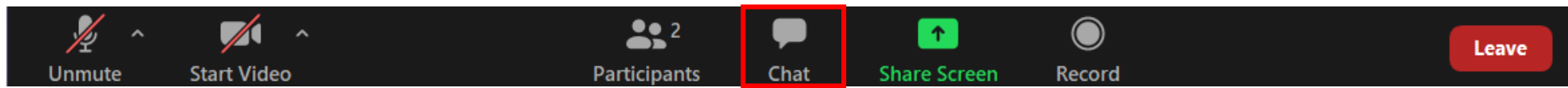
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- 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 Facilitators



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Director,
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JBS International



Andrea Coleman, MS

Technical Expert Lead,
JBS International

CoP Session Overview

Session #	Session Date	Session Title
1	5/24/2022	Addressing Substance Misuse and Use Disorder in a Healthcare Setting Orientation
2	6/7/2022	Screening and Intervening
3	6/21/2022	Brief Consultation
4	7/5/2022	Trauma & SUD: The Many Faces of Trauma
5	7/19/2022	Evidence Based Cultural Relevance in SUD Responses
6	8/2/2022	Bias & Stigma: Reflecting Upon Own Biases
7	8/16/2022	Special Populations of Focus (Part 1): Patients with Co-Morbid Conditions
8	8/30/2022	Special Populations of Focus (Part 2): Pregnant and Parenting Women with SUD



Source: iStock

Agenda for Today

Check-in & Attendance

**Presentation: *Brief Consultation—
The Brief Negotiated Interview***

- Discussion of the utility of the BNI

Participant Q & A

Session Wrap-Up

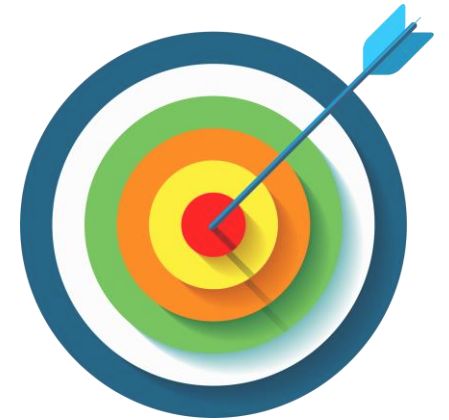


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Session Learning Objectives

By the end of this session, participants will be able to—

1. Describe an evidence-based practice model of brief consultation, the brief negotiated interview (BNI).
2. Apply specific motivational interviewing (MI) skills to BNI.
3. Practice brief consultation skills using the BNI.



Source: iStock

What Is the BNI?

The **BNI** is a brief solution focused, motivational and awareness-raising intervention.



What Is the **B**rief **N**egotiated **I**nterview?

- There are several models for brief intervention, including the BNI, originally developed by Gail D’Onofrio, M.D., Ed Bernstein, M.D., Judith Bernstein, M.S.N., Ph.D., and Steven Rollnick, Ph.D.
- The BNI is a semi-structured interview process based on MI that is a proven evidence-based practice and can be completed in 5–15 minutes.



Steps in the BNI

1

Build rapport—
raise the subject.
Explore the pros
and cons of use.

2

Provide
feedback.

3

Build
readiness to
change.

4

Negotiate a
plan for
change.



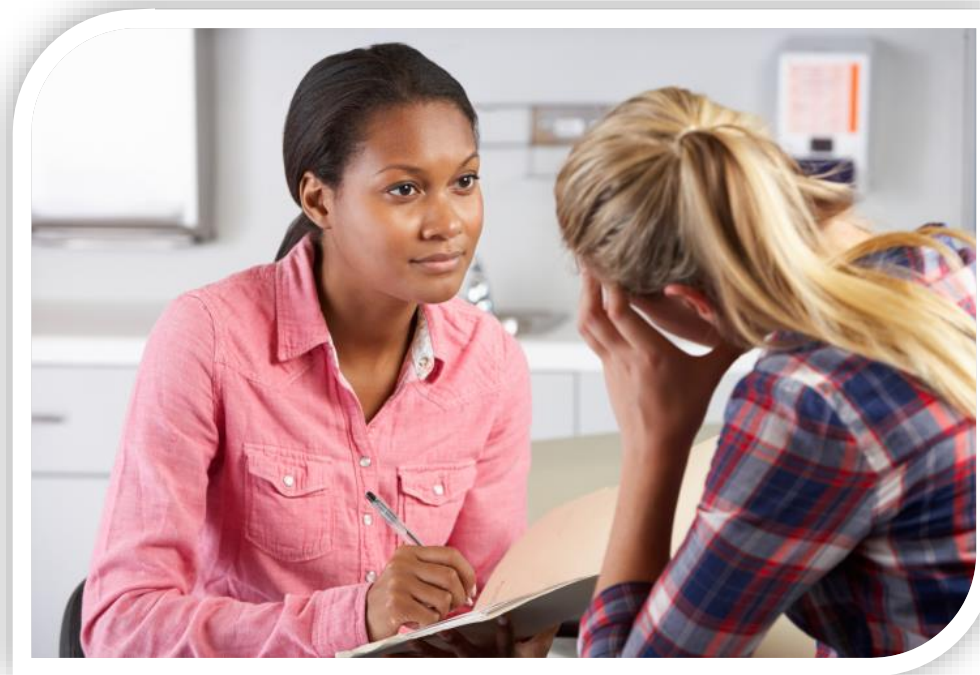
1 Build Rapport—Raise the Subject

1. Begin with a general conversation.
2. Mention the recently completed screening
3. Ask permission to talk about alcohol or drugs or other concerns.



1 Build Rapport—Raise the Subject (continued)

What if the patient does not want to talk about his or her issues?



Discuss the Pros and Cons of Substance Use from the Patient Perspective #1

Help me understand through your eyes.

- What are the good things about using alcohol?
- What are some of the not-so-good things about using alcohol?



Workability

Discuss the Pros and Cons Depression and Anxiety (#2)

Help me understand. What have you been doing to manage or control your anxiety or depression.

- What are the good things about your approach?
- What are some of the not-so-good things about this approach?

Workability



Exploring the Pros and Cons of Use—Applying MI (a)

Using open-ended questions—

- Enables the patient to convey more information
- Encourages engagement
- Opens the door for exploration

Using reflections

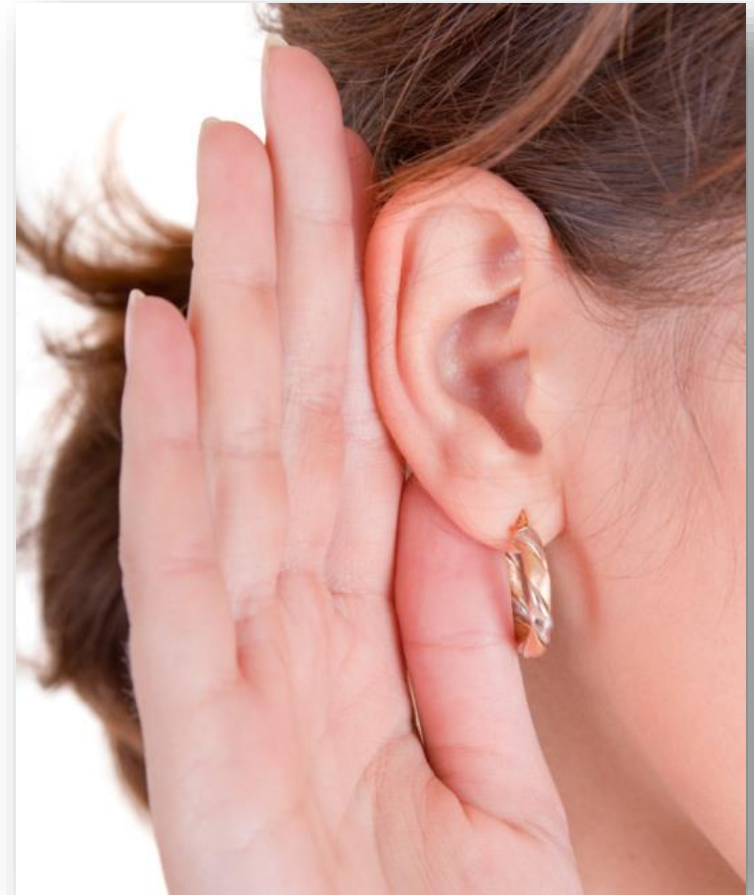
- Reflective listening
- Use deeper reflection when appropriate



Explore the Pros and Cons of Use—Applying MI (b)

Summarizing

- Reinforces what has been said
- Shows careful listening
- Listen for and reflect values



Pros and Cons of Use (c)

Summarize using a decisional balance...





2 Provide Feedback (a)

- Ask permission to review information.
- Discuss screening findings.
- Link substance use behaviors to any known consequences.

OR

- Link strategies for managing anxiety or depression to known consequences.



2 Provide Feedback (b)

Evoked a response:

“So, hearing all this, where does it leave you?”

- Positive reaction—move forward
- Negative reaction—revisit the pros and cons

3

Build Readiness To Change

- Could we talk for a few minutes about your interest in making a change?
- On a scale from 1 to 10, 1 being not ready at all and 10 being completely ready, how ready are you to make any changes in your substance use?
- Or to learn new ways to deal with depression?





4 Negotiate a Plan for Change

- A plan for reducing substance use to low-risk levels

OR

- An agreement to follow up with behavioral health services

Thoughts and Questions



Wrapping Up & Between Session Activity

BNI— With At-Risk Patient

Video Demonstration



Next Steps

- Remember, Office Hours immediately following the CoP and alternating Tuesdays at 2pm EDT.
- Coaching Calls—*please contact us to schedule a coaching call.*



Source: iStock by Getty Images



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

Virtual Office Hours

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



The screenshot shows the BPHC-BH TA Portal website. At the top, there is a navigation bar with links for "Home", "Technical Assistance Resources", "Request Technical Assistance", and "Learning Management System". Below this is a banner for "#Together4MH" with the text "TOGETHER for Mental Health" and "Mental health is an important part of our overall health. Join together to advocate for resources, support and access to quality mental health care." The NAMI logo is also present. The main content area is titled "Welcome to the BPHC-BH TA Resource Portal!" and includes a paragraph about the portal's purpose. Below this is a section for "Learn About BH TA Options" with a list of offerings: 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, and "Ask an Expert" Series. There is also a section for "Upcoming Events" with two events: "Addressing Substance Misuse and Use Disorder in a Healthcare Setting Community of Practice (CoP)" on May 24, 2022, and "Social Determinants of Health Roundtable 2: Building Relationships with Community Partners to Address Social Determinants of Health" on May 25, 2022.

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

#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.

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

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

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!

E-Learning Webinar

Depression and Suicidality Among Men

July 15, 2022 ♦ 1:00 – 2:30 pm EDT

Registration Link:

<https://us06web.zoom.us/meeting/register/tZMpcOmtpz4uHde9xaSkpnP5EmzY-cAQlyT0>

Registration links for webinars can also be found on the BH TA Portal.

Earn **1.5 CE** credit for attending these webinars.





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

