



Interprofessional Primary Care Institute

Strengthening Each Other

Professional Solutions

Behavioral Health Clinician Essentials

August 10-14, 2020 | Daily 8:30am to 12:30pm | Zoom



Clinics that implement the Primary Care Behavioral Health (PCBH) model are better equipped to deliver biopsychosocial-cultural care to the people they serve (Robinson & Reiter, 2015; Reiter, Dobemyer & Hunter, 2018). The PCBH model is an evolution of psychotherapy that matches the fast-pace of primary care by adding a behavioral health clinician (BHC) team member who works in a focused & accessible way. BHCs in primary care are licensed psychologists, clinical social workers, professional counselors, and marriage & family therapists. This continuing education event supports BHCs & BH learners (graduate students, interns & residents) to develop new skills for PCBH model practice. Our interprofessional team includes experts in the PCBH model, primary care clinicians, nurses, etc. who are all invested in the success of BHCs in primary care.

Day 1 | Primary Care Behavioral Health Model Essentials (8:30am to 12:30pm)

Andrea Alexander, FNP will share her experiences working as a primary care clinician (PCC) without the support of a BHC. **Patti Robinson, PhD** will provide an overview of the evolution of PCBH services, brief review of evidence for this approach, and then suggest specific competencies for BHC and other team members who embrace this approach. **Julie Oyemaja, PsyD** will review the use of person-reported outcome monitoring approaches (PROMs) by BHCs and practical considerations of BHC work; including, making diagnoses, using diagnostic & procedural codes. **Participants will be able to...**

- ❖ Describe the benefits of the PCBH approach from the PCC perspective
- ❖ Describe the PCBH model to team members
- ❖ Briefly summarize evidence for the PCBH approach
- ❖ List BHC services and describe the clinical components of each service
- ❖ Use practice support tools to enhance practice management skills
- ❖ Promote engagement during a first visit with a BHC

Read: Robinson & Reiter (2016). *Behavioral Consultation and Primary Care : A Guide to Integrating Services*. Chapter 5, Behavioral Health Consultant Competencies

Day 2 | Primary Care Behavioral Health Visit Essentials (8:30am to 12:30pm)

Bhavesh Rajani, MD, MBA will describe primary care clinics before and after efforts to hire, train, and place BHCs working in the PCBH model. He will also describe competencies for PCCs and nurses who work to integrate BHCs into their team-based practices, including warm handoff, standing orders, and PCBH pathways. **Patti Robinson, PhD** will introduce a functional approach to brief assessment & intervention. Participants will view a video demonstration of the Contextual Interview and then practice in pairs. Dr. Robinson will also discuss culturally-responsive methods to

develop collaborative plans that increase “behavioral variability”. The day will conclude with a review of cognitive behavioral therapy interventions and patient-facing materials BHCs can use. *Participants will be able to...*

- ❖ Discuss differences between functional & diagnostic approaches
- ❖ Complete a time effective contextual interview
- ❖ List 3 components of problem summary statements that enhance engagement
- ❖ List 4 components of the typical BHC chart note
- ❖ Describe 2 cognitive behavioral interventions often used by BHCs
- ❖ Explain several scenarios in BHC work where education handouts may be helpful

Read: Robinson (2020). *Basics of Behavior Change in Primary Care*, Chapter 3, The Basics

Day 3 | Focused Acceptance & Commitment Therapy Essentials (8:30am to 12:30pm)

Valorie Orton, RN, DNP will describe possible workflows between nursing staff & BHCs and ways to promote continuity of care. **Patti Robinson, PhD** will provide an introduction to this practical and powerful approach to promoting psychological flexibility. Participants will learn to use a variety of FACT tools, including the Four Square Tool & the Bull’s Eye Plan. *Participants will be able to...*

- ❖ Define the difference between psychological suffering & psychological pain
- ❖ Describe psychological flexibility
- ❖ List the three pillars of psychological flexibility
- ❖ Use the Four Square to conceptualize ways to promote psychological flexibility
- ❖ Use the Bull’s Eye intervention to establish a care plan that can be supported by the primary care team

Read: Robinson (2020). *Basics of Behavior Change in Primary Care*, Chapter 4, Assessment and Chapter 5, Intervention

Day 4 | Pediatric Primary Care Essentials (8:30am to 12:30pm)

Celeste Jones, PsyD, Joy Mauldin, PsyD & Amber Nelson, PsyD will provide essential BHC knowledge to support children & their families in primary care. Participants will review developmental milestones, well-child visits, and a positive behavioral intervention framework for transdiagnostic approaches. The team will discuss culturally-responsive ways to promote coping and parenting skills; including, a special focus on teaching parents how to discuss race & racism. Common pediatric screeners used in primary care will also be reviewed. *Participants will be able to...*

- ❖ Identify appropriate developmental milestones
- ❖ Understand basic tenants of a well-child visit and BHC’s role
- ❖ Utilize a positive behavioral intervention framework & transdiagnostic approaches
- ❖ Identify commonly used pediatric behavioral health screeners used in primary care

Day 5 | Internal Medicine Essentials (8:30am to 12:30pm)

Participants can expect a dynamic interaction between a BHC & PCC as they discuss common, need-to-know-about medical conditions that present within a primary care setting. **Sarah Rahkola, MD** will identify & provide essential education regarding common medical presentations. **Jeri Turgesen, PsyD, ABBP, MCP** will highlight the behavioral health dynamics inherent within each condition. Together, Drs. Rahkola & Turgesen will discuss how they conjointly work to manage complex medical conditions from a comprehensive biopsychosocial frame using a team-based approach to care. *Participants will be able to...*

- ❖ Identify common medical presentations in primary care
- ❖ Become familiar with common medical terminology as it relates to basic medical presentations
- ❖ Understand the role of the BHC in managing chronic & complex medical conditions
- ❖ Identify team-based approaches for a comprehensive, biopsychosocial approach to health within primary care

National Association of Social Workers (NASW) 20 clinical Continuing Education (CE) hours

NASW CE Certificates provided August 14

No fee reductions for partial attendance

\$300 Professionals

\$150 Interns, Residents & Students

Free IPC-I Directors/Advisors & George Fox University Students/Faculty

Registration Link: <https://georgefoxuniversity.regfox.com/professional-solutions-behavioral-health-clinician-essentials>