

Behavioral Health Integration (BHI): Primary Care Behaviorist Model Learning and Action Summary

This learning and action summary pulls together resources¹, videos², and guidance shared during various learning events and organizes content, so that you can easily reference materials as you implement the Primary Care Behaviorist Model in your practice. This guide provides content and resources that complement suggested implementation approaches provided in the [CPC+ Implementation Guide](#).

Understand Behavioral Health in CPC+ and Choose a BHI Model

Action	Resource
Review CPC+ BHI options and requirements.	<ul style="list-style-type: none">Review how to integrate behavioral health services in the Key Concepts section of the CPC+ Implementation Guide.Review Function 3: Comprehensiveness and Coordination in the Care Delivery Resource.Watch the CPC+ Orientation Care Delivery Requirements video, which depicts the changes in care delivery requirements from 2018 to 2019, most of which remain current today. This video can provide practice staff, especially new hires, a basic orientation to the CPC+ Care Delivery Requirements. ⓘWatch Core Elements of Behavioral Health from the Behavioral Health Integration webinar. ⓘWatch the Practices in Action session on Behavioral Health Integration: Understanding the Primary Care Behaviorist Model. ⓘ
Understand characteristics of the two BHI options in CPC+ and choose a behavioral health model.	<ul style="list-style-type: none">Review the CPC+ Behavioral Health Menu of Options, which describes the menu of options for Track 2 practices building primary care capabilities to support BHI.Review the BHI Table: Care Management vs. Primary Care Behaviorist Model to determine which behavioral health model is best for your practice.Watch Things to Consider When Choosing a Behavioral Health Integration Model. ⓘReview the foundations of the primary care behaviorist model in the Key Elements of the Primary Care Behaviorist Model. ⓘListen to the CPC+ Tactics to Go - Care Management for Patients with Mental Health Conditions podcast. ⓘListen to the CPC+ Tactics to Go - Integrating the Behaviorist into the Primary Care Team podcast. ⓘ

¹ Some of the resources listed in this summary report, including tools shared by other practices, reside on [CPC+ Connect](#). To directly access these links, log in to your CPC+ Connect account first. If you are not logged in to your CPC+ Connect account and select one of these links, you will be directed to the website login page. Log in to the website, then return to this document and select the link again to open a new window.

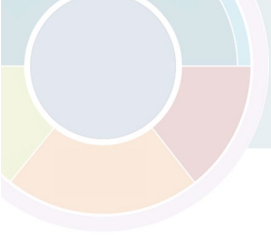
² ⓘ This icon denotes a live video clip and provides alternative text describing video clip contents. Hover over this icon with your cursor to view video descriptions.

Develop a Strategy to Integrate the Right Primary Care Behaviorist into Your Practice

Action	Resource
<p>Identify staffing and training needs to integrate behavioral health services.</p> <ul style="list-style-type: none"> Assess staffing needs and practice resources. Identify behavioral health needs and target patient populations. Partner with the right behavioral health provider. Refine your care team structure to incorporate a behaviorist. 	<ul style="list-style-type: none"> Examine the needs of your practice and patient population and hire the right behavioral health provider in the Care Delivery Considerations and Logistics for the Primary Care Behaviorist Model. Develop a plan to integrate a behaviorist into your care team: <ul style="list-style-type: none"> Common Responsibilities of a Behaviorist Develop a Culture of Team-Based Care with a Behaviorist Listen to the CPC+ Tactics to Go - Identifying Patients for Behavioral Health Services podcast.

Partner with Your Primary Care Behaviorist to Address the Needs of Patients with Mental Health and/or Substance Use Conditions

Action	Resource
<p>Implement the primary care behaviorist model for patients with mental illness.</p> <ul style="list-style-type: none"> Develop a culture of team-based care to support behavioral health through co-location. Develop protocols and workflows to care for patients with behavioral health conditions. Use focused interventions and warm handoffs to engage patients. 	<ul style="list-style-type: none"> Develop a workflow for behavioral health management. Use the BHI Worksheet: Primary Care Behaviorist Model to structure your thinking about questions your practice should answer as you integrate a behaviorist into your practice. Support and engage patients to increase their desire to improve health: <ul style="list-style-type: none"> Understand the Basic Components of Warm Handoffs and Referrals Engage Patients Using Brief intervention and Time-Limited Therapy Modalities Optimize your health IT to incorporate behavioral health by using the tips contained in Use Your EHR to Document Behavioral Health Efforts. Review tools shared by practices on CPC+ Connect: <ul style="list-style-type: none"> Depression Self-Management One Pager Grants Pass Clinic PHQ-9 Patient Questionnaire Grants Pass Clinic Drug Screening Questionnaire Grants Pass Clinic Adolescent Questionnaire Review the resources contained in the BHI Resource Companion Guide.



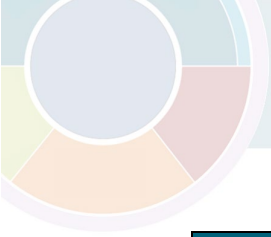
Network with Practices Like Yours

Action	Resource
<p>Collaborate with other practices implementing the Primary Care Behaviorist model for behavioral health.</p> <ul style="list-style-type: none"> Post questions and share resources on CPC+ Connect. Join discussions in affinity groups with practices around the country that share your same health IT vendor to find information on how to optimize application of your EHR. 	<ul style="list-style-type: none"> Join in on the conversation and share best practices and resources on CPC+ Connect: <ul style="list-style-type: none"> CPC+ Connect Explore the frequently asked questions (FAQs), called “Articles,” available on CPC+ Connect. <ul style="list-style-type: none"> Search for FAQs using the CPC+ Connect universal search bar or scan the Articles tabs in the Topics pages.

Resource Quick Access List

This section of the resource and action guide provides a summary list of resources and links.

Resource Category	Resource Type	Link
<p>National Webinars</p> <p>CPC+ national webinars are one-hour learning events that deliver content on specific CPC+ change concepts. Links to national webinars that relate to the Primary Care Behaviorist Model are listed on the right.</p>	<p>2017 Behavioral Health Integration Webinar</p>	<p>Behavioral Health Integration Webinar ⓘ</p>
<p>Learning Products</p> <p>CPC+ learning products include on-demand videos and podcasts. Links to learning products that relate to the Primary Care Behaviorist Model are listed on the right.</p>	<p>Learning Products</p>	<p>CPC+ Orientation Care Delivery Requirements Video ⓘ</p> <p>CPC+ Tactics to Go - Identifying Patients for Behavioral Health Services Podcast ⓘ</p> <p>CPC+ Tactics to Go - Care Management for Patients with Mental Health Conditions Podcast ⓘ</p> <p>CPC+ Tactics to Go - Integrating the Behaviorist into the Primary Care Team Podcast ⓘ</p>
<p>Practices in Action (PIA) Webinars</p> <p>PIA webinars are weekly 30-minute learning events that deliver content on specific CPC+ topics and on small tests of change. Links to each PIA webinar on the Primary Care Behaviorist Model are listed on the right.</p>	<p>PIA #5</p>	<p>PIA: Behavioral Health Integration: Understanding the Primary Care Behaviorist Model ⓘ</p>



Resource Category	Resource Type	Link
<p>Action Group (AG) Webinars</p> <p>Action Groups provide a deeper dive into specific CPC+ change concepts and change tactics. Action Groups are three sessions long, span a period of six weeks, and provide an environment for practices to learn, collaborate, and implement small tests of change over time. Links to each session on the Primary Care Behaviorist Model are listed on the right.</p>	<p>Action Group 15 (AG015): Integrating Behavioral Health Through a Primary Care Behaviorist Model</p>	<p>AG015 Session 1 ⓘ</p> <p>AG015 Session 2 ⓘ</p> <p>AG015 Session 3 ⓘ</p>
<p>National Meeting 2018</p> <p>The 2018 National Meeting focused on the theme of Advancing Patient-Centered Care. Breakout sessions focused on population health improvement and health equity, burden reduction, safer care and person and family engagement, among other topics.</p>	<p>Session 1B: What Has Integrating Behavioral Health into Primary Care Shown Us in CPC+?</p>	<p>Session 1B Recording ⓘ</p>
<p>Practice Spotlights</p> <p>Practice spotlights highlight the work of CPC+ practices that are doing successful work in a specific change concept. The following spotlight is for the Primary Care Behaviorist Model.</p>	<p>CPC+ Spotlight</p>	<p>CPC+ Spotlight 5: Integrating Behavioral Health Through Partnerships</p>
<p>Resources Shared by CPC+ Practices</p> <p>The following templates, guides, and resources for the behavioral health integration Primary Care Behaviorist Model were developed by practices and shared on CPC+ Connect.</p>	<p>Screening and BHI Self-Management</p>	<p>Depression Self-Management One Pager</p> <p>Grants Pass Clinic PHQ-9 Patient Questionnaire</p> <p>Grants Pass Clinic Drug Screening Questionnaire</p> <p>Grants Pass Clinic Adolescent Questionnaire</p> <p>Integrating the Primary Care Behaviorist Model Snapshot</p> <p>BHI Specialist Sample Job Description</p> <p>Sample Social Worker Referral</p> <p>Behavioral Health CM Disclosure Statement and Informed Consent</p> <p>Mercy Health Behavioral Health Workflow</p>
<p>External Resources</p> <p>The following are templates, guides, and resources from external sources for behavioral health integration for the Primary Care Behaviorist Model.</p>	<p>External Resources for Implementing the Primary Care Behaviorist Model for BHI</p>	<p>AMA's STEPS Forward Module on Project ECHO</p> <p>Safety Net Medical Home Institute BHI Implementation Guide</p>