



BEHAVIORAL HEALTH COMMUNITY OF PRACTICE

BRIEF MENTAL HEALTH INTERVENTIONS TO INTEGRATE INTO PRIMARY CARE

Facilitator:

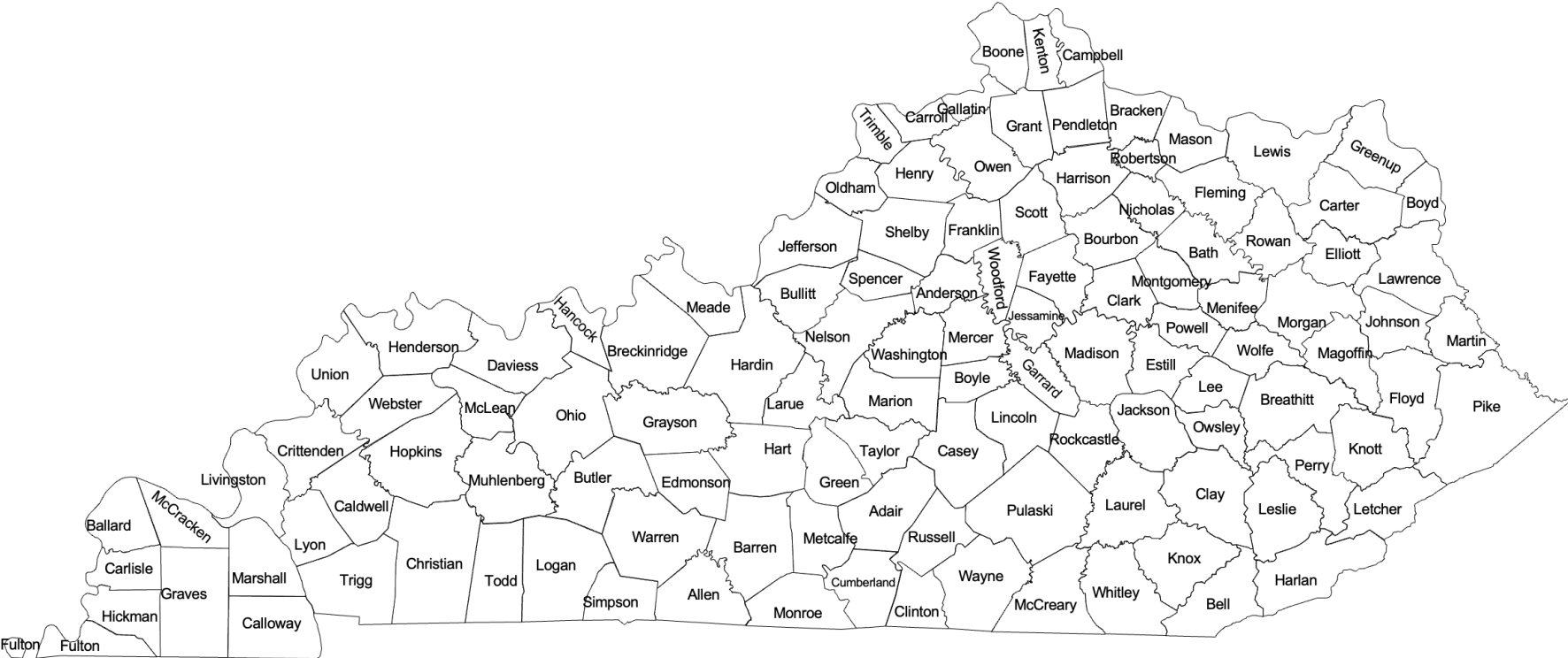
Trudi Matthews, MA

Senior Director of Quality and Value Strategy

UK HealthCare

The information contained in this presentation is for general information purposes only and does not attempt to provide medical, mental health, or any other type of health care service. This presentation is not intended to be an alternative to medical treatment, and the content of this webinar may not apply directly to specific circumstances. The information is provided by UK HealthCare's Kentucky Regional Extension Center and while we endeavor to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, or suitability with respect to content.

WHERE ARE YOU JOINING US FROM?





Which apps or techniques for improving mental health, destressing or promoting mindfulness have you found useful? (Professionally or Personally!)

Scan this QR code or click the link in the chat to access the activity →





MENTAL HEALTH FIRST AID TRAINING

- Mental Health First Aid increases understanding and teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.
- We are offering **free** Mental Health First Aid Training classes to our attendees from January - April.
- Training is open to **everyone!**



Brief Interventions

Hobie Dotson, PSY.D., HSPP
Clinical Psychologist/Assistant Professor
Dept. of Family & Community Medicine



Brief Interventions

- Diaphragmatic Breathing
- 3-part-breath
- 5 senses (5-4-3-2-1)
- Progressive Muscle Relaxation (PMR)
- TIPP for distress tolerance
- Prescribing Social Connection
- Pleasant activities list
- 3 good things
- 4-7-8 Breath



Diaphragmatic Breathing

- Breathing changes with mood & mood changes with breathing
 - Anxious/excited = ?
- 2 types of breathing
 - Chest breathing
 - Typically rapid
 - Fight or Flight response: ALERT!!!
 - Can cause unneeded stress, anxiety and panic
 - May lead to back, head and neck pain
 - Diaphragmatic Breathing
 - Typically slower
 - Important for rest and digest – ideal for relaxation!
 - Signals the body that “all is well”
 - The way the body is designed to operate most of the time
 - Slow diaphragmatic breathing can rapidly reduce feelings of anxiety and stress



3-Part-Breath

- Full-bodied natural breath
 - To start: One hand on chest, one on belly
 - Long, slow exhale and relax
- 1. Breath into the belly, keeping the chest still
- 2. Belly/chest expand, then chest/belly deflate
- 3. Belly/chest/shoulders, shoulders/chest/belly



5-4-3-2-1 Coping Technique

- 5: Acknowledge five things you **see** around you. (Pen, door, spot on the wall)
- 4: Acknowledge four things you can **touch** around you. (hair, the ground)
- 3: Acknowledge three things you **hear**
- 2: Acknowledge two things you can **smell**.
- 1: Acknowledge ONE thing you can **taste**.



Progressive Muscle Relaxation

- Release tension one muscle group at a time
- Allow 10 seconds to relax, then onto the next
- Focus on the changes you feel when relaxed
- Gradually make your way up the body
- Legs, buttocks, back, abdomen, chest, arms, shoulders & neck, mouth, tongue, eyes, forehead, top of the head, whole body
- Scan, simply relax, tense & relax or Yoga Nidra



TIPP for Distress Tolerance

- T – temperature – cold or heat
 - To quickly calm down
 - cold water (>50°) over eyes and cheeks
 - Hold breath for 30 seconds
- I – Intense exercise
 - When revved up with emotion
 - Use stored up energy
- P – paced breathing
- P – paired muscle relaxation



Social Connection & Wellness

- Associated with multiple health outcomes
 - Mortality/longevity, Weight loss, Cardiovascular disease, Diabetes, Cancer, Depression
- Prescribing Social Connection
 - Consider the FITT prescription for social interaction
 - Frequency – daily, weekly, monthly?
 - Intensity or quality – Close ties, positive, depth?
 - Time or duration
 - Type – Family gatherings, group meetings, religious?
- Make a list & reach out!



Pleasant Activities List

- To improve mood and to have balance
- Create and maintain a list of pleasant activities that you enjoy.
- Make time to enjoy these things
- Self-tailored to what works best
- Examples
 - Walk, organize room, vacation plan, bake, bath, learn a skill, play or listen to music, sit in the sun



3 Good Things

- **Make time**
 - Set an intention
 - [Research shows](#) that just a couple of weeks can have effects that last 6 months to a year.
- **Grab a Pen & paper**
 - Write observations in a journal or notepad.
- **Write down “three good things”**
 - Each night, include *how* it made you feel and *why* it happened
- **Anything counts**
 - The events can be large or small
- **Reflect**
 - After two weeks, notice the effects



4-7-8 Breath

- Can practice anywhere. Start at least twice a day. 4 cycles at first. Can work up to 8.
 1. Find comfortable place to sit w/ back straight
 2. Place tongue against the back of top teeth
 3. Exhale through the mouth around tongue
 4. Close lips, inhale through nose, count of 4
 5. Exhale completely, count of 8



University of
Kentucky[®]

Thank you!

Hobie Dotson, PSY.D., HSPP
Clinical Psychologist/Assistant Professor
Dept. of Family & Community Medicine

QUESTIONS?

PLEASE DROP QUESTIONS FOR THE SPEAKER IN THE CHAT





COMMUNITY BEHAVIORAL HEALTH CARE IMPROVED ACCESS = INCREASED SUCCESS

Erika Burnside, APRN and Lori Croley, LMFT
New Vista

Evidence Based Guidelines and Best Practices

- Adopting a Team-Based Care Approach to Improve Outcomes
 - Real-Time, Structured yet Flexible Decision-Making Process
- No Wrong Door Policy through Person-Served Engagement Strategies
 - Tyto Care
- Celebrating Accomplishments and Address Breakdowns

newvista

Certified Community Behavioral Health Clinic Services

New Vista now offers expanded behavioral health services in our 17-county Central Kentucky service area through the Certified Community Behavioral Health Clinic (CCBHC) model. We now offer primary health care, mental health and substance use services for children, adults and families. New Vista is proud to help our communities access high-quality, integrated care that makes recovery possible for everyone. Medicaid and private insurance are accepted. We serve everyone regardless of their ability to pay.

Services

- Mental Health Outpatient Services - adults/children
- Substance Use Outpatient Treatment - adults
- Primary Health Care - adults/children
- Crisis Management & Outreach Teams - adults/children
- Case Management - adults/children
- Veterans Services - adults
- Serious Mental Illness Services - adults
- Peer Support - adults/children
- Rural Assertive Community Treatment Team
- Care Coordination Services - adults/children
- Telehealth Services - adults/children
- Therapeutic Rehabilitation Program - adults
- Drop-In Center Led By Peers - adults
- Evening & Weekend Hours Available

About New Vista

New Vista is a mission-driven nonprofit organization serving Central Kentucky since 1966. We provide mental health, substance use and intellectual and developmental disability services.

We work with clients to create customized treatment plans for each child, adult and family to ensure successful outcomes.

Getting Started

You can easily connect to all of our services by calling our **24-Hour Helpline 1.800.928.8000**. We are here to help.

newvista
newvista.org



Primary Care Services

Mental Health • Substance Use • Intellectual & Developmental Disabilities

New Vista offers Primary Care for adults and children in our Boyle, Fayette, Madison and Scott County clinics. We know mental health and physical health are both critical to living our best lives. Providers offer individualized treatment focused on the needs of each patient. Medicaid, medicare and private insurance are accepted. We serve everyone regardless of their ability to pay.

Services

- Annual medical check-ups
- Blood pressure check
- Blood testing for diabetes and high cholesterol
- Disease Prevention
- Tobacco use and cessation program
- Treatment and management of acute and chronic illnesses
- Vital signs monitoring
- Weight loss screening

You can connect to all New Vista services by calling our 24-Hour Helpline 1.800.928.8000.

About New Vista

New Vista is a mission-driven nonprofit organization serving 17 Central Kentucky counties. We provide mental health, substance use and intellectual and developmental disability services. We work with clients to create customized treatment plans for each child, adult and family to achieve the best possible outcomes.



References:

Medical Director Institute. (2015). *Making the Case for High-Functioning, Team-based Care in Community behavioral health Care Settings*.

<https://www.thenationalcouncil.org/resources/making-the-case-for-high-functioning-team-based-care-in-community-behavioral-health-care-settings/>.

QUESTIONS?

PLEASE DROP QUESTIONS FOR THE SPEAKER IN THE CHAT



PANEL DISCUSSION: HOW TO INTEGRATE BRIEF INTERVENTIONS PRIMARY CARE



Dr. David Hudson
Chief Medical Officer,
New Vista

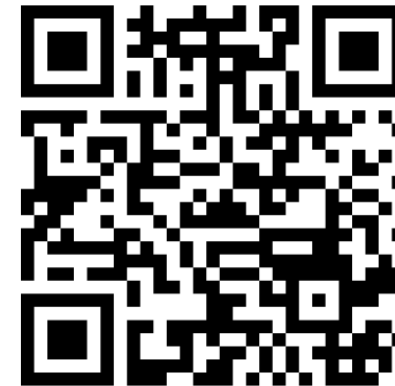
Please enter your questions for our panelists into the chat!

WE WANT TO HEAR FROM YOU!



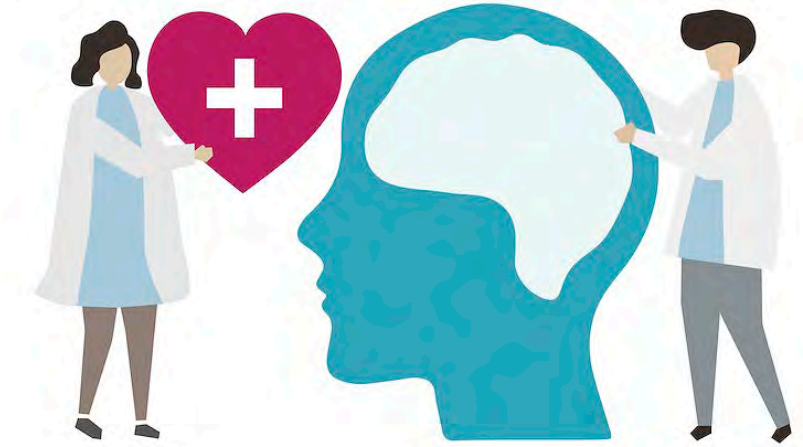
What barriers have you experienced (or anticipate experiencing) when incorporating these mental health techniques and interventions in your practice?

Scan this QR code or click the link in the chat to access the activity →



MENTAL HEALTH FIRST AID TRAINING

- Mental Health First Aid increases understanding and teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.
- We are offering **free** Mental Health First Aid Training classes to our attendees through April.
- Training is open to **everyone!**



Register for Mental
Health First Aid
Training Here!

THANK YOU FOR PARTICIPATING!



KYREC@UKY.EDU

859-323-3090



We want to hear from you!

Please scan this QR code
to take the survey.



**NEXT PEDIATRIC TOWN HALL:
DYSFUNCTIONAL,
DISORDERED OR
DESTRUCTIVE EATING IN
CHILDREN**

**FEBRUARY 3, 2023,
12-1PM ET**

**NEXT COMMUNITY OF
PRACTICE SESSION:
RESPONDING TO
MENTAL HEALTH CRISES
IN PRIMARY CARE**

**MARCH 2, 2023,
12-1PM ET**

BEHAVIORAL HEALTH COMMUNITY OF PRACTICE LEADERSHIP TEAM



Seth Himelhoch, MD, MPH
Chair, Department Of
Psychiatry, UKHC



Lindsey Jasinski, PhD
Chief Administrative Officer,
Eastern State Hospital



Andrew Cooley, MD
Chief Medical Officer, Eastern
State Hospital



Marc Woods, DNP, MSN, RN
Chief Nursing Officer, Eastern
State Hospital



Julie Gosky
Regional Director CCBHC
Health Initiatives, New Vista



Trudi Matthews
Senior Director Of Quality And
Value Strategy, UKHC

BEHAVIORAL HEALTH COMMUNITY OF PRACTICE TEAM



Mindy Ross,
Behavioral Health Community
of Practice Project Manager



Jenni Jinright,
Healthy KY Initiative Manager



Lori Maddux,
Healthy KY Initiative
Coordinator



Katie Sabitus,
Value Based Programs
Manager



Katherine Shaw,
Business Development
Assistant



Alicia Anderson,
Health Innovation Advisor



Sydney Adkisson,
Healthy KY Initiative
Coordinator