



Alaska Primary Care ASSOCIATION

Training and Technical Assistance for Integrated Primary Care Information

1. **Informal Integration Assessment:** A foundational service done with key leadership
 2. Provides opportunity to consider components of a fully integrated system
 3. Provides opportunity for decision makers to consider the components of an integrated system and enhances shared vision and aids in highlighting options to pursue.

2. **Integration Alaska Style!** This is a one-two hour presentation (flexible) that can provide an overview of what Integration means and how it impacts health outcomes when BH is embedded in primary care. We find this presentation helps build shared vision, purpose and application of Integration for all staff and how they each play a role in its success. This is normally a good starting point for our work together.
 - a. We look at integration in practice, provide evidence for integration and value-based care, give examples of clinic flow, explain the role of a Behavioral Health Provider (BHP title is flexible) in the medical setting. We will explore levels of integration and what this can look like when we adjust for our Alaska way of life with more limited resources.

3. **Motivational Interviewing (MI)**
 1. Full day, half day or brief intro options available.
 - a. For staff to walk away with an impression of MI strong enough to impact their communication style with patients, **a minimum half day** training is highly recommended.
 - b. Because it is an experiential training, it is vital for staff to be free for the entire training in order to receive the most value for your clinic's time investment.
 - c. This is an interactive training and will require participation, working in pairs and sharing with the group.
 - *Feel free to design each training session according to level of licensure, pods or departments as fits best for your organization.*
 - d. The same quality MI training can be repeated within each site visit to accommodate different groups, clinic functioning and staff availability.
 - *This can be shaped to target the participant group for practice relevant content.*
 - f. MI Tools to use in daily work will be provided
 - g. Creating a plan for developing a sustainable Culture of MI practice with full day

4. **SBIRT** (*Screening, Brief Intervention and Referral to Treatment*) training – it's more than just a screening tool – it's a process. Recommended for any staff involved in screening, education or referral process. (Providers, BH, support staff)
 - a. 2-hour introductory training providing education around the *evidence base* for doing the SBIRT, screening tools, when and how to provide education only, how to clinically identify risky use, when to intervene or refer. Examples of integrated clinic flow for SBIRT are provided.
 - b. Effective language examples for integrated care that can be used to improve patient outcomes for the intervention or referral process.
 - c. Patient education tools for providers and patients will be distributed both hard copy and digitally for your use.
 - f. Motivational Interviewing is an inherent component of the SBIRT process

5. **Training for Integrated Team Based Care.** This can assist your team to work more efficiently together. Time commitment would be done based on need and staff availability. Training would be conducted in small focus groups.
 - a. Establish a workflow for your pod
 - b. Patient engagement and useful language for successful warm handoffs
 - c. How to utilize BH providers in PCC
 - d. Reconfiguring clinic space for integration

6. **BH Provider training for working in a medical environment**
 - a. Making brief interventions brief
 - b. Shifting from specialty BH to Primary Care model
 - c. Scheduling for BH in PCC

7. **ACE's (Adverse Childhood Events):** Become a trauma informed clinic. Learn how trauma affects SDOH, chronic diseases and identify response options for better patient outcomes.

8. **Resources/Toolkit:**
 - a. Billing and coding for integration
 - b. 42 CFR Part 2 resources
 - c. Examples: patient consent forms
 - d. Other learning opportunities

8. We have a **Peer Learning List Serve** for our participating Integration Sites so that we might learn from and be resources for one another.
 - a. There is also opportunity to participate in scheduled Focus Site group calls if desired.