



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Welcome to Your Regional Meeting!!

Housing Keeping....



Overview of Today & Tomorrow

Monday

1:00 – 2:00pm Welcome & Introductions/Grantee Sharing

2:00 – 3:00pm Selecting the Best Practices for Your Consumers

3:00 – 3:15pm Stretch Break

3:15 – 4:15pm Grantees Share Strategies for Success

4:15 – 5:00pm Report Out

Tuesday

8:30 – 8:45am Welcome/Recap of Day 1

8:45 – 9:00am Q & A with TRAC Help Desk

9:00 – 9:45am Ensuring a Person-Centered Approach to Establishing Health Goals

9:45 - 10:00am Stretch Break

10:00 –12:00pm Measuring Sustainable Change

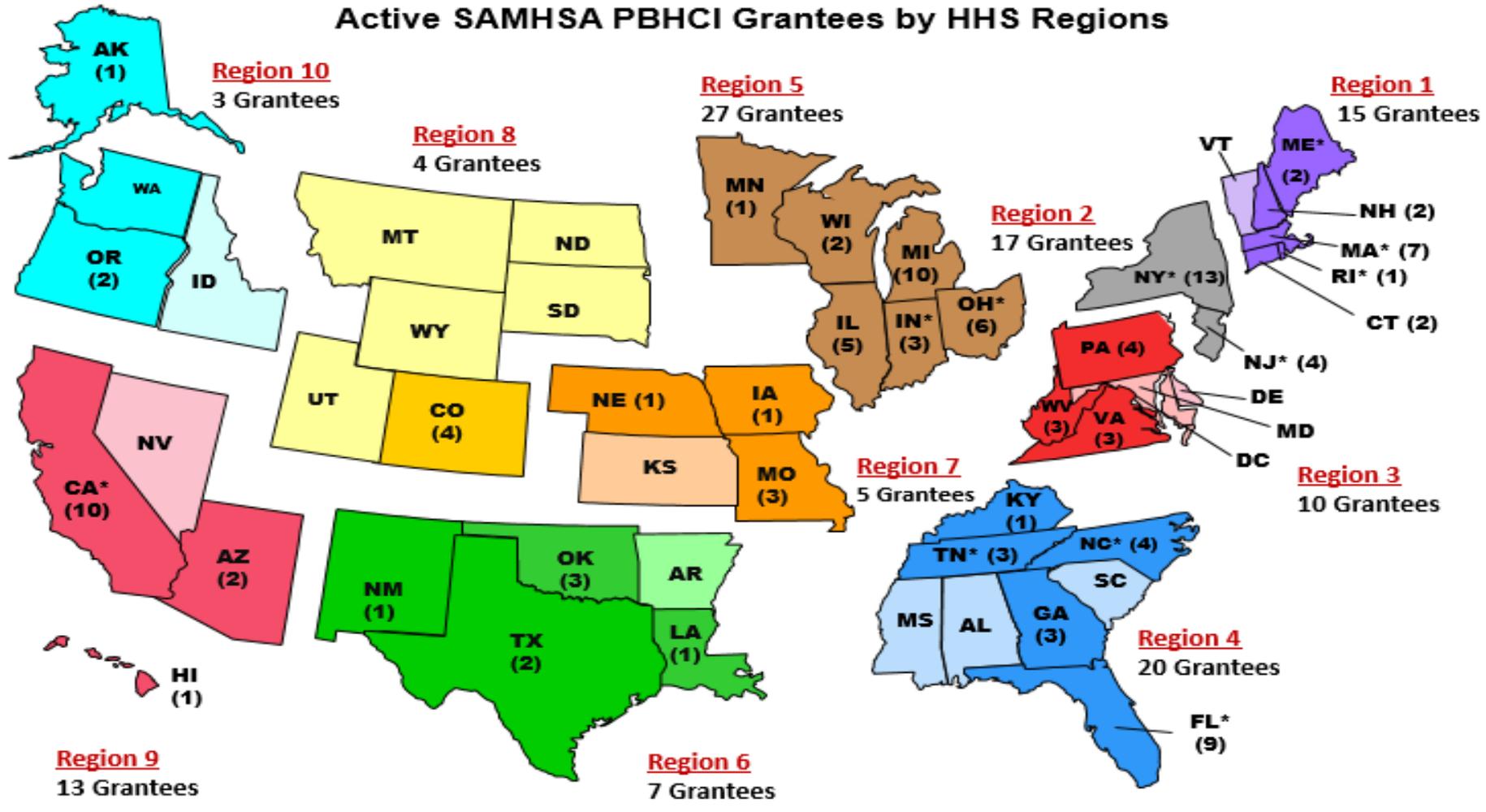
12:00 – 1:00pm Lunch (on your own)

1:00- 2:45pm Demonstrating Value

2:45 – 3:00pm Wrap-up

Active SAMHSA PBHCI Grantees by HHS Regions

Active SAMHSA PBHCI Grantees by HHS Regions



* Reflect states hosting organizations awarded multiple PBHCI grants

New Members to the Family (Cohort VIII)

Region 5	
GPO – Roxanne Castaneda	
Grantees	State
Milwaukee Center for Independence	WI
Centerstone of Indiana	IN
Community Network Services Inc.	MI
Firelands Regional Medical Center	OH
Chestnut Health System, Inc.	IL
Centerstone of Illinois, Inc.	IL
Kalamazoo Comm MH & SA Srves	MI
Greater Cincinnati Behavioral Health Srv.	OH
Journey Mental Health Center, Inc.	WI
Cherry Street Services, Inc.	MI
Adult Well-Being Services	MI
Mental Health Ctrs of Central Illinois	IL
Central Minnesota Mental Health Center	MN
Recovery Resources	OH
SCCCM-IA	MI

Introductions



What do you want to get out of this meeting?

- One Person Introduce your Team
- Tell us your Cohort
- Describe One Achievement as a Team Summer?



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Selecting the Best Practices for Your Consumers

Overview PBHCI Cohort 8 Requirements

Language of Recovery

- Grantees are expected to incorporate SAMHSA's working definition of recovery as an underlying theme for all PBHCI efforts

“a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential”

Treatment Protocols

1. National Heart, Lung and Blood Institute, National Institutes of Health. *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure - Complete Report*. National Heart, Lung, and Blood Institute, National Institutes of Health. NIH Publication No. 04-5230, 2004.

(<http://www.nhlbi.nih.gov/health-pro/guidelines/current/hypertension-inc-7/>)

2. Elements Associated with Effective Adoption and Use of a Protocol Insights from Key Stakeholder.

(<http://millionhearts.hhs.gov/resources/protocols.html>)

3. An Effective Approach to High Blood Pressure Control A Science Advisory From the American Heart Association, the American College of Cardiology, and the Centers for Disease Control

<http://www.sciencedirect.com/science/article/pii/S0735109713060774>)

4. Protocol-Based Treatment of Hypertension : A Critical Step on the Pathway to Progress; *JAMA January 1, 2014 Volume 311, Number 1*

(<http://jama.jamanetwork.com/journal.aspx>)

Overview of PBHCI Requirements

Prevention & wellness

Grantees are expected to implement *evidence-based tobacco cessation and nutrition/exercise interventions*, in addition to other health promotion programs (e.g. wellness consultation, health education and literacy, self-help/ management programs). These programs should *incorporate recovery principles and peer leadership and support*, and must be included in the integrated person-centered care plan.

Encouraged to set annual targets for reduction in “past 30 days” self-reported tobacco use

Encouraged to provide a tobacco-free workplace

Grantees must implement tobacco cessation and nutrition/exercise interventions, in addition to other health promotion programs (e.g., wellness consultation, health education and literacy, self help/management programs).

PBHCI Grant Requirements

Must choose at least one EBP from each of the following:

- **Tobacco**
 - “DIMENSIONS Tobacco Free Program” (formerly Peer-to-peer tobacco dependence), Learning About Healthy Living, intensive tobacco dependence intervention for people with SMI
- **Nutrition/Exercise**
 - NEW-R, DART, Solutions for Wellness, Weight Watchers, In SHAPE, Stoplight Diet, ACHIEVE
- **Chronic Disease Self-Management**
 - WHAM, HARP
- **Million Hearts Campaign**
 - CDC protocols



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Sharing Strategies for Success

Choosing Topics

1. Engagement & retention
2. Strengthening the BH & PC partnership – successful strategies
3. Start-up advice for cohort 8
4. Sustainability of PBHCI and integration
5. Working with outside providers

Table Captains Needed!

- Drive the conversation
- Make sure everyone has an opportunity to talk
- Record & Report-out themes

Tips for Speed Dating

Think before you talk...

- No need to re-say the same thing...
- Try not to “think out loud”...formula a question or an answer and then say it...

Start by going around the table...

- Gather up questions/themes to be discussed

Report-out!





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Ensuring a Person Centered Approach to Establishing Health Goals

Today's Goal

Demonstrate tools PBHCI grantees can use to enhance everyone's skills in working with individuals to set person-centered HEALTH goals that activate self-management.

- IMPACT Goal Setting *Cheat Sheet*
- IMPACT Presentation
- Sample IMPACT Role Play



Engagement verses Activation

- An example of “engagement” is meeting with your doctor
- “Activation” is what you do after leaving your doctor’s office
- New health behavior increases with activation of self-management, especially with chronic conditions

Three keys to activate self-management include:

1. Person-centered planning based on existing strengths and supports
2. Writing an IMPACT goal resulting from person-centered planning
3. Implementing weekly actions plans to break goals into small successes

Writing an IMPACT goal

Creating a Whole Health Goal with **IMPACT**

A goal is something we want and are willing to work for. We do the work because of the benefits that come from accomplishing the goal. It is the potential benefits that motivate us to act.

Create a whole health goal that is concise, easy to review and will ultimately lead to success in creating new health habits. Does your goal statement answer these six IMPACT questions?

I mprove

Does accomplishing the goal improve the quality of my health and resiliency?

M easurable

Is the goal objectively measurable so I know if I have accomplished it?

For something to be measurable, it usually has to state an amount — how much, how often or how many one wants.

P ositively Stated

Is it positively stated as something new I want in my life?

It is more motivating to work toward getting something that you want than focusing on something that you want to get rid of, avoid or change.

A chievable

Is it achievable for me in my present situation and with my current abilities?

If you do not think your goal is achievable within the given time frame, you can either lower the scope or change the time frame.

C all forth Actions

Does it specify actions that I can take on a regular basis to create healthy habits or a healthier lifestyle?

A goal is something you work to achieve over a period of time; therefore there are actions you can take to achieve your goal.

T ime Limited

When do I plan to accomplish my goal?

The goal needs to be stated so that you know by when you plan to accomplish it.

If you answered 'no' to any of these questions, then revise your goal so it meets all six criteria for IMPACT.

This document was developed for SAMHSA Primary and Behavioral Health Care Integration grantees by the SAMHSA-HRSA Center for Integrated Health Solutions. Visit www.integration.SAMHSA.gov for more tools and resources on setting health goals.

Creating New Health Behavior

How to set a health goal with **IMPACT**

A goal is something we want and are willing to work for. We do the work because of the benefits that come from accomplishing the goal. It is the potential benefits that motivate us to act. A whole health goal that is concise, easy to review, and will ultimately lead to success in creating new health habits meet these six **IMPACT** criteria:

Improve
Measurable
Positive
Achievable
Call forth Actions
Time Limited

Guidelines for writing an IMPACT goal

A goal is something we want. It is something we are willing to work for. We do the work because we want the benefits that come from accomplishing the goal. **It is the potential benefits that motivate us to act.** Therefore, the closer you can get the goal statement to incorporate the potential benefits, the more IMPACT the statement will have on the person's motivation to accomplish the goal.

There are three criteria that are often the most difficult to meet – Measurable, Positively Stated and Call Forth Actions. An example of a goal statement that is hard to measure – “I want to feel better.” This statement does not contain anything that you can objectively measure. Nor does it say what ‘better’ would involve or look like. Words like better, more, less, etc. are not objectively measurable.

Guidelines for writing an IMPACT goal cont.

If the goal statement is not measurable, it is helpful to get it related to the benefits by asking the following questions:

1. Why do you want this?
2. What will be the benefits?
3. How will your life be different if you accomplish this goal?
4. If you accomplish this goal, what will you be able to do that you can't or aren't doing now?

Example of person-centered planning around stress management cont.

- What are 3-5 things a person might start doing on a regular basis to reduce the impact of stress in their life?

Review and Prioritization

For Participants to Complete

1A If I decide it is important to **reduce stress** in my life or practice more stress management skills to improve my health and resiliency, I could do the following to accomplish that:

(Make sure it is something you are currently not doing, can do, and think you might enjoy)

1B *The benefit of doing this would be:*

Weekly Action Plans

Learning to create a **weekly action plan** that helps a person reach his or her whole health goal is crucial to success. The actions must be healthy and such that a person can engage in them multiple times a week.

ACTION PLANS FOR GOALS THAT REQUIRE DEVELOPING A NEW BEHAVIOR, HABIT, OR LIFESTYLE

While the actions in the weekly action plan may vary from week to week, the actions need to relate to the set goal and consist of healthy behaviors that create a new discipline in one's lifestyle. Remember, the action plan needs to be something that the person wants to do and can expect to do during the next week. The action plan needs to focus on what a person is creating that is new and is helping him or her move in the desired direction, not changing or eliminating what is "wrong." Don't focus on bad habits. That gives these habits power.

Examples of Weekly Action Plans

Stress Management:

- 1) What will you do? **I will practice the Relaxation Response**
- 2) How much will you do? **10 minutes**
- 3) How often will you do it? **Four days this week**
- 4) When will you do it? **Before I go to work**

Healthy Eating:

- 1) What will you do? **I will eat fruits and vegetables**
- 2) How much will you do? **Three servings of fruits and/or vegetables**
- 3) How often will you do it? **Three different days this week**
- 4) When will you do it? **At lunch and/or dinner**

Physical Activity:

- 1) What will you do? **I will walk**
- 2) How much will you do? **One-half mile**
- 3) How often will you do it? **Three times this week**
- 4) When will you do it? **After work and before dinner**

Discussion

- Working with a consumer to create and track progress on their IMPACT goal
- Who, When, Where, How
- Where would we document goals? EHR?