



# BA BH Care Manager Call 1

UW DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

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## CHAMP Introductions



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## Agenda



- Introductions
- Orientation to the key BA materials
- Values and Priorities activity
- Goals role play

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## Introductions



- What is your training/background and what city do you work in?
- What's a favorite something of yours? (thing, activity, place, etc.)

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# Essential CHAMP BA Patient Tools



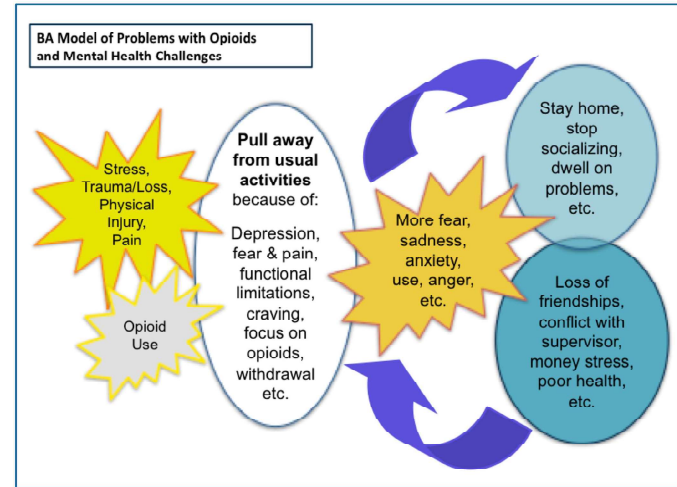
## Today

- CHAMP BA Model- explaining how the model works
- Values and Priorities List – help the patient identify what is important to them
- Goal Identification Worksheet – turning values into goals

## Call 2 and 3

- Weekly Activity Schedule
- Call Mood and Activity Monitoring Form
- CHAMP BA Free Local Ideas List

# How CHAMP BA Works



# Values and Priorities List



## Values and Priorities List

Below is a list of values and priorities. Consider which areas are important to you at this point in time. This may be the same or different from you or priorities and values before you struggled with OASD. Use these items to indicate which areas are important to you, not just which you think are possible for you (what may seem possible can be influenced by substance use, anxiety, depression, and PTSD). Check the overall what headings and any of the individual priorities that may apply.

- Day/Date: \_\_\_\_\_
- A. Attend to Relationships:
    1. Repair old relationships
    2. Reach out for new relationships
    3. Work on current relationships
    4. End destructive relationships
    5. OTHER: \_\_\_\_\_
  - B. Be Part of a Group:
    6. Have close and satisfying relationships with others
    7. Feel sense of belonging
    8. Receive affection and love
    9. Be involved and intimate with others, have and keep close friends
    10. Have a family and stay close and spend time with them
    11. Have people to do things with
    12. OTHER: \_\_\_\_\_
  - C. Be Powerful and Able to Influence Others:
    13. Have the authority to approve or disapprove of what people do, to control how resources are used
    14. Be a leader
    15. Make a great deal of money
    16. Be respected by others
    17. Be seen by others as successful. To obtain recognition and status
    18. Compete successfully with others
    19. Be popular and accepted
    20. OTHER: \_\_\_\_\_
  - D. Achieve Things in Life:
    21. Achieve significant goals. Be involved in undertakings I believe worthwhile or significant
    22. Be productive
    23. Work towards goals work hard
    24. Be ambitious
    25. OTHER: \_\_\_\_\_

# Give it a Go! Pull out your copy of the Values and Priorities List



- Take 5 minutes and complete the *Values and Priorities List*
  - o A useful tool for all of us! 5 minutes doesn't do it (or you) justice, but the exercise will give you a taste of how this works for clients
- Pick 2 areas that resonate with your values (A –N) as important for you right now
- Check two or three priorities that you might want to work on in each of these two value areas
  - o As you do this, consider the difference between picking these for yourself vs someone else picking them for you.

*Any questions about this exercise?*

## Debrief Values and Priorities Exercise



- How did this go for you?
- How did it feel doing this for yourself versus someone else checking the boxes for you
- How might you need to support a patient in doing this?

## Goals Worksheet- Beginning to Get Concrete



Day/Date: \_\_\_\_\_

### Goals List

Using the more specific values-oriented ideas you identified on the "Values and Priorities List" as a guide, please think about 2-5 broad or long-term goals you'd like to address in treatment. These should be things that are very important to you and should include a few of the different areas you identified as being important.

Don't worry about making the goals specific right now. We'll make short-term goals in the next session.

For example: If you chose "A. Attend to Relationships" work on current relationships" you might make a long-term goal of "be more involved with my children." If you chose "G. Use a variety of relaxation and Satisfaction" seek fun and things that give me pleasure" a long-term goal you could make is "Pick up a new hobby/interest."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Modified after: Lubus, C. W., Hooley, D. R., Acerno, R., Douthett, S. B., & Pincus, S. L. (2011). Ten-Year Revision of the Brief Behavioral Activation Questionnaire for Depression-Based Treatment Manual. *Depression Research and Clinical Practice*, 2(2), 111-116. <https://doi.org/10.1177/0949454510393929>

Collaborating to Heal Addiction and Mental Health in Primary Care

- Provides an opportunity to narrow down *Values/Priorities* to a handful of long-range or broad goals
- These actionable goals will serve as the backbone of the BA treatment

## Turning Values into Goals

Examples: *J. Be Secure* and all three priorities



Broad priorities consistent with being secure:

Ideas for specific steps to consider later

Live in secure and safe surroundings	Decide if need to move; if so, work on interim plan to increase here/now safety; address credit issues; connect with credit counseling; work on savings plan; interview people who have made such transitions
Be physically healthy and fit	Self-assessment regarding health and fitness strengths/weaknesses; what most interested in addressing first? Develop manageable diet or exercise plan; develop plan for getting needed medical care
Have a steady income that meets my own and my family's basic needs	If working, are there opportunities for advancement at present job? If so, make plan to research them and lay groundwork for promotion; If not, assess skills/experience and make plan for finding good matches and applying for them

## Pair up and practice



- Role-play
  - Break-out rooms - 1 person takes provider role and 1 takes patient role (if a third-take observer/helper role), then switch
  - Patient 1 highly values **A. Attend to relationships**
    - **Patient: Check one priority under this value heading**
    - "Provider" and "patient" work together to come up with two or three concrete goals related to attending to this relationships priority for five minutes
  - We'll call time and dyads will switch roles (or an observer can get in the mix)
  - Patient 2 highly values **H. Be Self-Directed**
    - **Patient: Check one priority under this value heading**
    - "Provider" and "patient" work together to come up with two or three goals related to increasing level of self-direction under this priority for five minutes
- We re-gather and debrief

# Exercise Work Sheets- Any Questions?



Day/Date: \_\_\_\_\_

## GOALS EXERCISE Patient 1 Goals List

Patient 1 has decided to work on this value area: attend to relationships. Please circle two or three priorities below to work on with your behavioral health care manager in this exercise.

### A. Attend to Relationships

1. Repair old relationships
2. Reach out for new relationships
3. Hook an current relationship
4. End an unhelpful relationship

Together you will figure out some broad goals to work on that relate to these priorities. Don't worry about getting too specific right now; a real patient would be able to work on short term goals in future sessions with their behavioral health care manager.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Revised after: Lohaus, C. W., Henggeler, S. W., Anderson, K., Coatsworth, S. B., & Fergusson, S. J. (2011). Ten Year Revision of the Brief Behavioral Activation Interview for Outpatients. Revised (Revised Manual). University of Utah, 1-11. <https://www.mentalhealth.utah.edu/behavioral-activation/>

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Day/Date: \_\_\_\_\_

## GOALS EXERCISE Patient 2 Goals List

Patient 2 has decided to work on this value area: be self-directed. Please circle two or three priorities below to work on with your behavioral health care manager in this exercise.

### H. Be Self-Directed

1. Follow my own path in life
2. Be innovative, think new ideas and be creative
3. Make own decisions and be free
4. Be independent and take care of myself and those I am responsible for
5. Have freedom of thought and action. Be able to act in terms of my own priorities

Together you will figure out some broad goals to work on that relate to these priorities. Don't worry about getting too specific right now; a real patient would be able to work on short term goals in future sessions with their behavioral health care manager.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Revised after: Lohaus, C. W., Henggeler, S. W., Anderson, K., Coatsworth, S. B., & Fergusson, S. J. (2011). Ten Year Revision of the Brief Behavioral Activation Interview for Outpatients. Revised (Revised Manual). University of Utah, 1-11. <https://www.mentalhealth.utah.edu/behavioral-activation/>

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# Zoom Breakout Rooms



- Each pair will have their own breakout room
- Click “Join” if prompted to enter the breakout room
- We will notify you when to switch roles
- You will be notified 1 minute before end of session
- Return to main session will happen automatically
- Paul or Tracy will pop by to check in

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# Debrief Goals Exercise



- How did this go for you?
- What goals did you come up with for attending to relationships?
- What goals did you come up with for being self-directed?
- How hard is it to begin to get concrete

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# Turning Values into Goals

Examples H. Be Self-Directed and four of the priorities



Broad priorities consistent with being self-directed:	Ideas for specific issues to consider later
Follow my own path in life	Identify aspects of desired path – what want to see self doing in 1 year? 5 years?; compare with current reality; Who in their life is supportive? Who is not supportive? What change(s) can/need to make first?
Be innovative, think new ideas and be creative	Review times when felt innovative & creative; What conditions were present? Were they healthy and sustainable? If so, how can they be re-established?
Be independent and take care of myself and those I am responsible for	What already doing well in this regard? Where are the gaps? What low-cost (no-cost) things can be done to increase independence and solid care-taking?
Have freedom of thought and action. Be able to act in terms of my own priorities	Who and what currently support this goal? What would it look like if this were true? What new skills might be needed? What relationships may need to be renegotiated?

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## Turning Values into Goals

Examples. A. *Attend to Relationships* and all four priorities



Broad priorities consistent with attending to relationships:

Ideas for specific steps to consider later

Repair old relationships	Write a letter; call the person; write a letter but don't send it (practice run, get thoughts straight); seek advice about how to approach
Reach out for new relationships	Join a (virtual) meet-up in interest area; attend a self-help group; get a puppy; strike up a conversation with a neighbor
Work on current relationships	Agree on a weekly activity to do together and do it; read to or do an activity (art, crafts, sports, cook) with children (or SO, friend!)
End destructive relationships	Decide exit strategy; set timeline; think through boundaries needed; solicit support; identify any safety issues and work out plan(s) to address them

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## Discussion: Reflections on your LMS study



Reflecting on the introductory concepts of Behavior Activation you were exposed to in the LMS modules and today, what questions do you have about:

- Utilizing BA as the preferred treatment approach for patient with co-occurring BH conditions and OUD?
- How your BA work with patients will be tracked as part of the research study?

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# QUESTIONS?



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## THANK YOU FOR JOINING US TODAY!

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