

# CHAMP


## BA BH Care Manager Call 2

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PLEASE PUT YOUR NAME AND CLINIC IN THE CHATBOX TO HELP US WITH ATTENDANCE AND ASSIGNING TO BREAK OUT ROOMS

April 2021




## CHAMP Introductions







**Tracy Simpson, PhD**  
Psychologist &  
Clinician Trainer




**Paul Barry, LICSW**  
Care Manager Trainer  
& Practice Coach




## CHAMP BA



- The Initial BA Session




## Learning Objectives




By the end of this session, participants should be able to:


- Understand the format of the initial CHAMP BA session
- Review the tasks of this session
- Practice filling out the weekly activity schedule with a patient




## Notes on the "First" BA session




- You will probably have met this patient several times already before you begin BA
- If any of the tasks we outline in the agenda have already been completed, it's fine to just review these briefly
- There is a lot to do! You can complete the activities of the initial session over several sessions
- The time allotment we suggest is based on a 45 minute session



## Initial BA Session Components




- Preview the session agenda
- Orientation to **logistical aspects of BA**
- Orientation to CHAMP BA treatment targets and how you will work together
- Review results from mental health, OTRI and NMA screens
- Begin to identify overarching values, priorities, and goals
- Briefly explain **how BA works**
- Identify how activities can support goals
- Patient chooses one value-consistent enjoyable activity to do every day



### 1. Preview Session Agenda (2-3 minutes)

- Discuss use of agenda in sessions
- Review the agenda and check to see if your patient wants to add anything
- Let the patient know that CM will be doing more talking than usual in this session to orient to the treatment approach, but questions and observations are welcome




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### 2. Orientation to Logistical Aspects of BA (8 minutes)

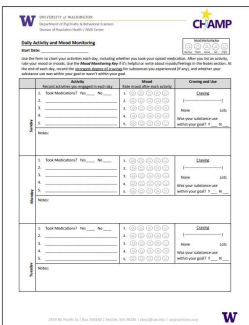

- Eight to twelve 30-45 minute sessions
- Sessions initially scheduled every two weeks
- Each session patient and BHCM will identify activities for the patient to engage in that are consistent with their values and priorities
- Progress is supported by measurement-based care through review of screening instruments (PHQ9 etc.)
- Briefly introduce the **Activity and Mood Monitoring Form**
- As patient improves, BHCM and patient will work together on a Recovery Support Plan to continue to use skills over the long term (monthly visits)



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### Activity and Mood Monitoring Form





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### 3. Orientation to BA Treatment Targets and Working Relationship (5 minutes)

- Treatment targets include mental health, physical health, and OUD
- Supports medication adherence for OUD and for MH concerns
- Focus is on mastery and pleasure and re-engaging in valued life activities
- Present rather than the past focus
- Explain that it's an outside-in therapy
- Orientation to how patient and CM will work together
  - Patient-centered philosophy
  - Patients identify their own values and priorities to work on




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### 4. Review Results from Mental Health, Craving and Use Screens (5 minutes)

- Goal is to learn from your patient...
  - Their most troubling signs/symptoms
  - When their symptoms tend to be worst? Best?
    - What avoiding?
    - What not avoiding?
    - How feel when mostly staying home?
    - How do other people factor in?




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### 5. Identifying Overarching Values, Priorities, and Goals (10 minutes)

*"What would you like to see happen for yourself during this treatment?"*

- Introduce and help the patient complete the **Values and Priorities List**
- Introduce and help them complete the personalized **Goals List (if enough time in this visit)**
- Inquire about the selected goals
  - Why are they important?
  - When, if ever, was patient actively engaged with them? What was this like?
  - Aim is for both BHCM and patient to get a good understanding of patient's motivations and historical success at achieving them



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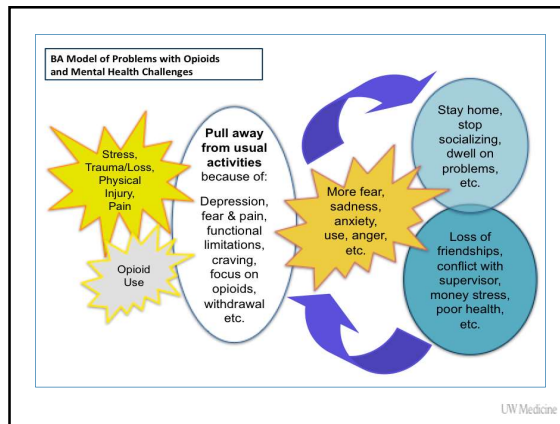
### 6. Briefly Explain How BA Works – The BA Model (5 minutes)

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- Use the graphic **Model of Problems with Opioids and Mental Health Challenges**
- Describe the negative cycle of withdrawal (avoidance) and poor mood/functioning
- BA works to interrupt the withdrawal/avoidance and help people get back engaged with life
  - Talk about how the focus will be on the right-hand side of the model rather than "fixing" the left-hand side

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### 7. Identify How Activities can Support Goals (5 minutes)

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- Talk about how activities can support the patients larger goals
  - Describe the importance of scheduling activities in BA
  - Revisit how getting active can counteract avoidance and inactivity (things that contribute to Depression and recurrence of use)
  - Underline how pleasant activities are a great place to start

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### 8. Practice Goal Setting via Pleasant Activity (5 minutes)

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- Patient chooses one value-consistent enjoyable activity
  - Briefly touch on why choosing this thing
  - Set an intention to do this every day (or a couple to rotate)
  - What is needed to make this happen?
    - Anything need to get or be sure to have on hand?
    - Set aside specific time?
    - Figure out reminder system?
  - Include on the **Weekly Activity Schedule** or in their personal calendar (phone calendars are fine)
  - Briefly go over the **Activity and Mood Monitoring Form** again and orient to daily completion

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### Weekly Activity Schedule

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WEEKLY SCHEDULE FOR CHAMP

Create a schedule of things you think you might do. Focus on things you would like to do, not things you have to do. Write down your goals and what you need to do to reach them. You can use this schedule to help you reach your goals. Write down what you need to do to reach your goals.

Day	Morning	Afternoon	Evening
Example	• Walk with family • Read a book	• Spend time with "The group"	• Spend time with the family member • Watch the sunset
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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### Role Play – Planning Pleasant Activity (Each take a turn role playing Patient and BHCM)

- Patient 1 (7 minutes)
  - This patient easily comes up with some daily pleasant activities
  - BHCM guides the *what, where, how* planning and logging details into the Weekly Activity Schedule
- Patient 2 (7 minutes) – Use **CHAMP Pleasant Activity Handout Pt 2**
  - This patient has a hard time thinking of an activities
  - BHCM queries past routine pleasant activities, draws patient out based on things learned from the Goals List (see handout)
  - Patient & BHCM come up with some things to try
  - If time – complete the *what, where, how* planning and logging in the Weekly Activity Schedule

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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

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### Debrief Activity Scheduling Exercise

- How did this go for you?
- How was it letting the "patient" come up with their own ideas
  - When it was set up as easy (Patient 1)?
  - When it was set up as hard (Patient 2)?
- How engaged and accepting was your "client"?
- What difficulties did you run into?
- Any challenges you can see doing this in your clinical practice?

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### QUESTIONS?



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### Feedback Survey



- Please complete our feedback survey: <https://redcap.link/champevalc1i>

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THANK YOU FOR JOINING US TODAY!

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