FY 2019 Integrated Behavioral Health Services (IBHS)
Behavioral Health Integration Resources

The following resources may help eligible health centers plan and implement their IBHS projects. This list is not exclusive, and is provided as a reference only. Acronyms are defined at the end of the document.

Comprehensive Strategies

1. Assertive Community Treatment Evidence-Based Practices Kit (SAMHSA) – Provides guidance on implementing Assertive Community Treatment, which improves outcomes for people with severe mental illness who are most at-risk of homelessness, psychiatric crisis and hospitalization, and involvement in the criminal justice system.

2. Cherokee Health Systems Model (AHRQ) – Cherokee Health Systems is Health Center Program award recipient and a community mental health center, and is a national leader in integrating primary and behavioral/mental health care.

3. Dissemination of Integrated Care Within Adult Primary Care Settings: The Collaborative Care Model (CIHS) – Report from American Psychiatric Association and Academy of Psychosomatic Medicine reviews the current evidence base for collaborative care, implementation elements with examples, lessons learned from those who implemented the model, and recommendations for advancing its use to meet the whole health needs of people with mental health conditions.

4. Establishing a Health Home (SAMHSA) – SAMHSA provides resources and consultation to states on establishing a health home as part of their Medicaid Plan Amendment strategy. Health home providers will integrate and coordinate all primary, acute, behavioral health, and long term services and supports to treat the whole person.

5. Improving Mood: Promoting Access to Collaborative Treatment for Late-Life Depression (IMPACT) (AHRQ) – Contains materials and information designed to help clinicians and organizations implement a model for depression care for older adults in a variety of settings.

6. Massachusetts Nurse Care Manager Model (AHRQ) – Includes information about a Massachusetts model that uses nurse care managers who team with primary care physicians to provide MAT.

7. Matrix Model (NIH) – Provides a framework for engaging stimulant (e.g., methamphetamine, cocaine) users in treatment.

8. Medication-Assisted Treatment (MAT) (SAMHSA) – Explains a treatment strategy that involves using FDA-approved medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to treating substance use disorders.

9. Medication-Assisted Treatment Implementation Checklist (CIHS) – Provides key questions to consider before working to increase access to MAT for addictions in their communities.

10. Patient-Centered Medical Home Resource Center (AHRQ) – Features evidence, examples, and lessons learned from primary care practices that became patient-centered medical homes.

11. Permanent Supportive Housing (SAMHSA) – Offers information about a practice that includes access to safe and affordable housing, which is linked to voluntary and flexible supports and services designed to meet individual needs and preferences.

12. [Screening, Brief Intervention, and Referral to Treatment (SBIRT)](#) (SAMHSA) – Describes an approach to delivering early intervention and treatment to people with substance use disorders and those at risk of developing these disorders.
13. [Seeking Safety Methodology](#) (IHS) – Presents information about an integrative treatment approach developed specifically for co-occurring post-traumatic stress disorder and substance abuse.

Workforce
1. [Behavioral Health Recruitment and Retention Toolkit](#) (SAMHSA) – Includes nine chapters to sharpen skills in identification, selection, and retention of staff to build a strong behavioral health workforce. Examples, worksheets, guidelines, tips, and related resources are available to download.
2. [Behavioral Health Workforce Research Center](#) (HRSA) – Aims to strengthen the workforce responsible for preventing and treating mental health and substance use disorders by conducting studies to inform workforce development and planning efforts at federal, state, and local levels.

Clinical Practice
1. [Chronic Disease Self-Management Program](#) (CDC) – A program for people with chronic health conditions to build confidence in managing their health and keep them engaged in their lives.
2. [Cognitive Behavioral Therapy for Chronic Pain](#) (VA) – A structured approach that focuses on relationships among cognitions, emotions, and behaviors. Treatments based on cognitive behavioral theory have been successfully applied to managing chronic pain, either delivered alone or as a component of an integrated, multimodal, and interdisciplinary pain management program.
3. [Columbia-Suicide Severity Rating Scale (C-SSRS)](#) (NIH)– A series of simple questions to identify if someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs.
4. [Draft Report on Pain Management Best Practices: Updates, Gaps, Inconsistencies, and Recommendations](#) (HHS) – Draft report from the Pain Management Best Practices Inter-Agency Task Force, a federal advisory committee, proposes updates to best practices and issues recommendations that address gaps or inconsistencies for managing acute and chronic pain.
5. [Essential Elements of Effective Integrated Primary Care and Behavioral Health Teams](#) (CIHS) – Identifies four essential elements for effective integrated behavioral health and primary care teams and provides a roadmap for organizations designing their own teams.
6. [Eye Movement Desensitization and Reprocessing (EMDR)](#) (VA) – A psychotherapy for post-traumatic stress disorder that can help process upsetting memories, thoughts, and feelings related to trauma.
7. [Guidance for a Trauma-Informed Approach](#) (SAMHSA) – Provides a working concept of trauma and a trauma-informed approach and a shared understanding of these concepts across an array of service systems and stakeholder groups.
8. [Healthier Pregnancy Preventive Services and Trauma-Informed Care Fact Sheets](#) (AHRQ) – Addresses successful practices in implementing U.S. Preventive Services Task Force recommendations around alcohol misuse, depression, intimate partner violence, and tobacco in pre- and perinatal care settings, as well as implementing trauma-informed care.
9. [Issue Brief: The Opioid Public Health Emergency and Older Adults](#) (ACL) – Provides information about opioid use among community dwelling older adults, opioid use disorder, and evidence-based treatments for the disorder. Describes federal guidelines for prescription opioid use, and therapeutic alternatives to opioids for people who experience chronic pain, evidence-based practices for treatment of opioid use disorder, and recovery support services.
10. [Motivational Enhancement Therapy](#) (NIH) – A counseling approach that helps individuals resolve their ambivalence about engaging in treatment and stopping drug use.

11. [Motivational Interviewing](#) (SAMHSA) – A clinical approach that helps people with mental health and substance use disorders and other chronic conditions make positive behavioral changes.
12. [Opioid Overdose Prevention Toolkit](#) (SAMHSA) – Offers strategies to providers, communities, and governments to develop practices and policies to prevent opioid-related overdoses and deaths.
13. [Outpatient Treatment for Youth with Substance Use Disorders](#) (CMS) – Identifies outpatient treatment modalities to treat youth with substance use disorders or substance use and co-occurring mental health disorders.
14. [Overdose Prevention and Naloxone Manual](#) (CDC) – Developed by the Harm Reduction Coalition, this manual outlines the process of developing and managing an overdose prevention and education program, with or without a take-home naloxone component.
15. [Parent-Child Interaction Therapy with At-Risk Families](#) (ACF) – A behavioral intervention for children ages 2 – 7 and their parents or caregivers that focuses on decreasing externalizing child behavior problems, increasing child social skills and cooperation, and improving the parent-child attachment relationship.
16. [Recovery-Oriented Care and Recovery Support](#) (SAMHSA) – Provides information about recovery-oriented care and recovery support systems to help people with mental health and substance use disorders manage their conditions successfully.
17. [SAMHSA's Working Definition of Recovery](#) (SAMHSA) – A standard, working definition and set of principles for recovery.
18. [12-Step Facilitation Therapy](#) (NIH) – An engagement strategy designed to increase the likelihood of an individual with a substance use disorder becoming affiliated with and actively involved in 12-step self-help groups, thereby promoting abstinence.
19. [Telebehavioral Health Training and Technical Assistance](#) (CIHS) – Divided into six sessions, this training provides tools and resources to identify and implement a telebehavioral health program.
20. [Trauma-Focused Cognitive Behavioral Therapy for Children Affected by Sexual Abuse or Trauma](#) (ACF) – Explores research and practice on trauma-focused cognitive-behavioral therapy, a treatment to help children, adolescents, and caregivers overcome trauma-related difficulties.

SAMHSA Treatment Improvement Protocols (TIPs)

1. [TIP 34: Brief Interventions and Brief Therapies For Substance Abuse, Solution-Focused Therapy for Substance Abuse](#) – Includes information about solution-focused therapy for substance use, which consists of a short-term therapy approach that builds upon client's strengths, enhances positive feelings, instills hope, and is congruent within positive psychology.
2. [TIP 47: Clinical Issues in Intensive Outpatient Treatment](#) – Describes core services that Intensive Outpatient Treatment Programs should offer, enhanced services that should be available onsite or through links with community-based services, and the process of assessment, placement, and treatment planning that helps clinicians address each client's needs. Also addresses major clinical challenges of Intensive Outpatient Treatment and surveys the most common treatment approaches.
3. [TIP 54: Managing Chronic Pain in Adults with or in Recovery from Substance Use Disorders](#) – Equips clinicians with practical guidance and tools for treating chronic non-cancer pain (CNCP) in adults with histories of substance use disorders.
4. [TIP 63: Medications for Opioid Use Disorder](#) – Reviews the use of the three FDA-approved medications used to treat opioid use disorder—methadone, naltrexone, and buprenorphine—and the other strategies and services needed to support recovery for people with opioid use disorder.

Clinical Guidelines

1. [Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants](#) (SAMHSA) – Provides comprehensive, national guidance for optimal management of pregnant and parenting women with opioid use disorder and their infants.
2. [Evidence-Based Management of Sickle Cell Disease: Expert Panel Report, 2014](#) (NIH) – Includes guidelines to help people living with sickle cell disease (SCD) receive appropriate care by providing the best science-based recommendations to guide practice decisions. The target audience is primary care providers and other clinicians, nurses, and staff who provide emergency or continuity care to individuals with SCD.
3. [Guidelines for Patients with Sickle Cell Disease and a Vaso-Occlusive Episode](#) (Oregon Health Sciences University) – Provides information to help people living with sickle cell disease receive appropriate pain management during a vaso-occlusive episode by providing the best evidence-based recommendations to guide inpatient practice decisions. Includes additional recommendations for the outpatient setting.
4. [Guideline for Prescribing Opioids for Chronic Pain](#) (CDC) – Provides recommendations for prescribing opioid pain medication for patients 18 years and older in primary care settings.
5. [Management of Substance Use Disorder Guideline](#) (VA) – Intended to improve patient outcomes and local management of patients with substance use disorder throughout the Department of Defense and VA health care systems.

Organizational Readiness

1. [A Standard Framework for Levels of Integrated Healthcare](#) (CIHS) – Reviews five levels of integrated health care and proposes a standard framework for classifying sites according to these levels.
2. [Core Competencies for Integrated Behavioral Health and Primary Care](#) (CIHS) – Divided into nine categories, these competencies provide organizations and individual professionals a "gold standard" for the skill set needed to deliver integrated care.
3. [Four Quadrant Clinical Integration Model](#) (SAMHSA) – Measures a facility's level of integration in terms of primary care, mental health, and substance use complexity and risk.
4. [Integration Playbook](#) (AHRQ) – Features guidance to integrate behavioral health into primary care and other ambulatory care settings to improve health care delivery and patient health outcomes.
5. [Prevention and Harm Reduction: Opportunities for Collaboration to Address Opioid-Related Overdose](#) (SAMHSA) – Explores the intersection of opioid overdose prevention and harm reduction, including examples of joint harm reduction/prevention efforts to address opioid overdose.
6. [SAMHSA's Strategic Prevention Framework](#) (SAMHSA) – A comprehensive process for addressing the substance misuse and related behavioral health problems facing communities.
7. [Zero Suicide Toolkit](#) (SAMHSA) – The Suicide Prevention Resource Center's toolkit provides a framework for a systemwide, organizational commitment to safer suicide care in health and behavioral health care systems. This framework represents a holistic and comprehensive approach to patient safety and quality improvement.

Resource Hubs

1. [Evidence-Based Approaches to Treating Adolescent Substance Use Disorders](#) (NIH) – Provides specific approaches to treating substance use disorders in adolescents, including behavioral and family-based interventions, as well as medications.
2. [Evidence-Based Practices Resource Center](#) (SAMHSA) – Provides communities, clinicians, policymakers and other stakeholders with information and tools to incorporate evidence-based practices into their communities or clinical settings, including Treatment Improvement Protocols, toolkits, resource guides, clinical practice guidelines, and other science-based resources.

3. [EvidenceNOW Tools for Change](#) (AHRQ) – Includes more than 100 tools and resources to help primary care practices improve quality of care.
4. [Health Center Resource Clearinghouse](#) (HRSA) – An online resource repository of training and technical assistance materials on priority topics including behavioral health/substance use disorder.
5. [National Institute on Drug Abuse Resources for Medical and Health Professionals](#) (NIH) – Offers science-based resources for health professionals on the causes and consequences of drug use and addiction, and advances in pain management. Includes a chart of screening tools and assessments for adults and adolescents.
6. [Advancing Integrated Mental Health Solutions Center](#) (HRSA)– Contains information about a strategy that teaches and empowers patients to solve the here-and-now problems contributing to their depression and helps increase self-efficacy.

Acronyms

ACF: Administration for Children and Families
ACL: Administration for Community Living
AHRQ: Agency for Healthcare Research and Quality
CDC: Centers for Disease Control and Prevention
CIHS: SAMHSA-HRSA Center for Integrated Health Solutions
CMS: Centers for Medicare and Medicaid Services
FDA: Food and Drug Administration
HHS: Department of Health and Human Services
HRSA: Health Resources and Services Administration
IHS: Indian Health Service
MAT: medication-assisted treatment
NIH: National Institutes of Health
SAMHSA: Substance Abuse and Mental Health Services Administration
VA: Department of Veterans Affairs