



TELEBEHAVIORAL HEALTH CENTER OF EXCELLENCE

Behavioral Health Integration Webinar Series:

Provider Roles: Changing The Way We Practice

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Disclosure Statement

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The views expressed in this presentation are those of the speaker and do not necessarily represent the views, policies, and positions of the Indian Health Service (IHS), or the U.S. Department of Health and Human Services (HHS).

Introducing the Presenters:

Cynthia Guzmán, PhD, MSCP

- Licensed Psychologist, Administrator, Grant Writer, Clinical Supervisor, and Consultant in Native Country for over 15 years.
 - Tribal Programs, IHS Clinics, 638 Clinics, and Schools
- Formerly sat on the CMS Tribal Technical Advisory Group – Behavioral Health subgroup.
- Behavioral Health Subject Matter Expert for BH2I.



Introducing the Presenters:

Anthony Fleg, MD, MPH

- 21 years of working with Indigenous communities to improve health.
- Co-founder of the Native Health Initiative (NHI) partnership.
- Primary Care Subject Matter Expert for BH2I.





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A moment for our wellness



Objectives

At the end of this presentation, participants will be able to:

1. Examine the role of a provider who only works in a behavioral health setting or only among other behavioral health providers.
2. Identify ways in which a behavioral health practice can adapt to working alongside medical providers or in a medical setting.
3. Identify ways in which medical providers can shift their practice to break down silos in their agency.

The Continuum



Self-reflection

- **For clinicians:** How would I rate my clinical work today from a standpoint of integrated (BH and PC) care?
- **For non-clinicians:** How would you rate the care given by the providers in your clinic from the standpoint of integration of BH/PC?

Self-reflection (continued)

- As a clinic, how would we rate our environment for its ability to encourage or discourage integration between BH/PC?

Self-reflection (cont.)

- As a clinic, how would we rate our environment for its ability to encourage or discourage integration between BH/PC?
- Are we improving, worsening, or stagnant?



Tips for BH Providers

Tips for BH providers to integrate more PC into their practice.



Tips for PC Providers

Tips for PC providers to integrate more BH into their practice.

Consider...

- Developing linkages with your clinic's/community's BH clinicians.
- Implementing brief interventions.
- Recommending typical BH interventions (e.g., psychotherapy) as someone of influence on your patients.



Remember...

- Primary care is an important setting for detecting, treating, and managing mental and behavioral health problems (American Psychological Association).

BH Numbers in a PC Setting

- Up to 70% of those with depression go undetected in PC.
- Of those who commit suicide, 40% visited PC in the month before suicide.

A few additional points to consider...

- 1) Systems change.
- 2) Whole-person care.
- 3) More efficiency.
- 4) Decolonizing ourselves and the care we provide.



Systems Change

Changing the system in which we practice to enhance the interactions between BH and PC will make changing the way we practice much easier and more effective.

Systems Change Example

Changing the system in which we practice to enhance the interactions between BH and PC will make changing the way we practice much easier and more effective.

→ Instead of feeling like we are swimming against the current, the current is now working with us!

The Continuum & Systems Change





Whole-person Care

Work individually and as a team to become more whole-person centered in the care you provide.

Whole-person Care Example

Work individually and as a team to become more whole-person centered in the care you provide.

I take care of mental health needs of my patients.

vs.

→ I take care of whole people, focusing on mental health needs, and addressing other needs as well.



More Efficiency

More efficiency for you and the patient!

More Efficiency Example

More efficiency for you and the patient!

I had to repeat my whole story again.

vs.

→ My providers had all the right team members involved and everyone knew what the next step would be.



Decolonizing Ourselves

Decolonizing ourselves as well as the care we provide to our community.

Decolonizing Ourselves Example

An Indigenous elder with a 4th grade education who is a traditional healer.

How do you think about and how would you document their level of education?



The Default: Colonized Perspective

Document low educational status or a 4th grade education, since formal education is what is valued most in our society.



Decolonized Perspective

Document 30+ years of education to learn traditional healing since the focus is now on education, not on school-based education.

Defining Decolonization

“Decolonization is the process of revealing and dismantling colonist power in all its forms, this includes dismantling the hidden aspects of those institution and cultural forces that had maintained the colonialist power and that remained even after political independence”



Applying Decolonization

Decolonization involves actively deconstructing and challenging colonialism and its systems that do not account for the lives of Indigenous peoples.



Decolonizing: Step 1

Naming privilege and understanding how that privilege affects power dynamics in our life and work.



Decolonizing: Step 2

Become a strength-based healer!

Colonization is founded on a deficit approach and seeing people as “less than,” “diseased,” or “un-civilized.”



Decolonization: Step 3

Developing a practice of deep questioning, grounded in the understanding that colonization has affected our lens on Indigenous peoples.



Decolonizing and Whole-person Care

Decolonizing ourselves and the care we provide will naturally push us toward whole-person care and more integrated ways of caring for people.



A deep breath together...

Questions to Reflect Upon

- What are one or two ways I can change the way I practice to become more integrated in the care I provide?
- What are one or two ways **our clinic** can change the way we practice to improve integration of care?



Questions/Discussion

Additional Assistance

Please contact the BH2I T/TA Team for any questions/feedback regarding the presentation at:

[Request Technical Assistance – Behavioral Health Integration Initiative \(bh2itoolkit.com\)](http://bh2itoolkit.com)



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**Thank you
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Welcome to 2024!