

## **Transition Guide: What Is New in the Third Edition of *Integrated Behavioral Health in Primary Care: Step-by-Step Guidance for Assessment and Intervention***

Throughout the book, we have:

- Updated references to incorporate new research evidence on assessment and intervention and how this new evidence can guide best clinical practices. All told, more than 400 new references were included to make the 3<sup>rd</sup> edition the most up-to-date clinician focused primary care behavioral health book on the market.
- Updated our listing of patient resources to include apps, websites and books.
- Updated the downloadable patient education materials available from the companion resources tab on the book's webpage, at <https://www.apa.org/pubs/books/integrated-behavioral-health-primary-care-third-edition>). The reader is encouraged to modify these documents to best meet the needs of their clinic and the patients they are seeing.

### **Introduction**

- The Introduction includes a comprehensive definition of primary care as delineated by the World Health Organization and American Academy of Family Physicians.
- We have updated the Primary Care Behavioral Health (PCBH) model of service delivery's operational definition using the GATHER acronym, where "G" is for a "Generalist approach," "A" is for "Accessibility," "T" is for "Team-based," "H" is for "High productivity," "E" is for "Educator," and "R" is for "Routine."
- An enhanced ethical considerations section includes references to additional source material for review.
- A review of what shared decision making means, and why it is important in the "Agree" phase of an appointment.
- An important reminder that the downloadable provider scripts and patient handouts are meant to serve as a starting point, and they can and should be altered to meet the needs and values of the patients coming to a given clinic.

### **Chapter 1: Population Health and the Patient-Centered Medical Home**

- This chapter includes an expanded and updated discussion of population health and how this approach can lead to a greater number of people benefiting from treatment.
- A transition from the Triple Aim to the Quadruple Aim, focusing on the importance of an approach that works to improve population health, reduce care cost, improve patient and care team experience and how a PCBH model of service delivery fits well with achieving the Quadruple Aim.
- Discussion of how recognition programs like NCQA for behavioral health integration enhance PCMH recognition and may be important in securing increased services payments.

### **Chapter 2 (New Chapter): Core Competencies and Clinical Practice Management Skills**

- This chapter includes a discussion of six core competency domains that are important for effective Behavioral Health Consultant (BHC) services.
- Core competencies reviewed include Clinical Practice Knowledge and Skills, Practice Management Skills, Consultation Skills, Documentation Skills, Administrative and Knowledge Skills, Team Performance Skills, and how the BHC can strengthen their skills in these domains.

- Review and discussion of the Primary Care Behavioral Health Provider Adherence Questionnaire (PPAQ-2) and how to use it to assess BHC performance.

### **Chapter 3: Conducting the Initial and Follow-Up Consultation Appointments**

- This chapter includes a focused discussion on the importance of patient self-management treatment for improved symptom management and functional improvement.
- Expanded and updated BHC scripts and questions for different phases of initial and follow-up appointments.

### **Chapter 4: Common Behavioral and Cognitive Interventions in Primary Care: Moving Out of the Specialty Mental Health Clinic**

- This chapter includes a discussion of Acceptance and Commitment Therapy (ACT), and the adaptation of these techniques for use with patients in the primary care setting.
- An updated review of health behaviors and conditions for which goal setting can be effective has been included.
- Sections on motivation enhancement techniques and behavioral analysis have been updated for greater clarity, and include scripts for use with patients.

### **Chapter 5: Depression, Anxiety, PTSD and Insomnia**

- Updated summaries of prevalence and demographic data.
- Updated supporting literature.
- Updated and expanded cultural and diversity considerations.
- Adapted assessment criteria to match with the DSM-5-TR.
- Expanded recommendations regarding other presenting concerns (e.g., bipolar disorder, obstructive sleep apnea, narcolepsy).
- Supporting guideline recommendations for PTSD treatment were updated.
- Updated medication recommendations.
- Updated resource recommendations.

### **Chapter 6: Health Behaviors: Tobacco Use, Overweight and Obesity, and Physical Activity**

- Updated summaries of prevalence and demographic data.
- Updated supporting literature.
- Updated and expanded cultural and diversity considerations, particularly considerations for the impact that living environments may have on health behaviors.
- Expanded discussion of the use of e-cigarettes and intensive tobacco cessation programs.
- Supporting guideline recommendations for tobacco use, weight management, and physical activity were updated.
- Included resource guidance for BHCs working with children and adolescents experiencing overweight or obesity.
- Updated medication recommendations.
- New discussion about considerations of the use of GLP-1 medications for weight loss.
- Expanded discussion of physical activity goals and considerations for improving health outcomes.
- Updated resource recommendations.

### **Chapter 7: Diabetes**

- Updated summaries of prevalence and demographic data.
- Updated supporting literature.
- Updated and expanded cultural and diversity considerations.
- Included recommendations regarding diabetes self-management education.
- Expanded discussion, assessment, and treatment of diabetes distress.
- Updated medication recommendations.
- Updated resource recommendations.

## **Chapter 8: Chronic Obstructive Pulmonary Disease and Asthma**

- Updated reviews of the literature on both disorders have been included. Key areas of revision include prevalence rates and demographic data, risk factors, pharmacological and non-pharmacological treatments, and comorbidity data.
- The discussion of cultural and diversity considerations has been expanded, to include impacts of health literacy, access to healthcare and poverty.
- Sections on self-management interventions have been expanded.
- A discussion of an integrated primary care program involving brief cognitive behavioral therapy for depression and/or anxiety in patients with COPD has been included.
- Key assessment areas for patients with asthma have been updated based on recent clinical practice guidelines.
- Sample scripts for patient care have been updated to improve flow and ease of understanding.

## **Chapter 9: Cardiovascular Disease**

- Updated summaries of prevalence and demographic data.
- Updated supporting literature.
- Updated and expanded cultural and diversity considerations.
- Updated guideline references and modified recommendations based on these guidelines.
- Expanded diet recommendations for reducing CVD risk.
- Broadened and updated the discussion of relations between CVD, emotions and stress responses.
- Added new discussion of the relations between CVD and PTSD.
- Updated resource recommendations.

## **Chapter 10: Pain Disorders**

- This chapter provides updated demographic and prevalence data on pain disorders.
- A review of the neuromatrix theory of pain has been added.
- Content has been updated regarding the impact of socioeconomic status on pain and pain treatment.
- Updated resources for treating pain, such as clinical practice guidelines and screening/assessment tools, have been included with specific focus on stepped-care pathways that are applicable to primary care.
- Scripts have been updated for better clarity and educate patients better on current understandings of pain.
- Sections are included on treatment for opioid use disorder, headache, fibromyalgia, and gastrointestinal disorders.

## **Chapter 11: Unhealthy Substance Use: Alcohol, Illicit Drugs and Prescription Medication**

- This chapter includes a new section for assessment and intervention on Illicit drug use.
- Each section has updated reviews of the literature including prevalence rates and demographic data, risk factors, comorbidity and the latest effective treatment options.
- Section included on screening, brief intervention, and referral to treatment (SBIRT)
- Focus on patient life contextual factors (e.g., social support) informing treatment options

### **Chapter 12: Sexual Problems**

- Updated summaries of prevalence and demographic data have been included.
- The section describing biopsychosocial factors contributing to erectile disorder has been expanded and updated.
- Summaries of treatment outcome literature have been updated for each condition.
- Updates include increased use of inclusive language when discussing gender and sexuality.

### **Chapter 13: Special Considerations for Older Adults**

- Updated summaries of prevalence and demographic data.
- Updated supporting literature.
- Updated and expanded cultural and diversity considerations.
- Updated and changed assessment measures and questions based on current evidence-base.
- Added new discussion of assessing for and intervening when there are signs of elder abuse or mistreatment.
- Expanded discussion of the assessment and considerations for cognitive impairment.
- Updated resource recommendations.

### **Chapter 14: Obstetrics and Gynecology**

- Includes updates on the most recent assessment strategies and treatments for peripartum depression, chronic pelvic pain and menopause, as well as prevalence rates and demographic data, risk factors, and comorbidity.
- A new section reviews the latest data on hormone replacement therapy, and new recommendations to discuss with patients as the team considers treatment options.

### **Chapter 15: Children, Adolescents, and Parenting**

- Updated summaries of prevalence and demographic data.
- Updated supporting literature.
- Updated and expanded cultural and diversity considerations. Emphasized the considerations of culture and diversity considerations.
- Updated guideline references and modified recommendations based on these guidelines.
- Updated resource recommendations.

### **Chapter 16: Couple Distress**

- Includes new discussions of the links between social, environmental, economic, and cultural factors affecting relationship quality have been updated.
- The review of the specialty behavioral health treatment literature for couples therapy has been updated with expanded information on cognitive behavioral couple therapy as well as a summary of a recent meta-analytic review.

- The literature review includes discussion of a clinical framework for working with sexual minority couples.
- An adaptation of the marriage checkup prevention/early intervention program for use in primary care clinics is summarized.
- Updated screening recommendations for intimate partner violence (IPV) are included.

### **Chapter 17: Managing Suicidal Behavior**

- In this chapter, demographic and prevalence data on suicide and suicidal behavior reflect the most recent statistics available.
- Updated recommendations for suicide risk screening in primary care are provided.
- Discussion is included on brief contact interventions and their potential effectiveness for reducing suicide risk.

### **Chapter 18: Developing Clinical Pathways and Implementing Shared Medical Appointments**

- Expanded and updated discussion, definition and difference between clinical practice guidelines and clinical pathways and importance of using clinical pathways as one way to improve population health impact.
- Inclusion of nine mechanisms believed to make Shared Medical Appointments (SMA) work.
- Discussion on effectively adapting SMAs to fit unique patient and clinic culture, resources and need.