

PCBH Founders' Boot Camp

Tuesday, September 14, 2021, from 12:00-4:30 EDT and

Thursday, September 16, 2021, from 1:00-5:30 EDT (Virtual Event)



This one-of-a-kind and first-ever event brings together as presenters the individuals whose early writings led to the development of what is now known as the Primary Care Behavioral Health (PCBH) model of integration. Attendees with any level of PCBH experience will find much of interest in this intensive 9-hour training in both the theory and the nuts and bolts of working in the PCBH model. The workshop will be an all-virtual combination of didactics, role play, case examples, discussion, and handouts. More than eight hours of training will be provided over the course of two half-days. On day one, attendees will learn the distinguishing features of the PCBH model; strategies for growing and sustaining a BHC role on the primary care team; key metrics for measuring outcomes and model fidelity; and strategies for optimizing team-based care that includes the BHC. Day two will be entirely devoted to understanding the 5 As and FACT approaches to BHC visit structure. Continuing Education credits will be awarded.

Presenters

Anne Dobmeyer, PhD

Chris Hunter, PhD

Jeff Reiter, PhD

Patricia Robinson, PhD

Neftali Serrano, PsyD

Kirk Strosahl, PhD

Learning Objectives

1. Outline the rationale for integrating behavioral health into primary care using the PCBH model
2. Detail the differences between the PCBH model and other approaches to integration
3. List the key features and goals of the PCBH model
4. Identify at least five key PCBH fidelity and/or outcome metrics
5. Explain at least three strategies for optimizing team-based care in the PCBH model
6. Describe at least three strategies for growing and sustaining a PCBH role in primary care
7. Detail the key components of the 5 As and FACT approaches to BHC visit structure
8. Compare and contrast the key components of the 5 As and FACT approaches to BHC visit structure

Day 1 Agenda – Tuesday, September 14th – 12:00-4:30 EDT

12:00 – 12:10 PM | Welcome and Overview

Jeff Reiter, PhD, ABPP

12:10 – 1:55 PM | Overview of the PCBH Model: The Why and How

Presenter: Jeff Reiter, PhD, ABPP

Learn the rationale for the PCBH model, the most current model conceptualization and keys to success as a BHC.

Break (5 Minutes)

2:00 – 2:55 PM | Strategies for Growing and Sustaining a Vibrant PCBH Role

Presenter: Neftali Serrano, PsyD

Practical steps for establishing and growing the BHC's role on the team will be the focus of this session.

Break (5 Minutes)

3:00 – 3:55 PM | Key Metrics for Fidelity and Outcomes in the PCBH Model

Presenters: Anne Dobmeyer, PhD and Jeff Reiter, PhD, ABPP

Discover metrics that any system can utilize to measure both model fidelity and clinical outcomes for BHCs. Tips for program directors on the most productive use of metrics will also be discussed.

Break (5 Minutes)

4:00 – 4:25 PM | Strategies for Optimizing the BHC's Role in Team-Based Care

Presenter: Jeff Reiter, PhD, ABPP

The goal of PCBH is to improve primary care for everyone, even those without behavioral concerns. This session will cover the many ways BHCs can achieve that.

4:25 – 4:30 PM | Wrap-up

Jeff Reiter, PhD, ABPP

Day 2 Agenda – Thursday, September 16th – 1:00-5:30 PM EDT

1:00 – 1:10 PM | Welcome and Overview

Jeff Reiter, PhD, ABPP

1:10 – 5:10 PM | The BHC Visit: Learning, Comparing, and Contrasting Two Approaches

The “5 As”

Presenters: Anne Dobmeyer, PhD and Chris Hunter, PhD

Focused Acceptance and Commitment Therapy (“FACT”)

Presenters: Patricia Robinson, PhD and Kirk Strosahl, PhD

Our second day of Boot Camp will be devoted entirely to learning, comparing, and contrasting the two leading approaches to structuring a BHC clinical visit: the “5 As” approach (Hunter, Dobmeyer) and Focused Acceptance and Commitment Therapy (“FACT”; Robinson, Strosahl).

5:10 – 5:30 PM | Wrap-Up

Jeff Reiter, PhD, ABPP