

Appendix I

Additional Learning Options for BHCs

This book provides a strong foundation for PCBH skills, but additional learning activities are also available. Consider any or all of the resources listed here to continue growth as a BHC.

Resources are listed here in no particular order.

- 1) *PITCH Expanded Providers (PEP) program from the University Texas at San Antonio* (<https://education.utsa.edu/departments/counseling/pitchexpandedproviders.html>).

The PEP program includes behavioral health trainees from four disciplines: clinical mental health counseling (CMHC), school counseling (SC), social work (SW), and clinical psychology (PSY) affiliated with the University of Texas at San Antonio and UT Health San Antonio. All trainees complete didactic and clinical training in integrated care and primary care, preparing them to deliver services to adults, children, adolescents, and transition-aged youth. Additionally, all PEP trainees participate in ongoing interprofessional education workshops.

- 2) *Focused Acceptance and Commitment Therapy (FACT) online training.*

In addition to growing PCBH skills, new BHCs may benefit from a course in Focused Acceptance and Commitment Therapy (FACT). Praxis offers an on-demand online course on FACT (<https://www.praxiscet.com/focused-act-evergreen-signup/>). The course offers lifetime access to materials and learning videos and includes six modules that the learner

can work through as their schedule permits. Because FACT is a transdiagnostic approach, learning FACT conceptualization and intervention approaches substantially enhances the new BHC's ability to address a wide range of concerns for the many patients they will see in their generalist role.

- 3) *Integrated Behavioral Health in Primary Care, Step-by-Step Guidance for Assessment and Intervention, 3rd Edition* (Hunter, Goodie, Oordt & Dobmeyer, 2024)

This book provides up-to-date information about using CBT with a wide variety of conditions, both mental health and medical concerns.

- 4) *Psychological Treatment of Medical Patients in Integrated Primary Care* (Dobmeyer, 2018)

With a focus on CBT interventions for medical concerns in primary care, this book is unique and provides background information and behavioral strategies a BHC can use.

- 5) *Basics of Behavior Change in Primary Care* (Robinson, 2020)

This book provides guidance for using Focused Acceptance and Commitment Therapy (FACT), including case examples of team-based care for both medical and psychological problems.

- 6) *Behavioral Health Consultant Certificate Course*

Available periodically, by application, from Mental Health America of Greater Houston, this 40-hour continuing education course will be fully virtual starting in 2025. It provides the skills and technical abilities needed for working as a Behavioral Health Consultant.

Information is available here: <https://mhahouston.org/programs/ihci/behavioral-health-consultant-course/>

- 7) *The Implementer's Guide to Primary Care Behavioral Health, Second Edition* (Serrano, 2024)

Offered as an e-book, this edited book is an easy-to-read and pragmatic resource offering insights and tips on the many challenges faced by PCBH implementers. Collaborative Family Healthcare Association.

- 8) *Collaborative Family Healthcare Association (CFHA) CFHA Learns*

As the largest integrated care guild organization, CFHA hosts various trainings throughout any given year, many focused on PCBH specifically. Most are available only to members, but membership can be valuable for any BHC.

<https://integratedcarelearning.talentlms.com>

- 9) Many implementation materials are also available at

[www.http:behavioralconsultationandprimarycare.com](http://behavioralconsultationandprimarycare.com)