# Integrating Behavioral Health in the Group Visit

Lynn Scheidenhelm Marena Burnett



Improving health by transforming care through Centering groups

Centering® Healthcare Institute



CenteringPregnancy

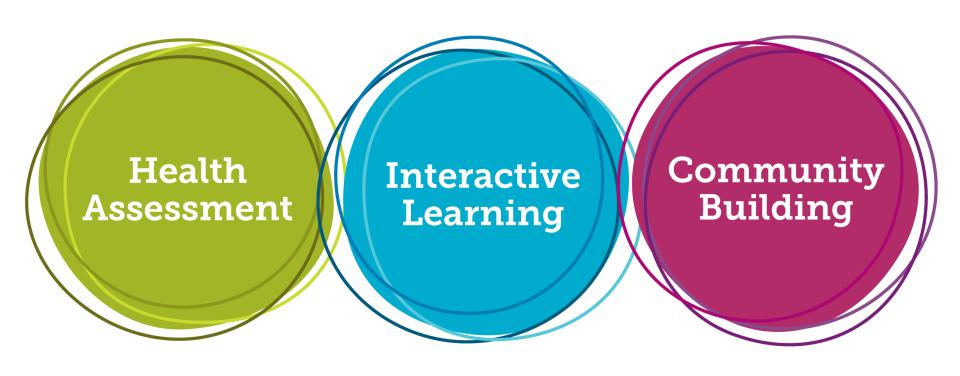


CenteringParenting



CenteringHealthcare

## Core Components of Centering



#### Structure:

- Behavior health staff as co-facilitator
  OR Assigned to group when difficult topics scheduled
- Behavioral Health risk assessments built into check-in time (ACEs, PHQ9, GAD 7, etc.)
- Patients track their screenings on paper flow sheet or in "shadow" chart

## **Behavioral Health Components:**

- Trauma Informed Care
- Safe space for trauma discussions
- Building trust/inclusivity
- Resilience and strengths based
- Facilitate difficult topics
- Provide screening process/immediate review
- Community/peer support/mutual self-help building
- Social Determinants of Health/Barriers
- Cultural competency

### **Facilitate Behavior Change:**

- Self-Management focus
- Passive to Active coping
- Mindfulness/meditation
- 'Seeking Safety' Grounding
- SMART Goals
- Warm handoff to resources