

Integrating Behavioral Health in the Group Visit

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Improving health
by transforming
care through
Centering groups

Centering[®]
Healthcare
Institute



CenteringPregnancy



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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