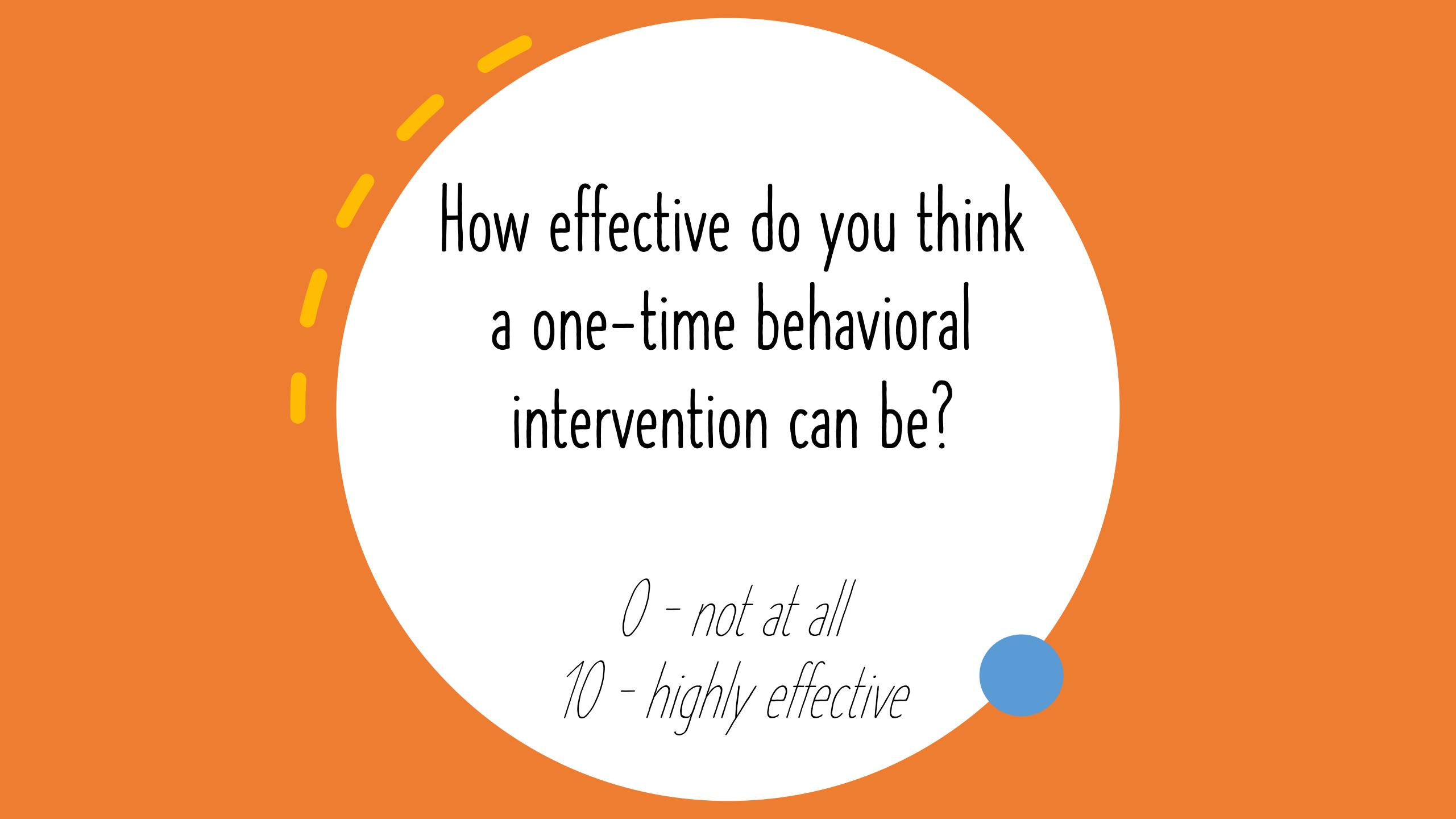




Effective One-Time Behavioral Interventions in Primary Care

Alex Hulst, PhD, LMFT

April 2022



How effective do you think
a one-time behavioral
intervention can be?

0 - not at all

10 - highly effective

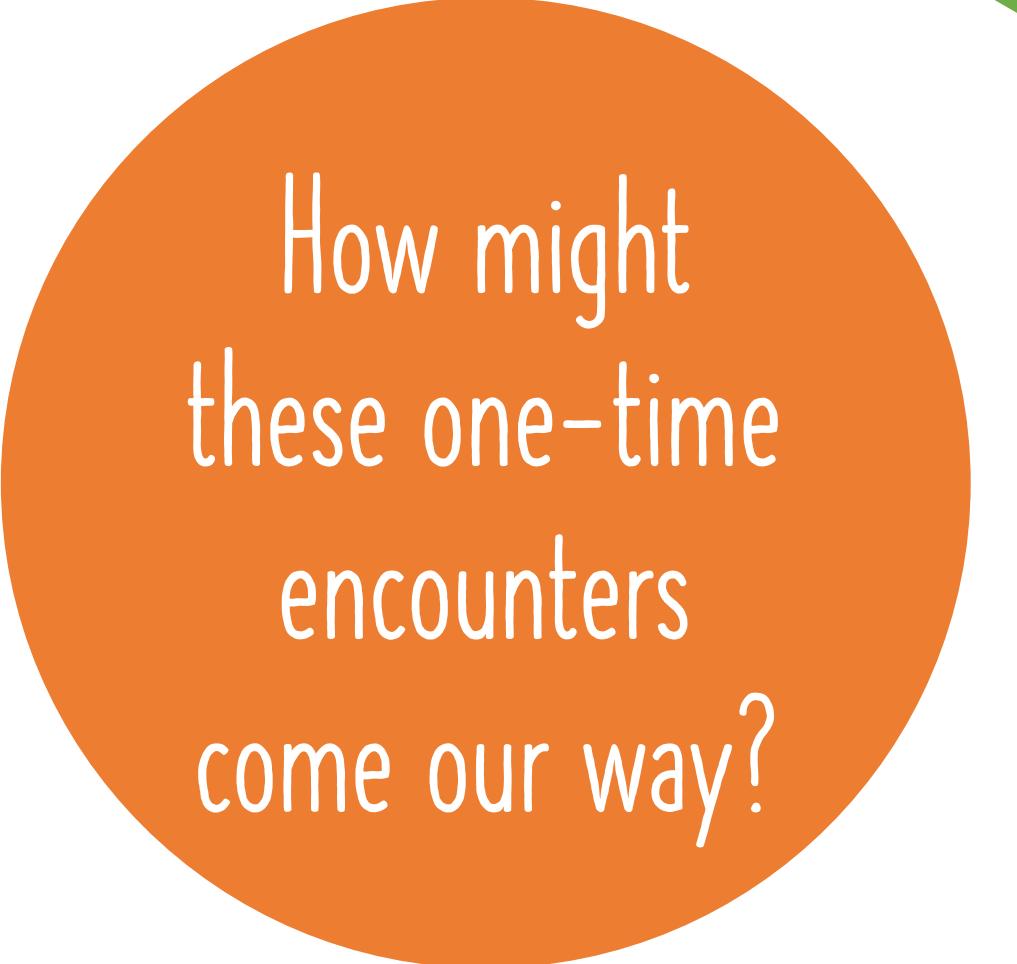
Why do we have one-time encounters?

- Unsure or skeptical about how behavioral health providers can help
- Low motivation for change
- Financial limitations
- Transportation/time/child care limitations
- That's all that's needed to create momentum for change

Why do we have one-time encounters?

- We miss an opportunity to create a connection and cultivate an environment for change





How might
these one-time
encounters
come our way?

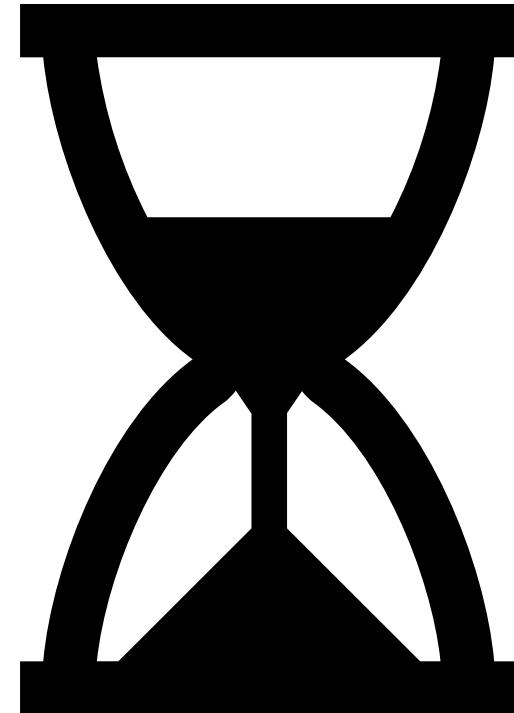
- Warm hand-off in integrated primary care
- Referral from primary care provider
- Encouragement from family member, care coordinator, etc. to seek help

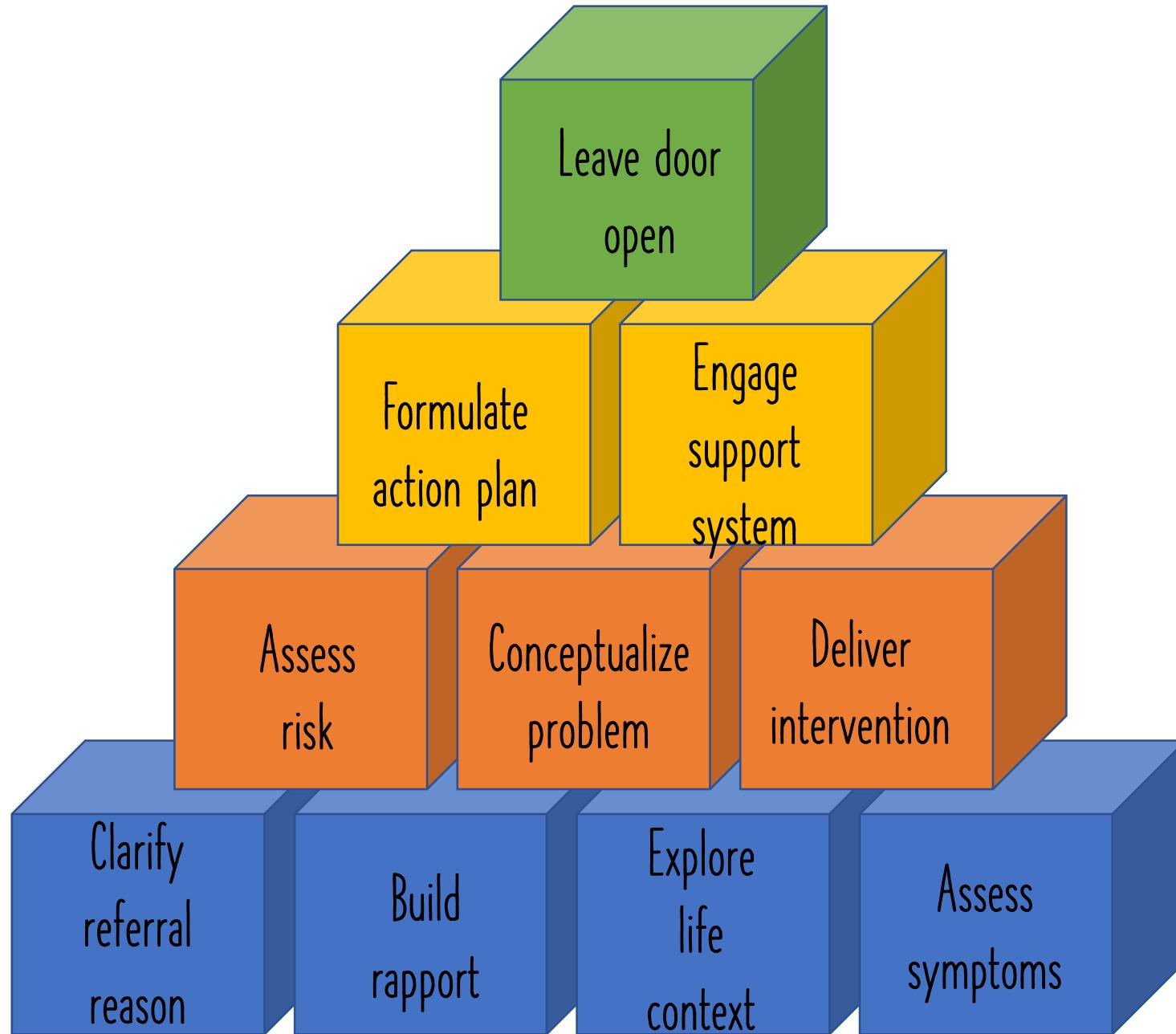
Sample presenting problems

- Medication management
- Mild to moderate depression or anxiety
- Weight management concerns
- Unhealthy substance use or smoking cessation



So...
what do we do?





Things to Remember

- Expect that small changes can happen.
- Focus on ONE manageable skill or activity.
- Build a broader support system beyond yourself.
- You're not the worst therapist in the world if single sessions happen.



Alexandra.Hulst@uhc.com

