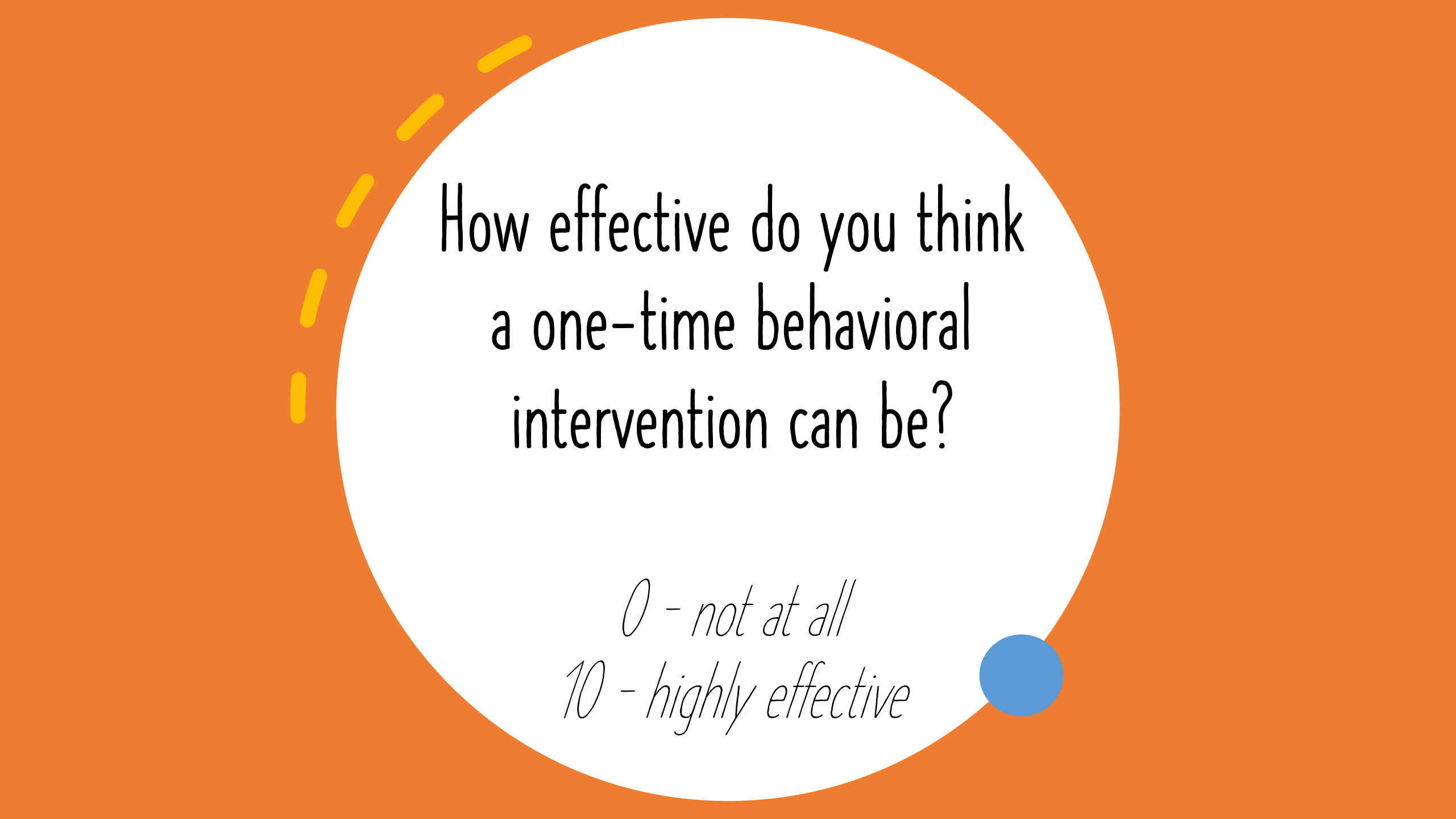




# Effective One-Time Behavioral Interventions in Primary Care

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

*0 - not at all*  
*10 - highly effective*

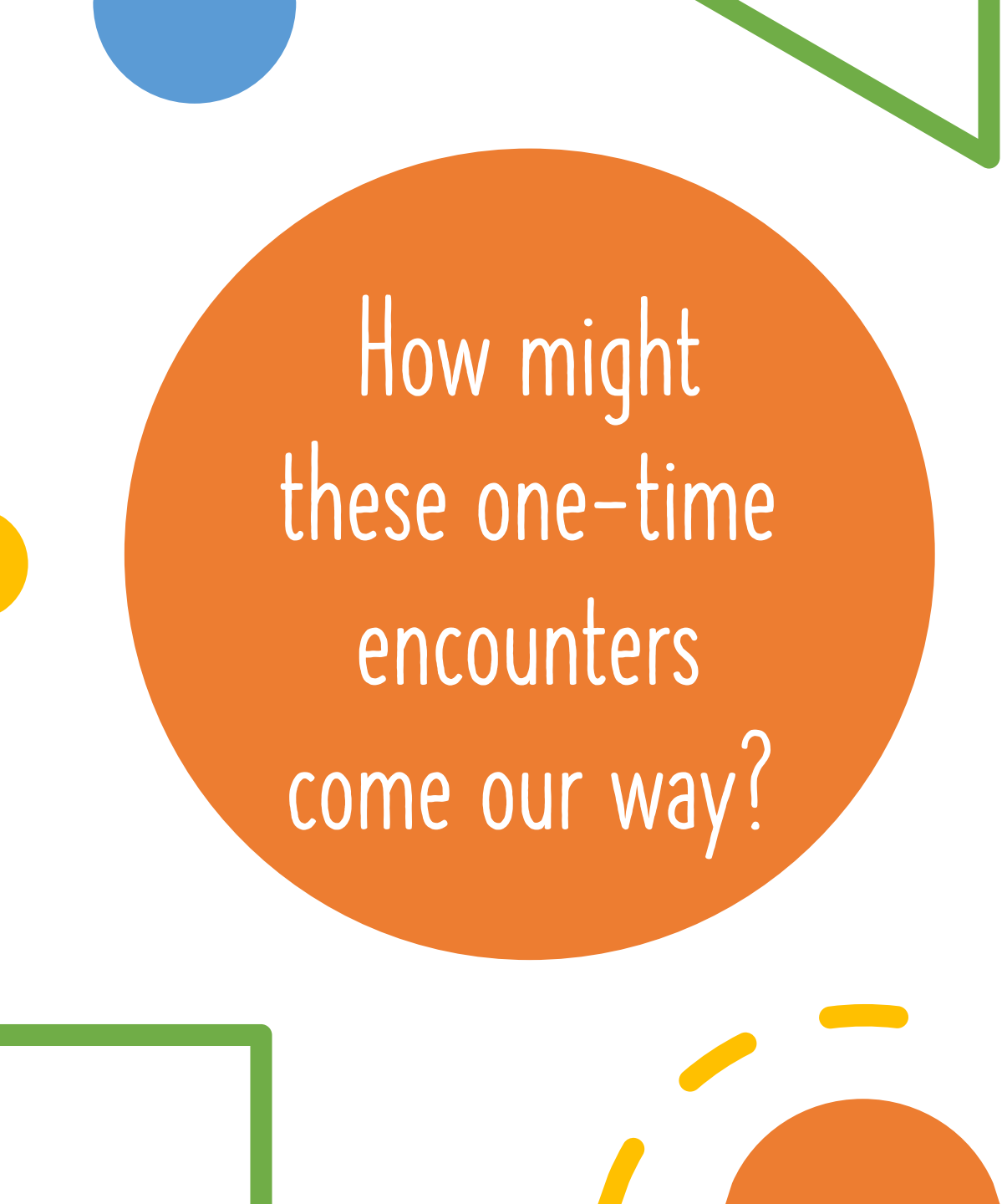
# Why do we have one-time encounters?

- 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
- 

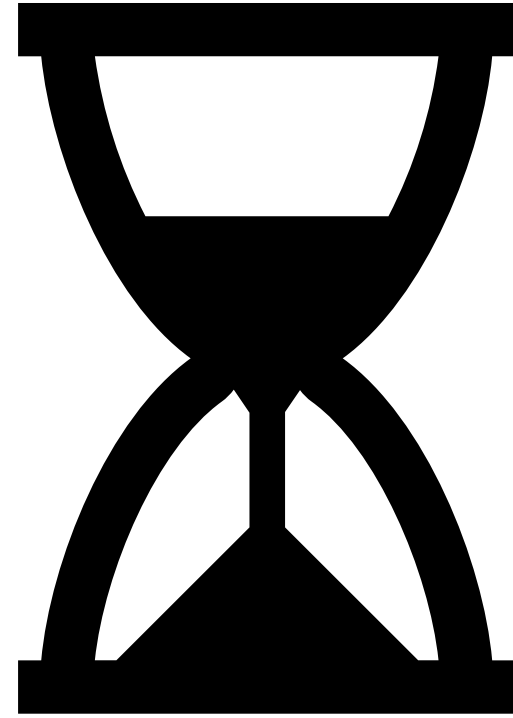


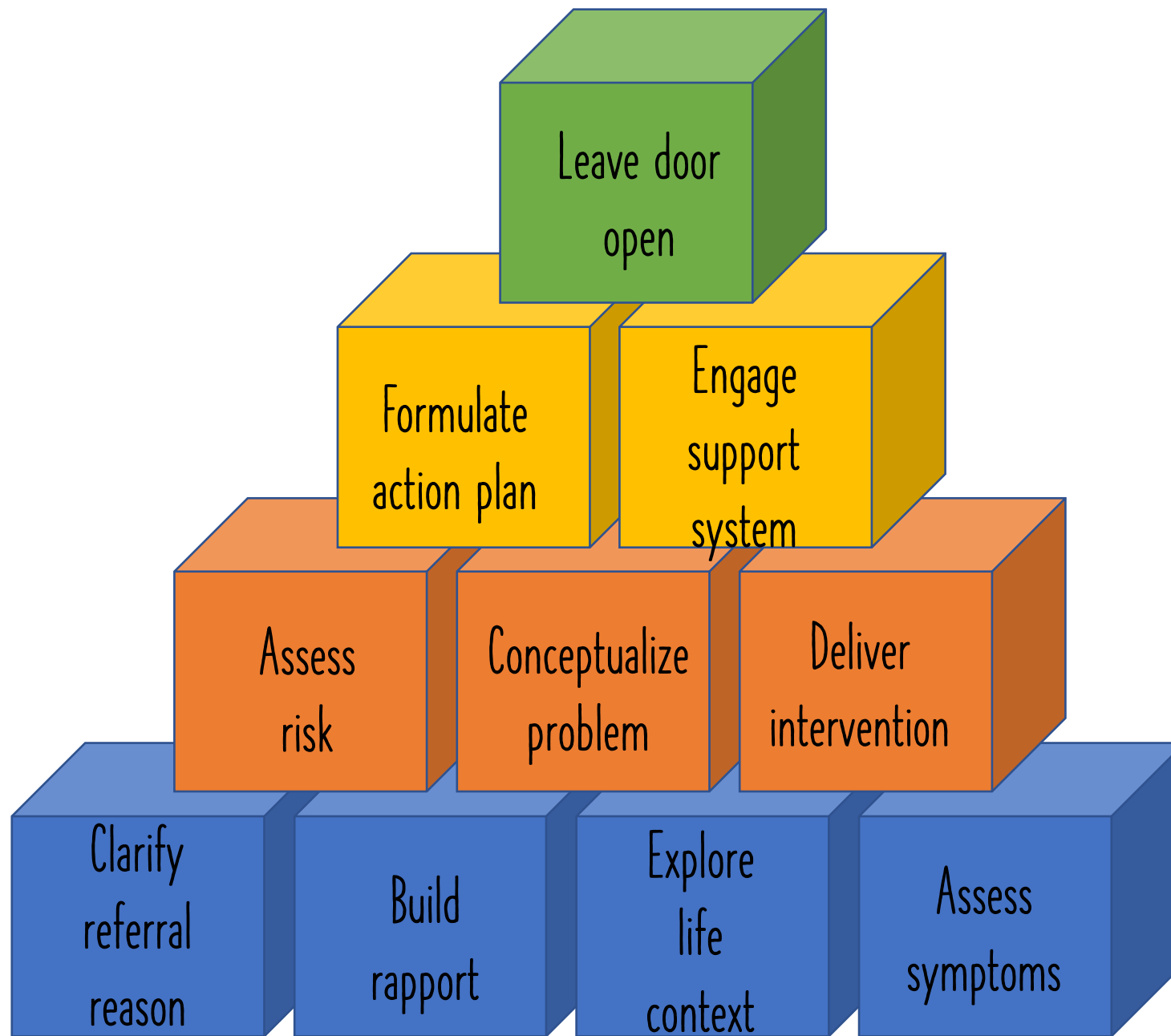
# Sample presenting problems

- 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.



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