

# Behavioral Activation Toolbox

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# Objective

- Learn several different ways to utilize Behavioral Activation to improve outcomes for your clients.
- Challenge yourself to think above the context of the “problem of the day.”



# What We Know

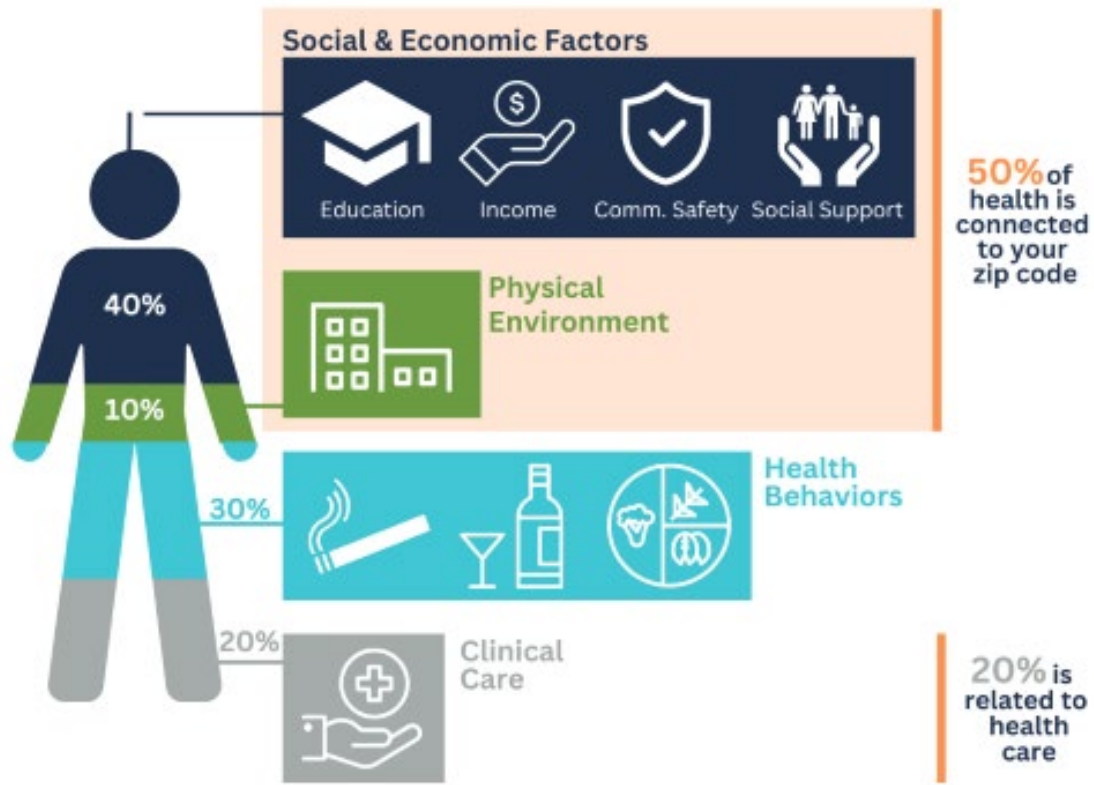
- We are in a workforce shortage for healthcare professionals.
- We are in a workforce shortage for behavioral healthcare professionals.
- We are experiencing a shortage for housing.
- Montana has limited access to resources.



# More Review

## Social Determinants of Health

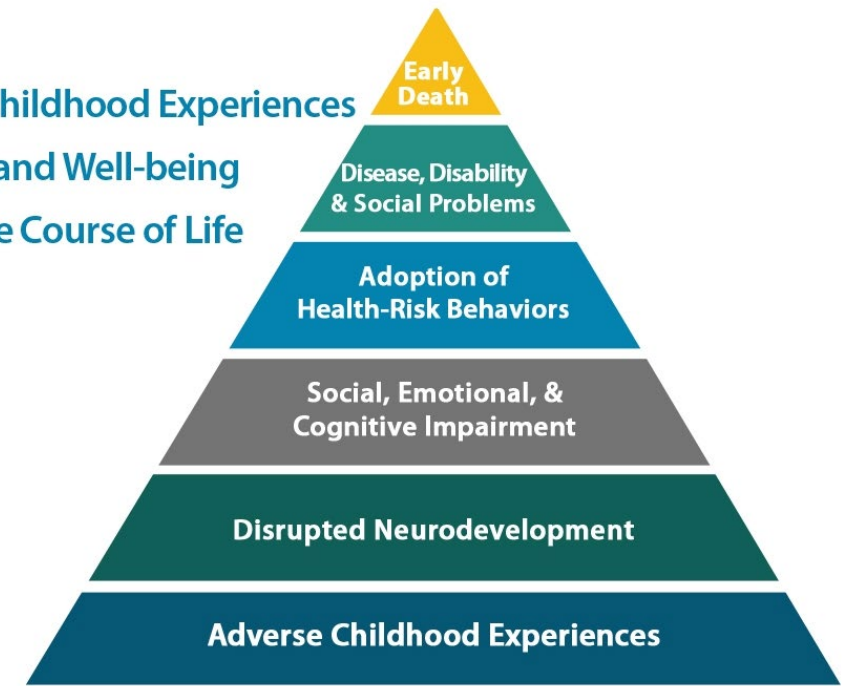
*What impacts your health?*



National Academy of Medicine, <https://nam.edu/social-determinants-of-health-101-for-health-care-five-plus-five/>

## ADVERSE CHILDHOOD EXPERIENCES - ACES

How Adverse Childhood Experiences Impact Health and Well-being Throughout the Course of Life



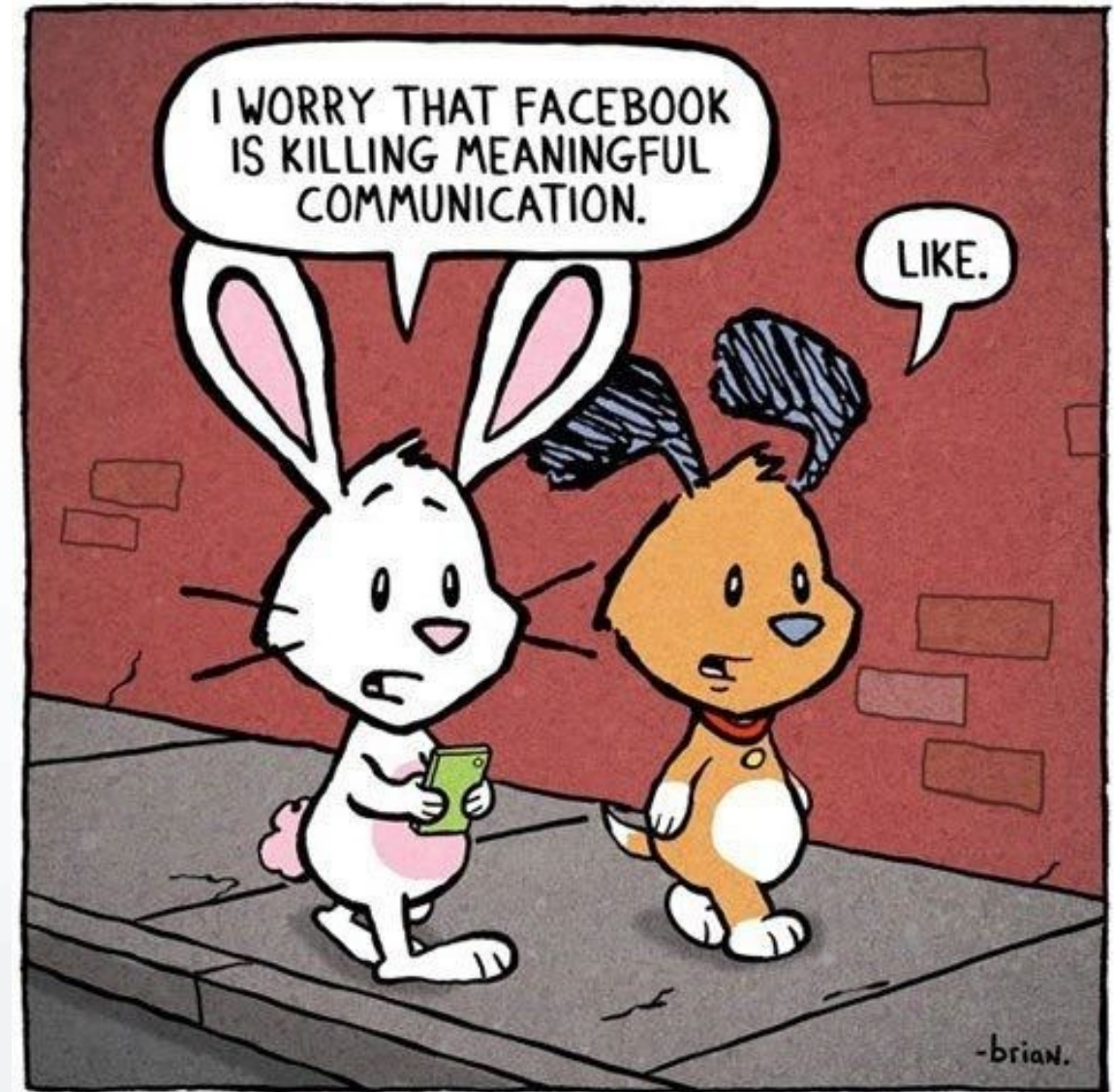
What happens to kids during childhood shapes who they become as adults



[americanspcc.org](http://americanspcc.org)  
The Nation's Voice for Children  
\*Center for Disease Control

# Scope

- Within the boundaries or your position and agency
- With guidance from your supervisor
  - When in doubt, ASK!
- Following the patient-centered care plan, treatment plan, etc
- And with *excellent, succinct* communication with the team.
  - This includes your documentation.



More pics on [www.imfunny.net](http://www.imfunny.net)



# Getting Stuck



**INSANITY**

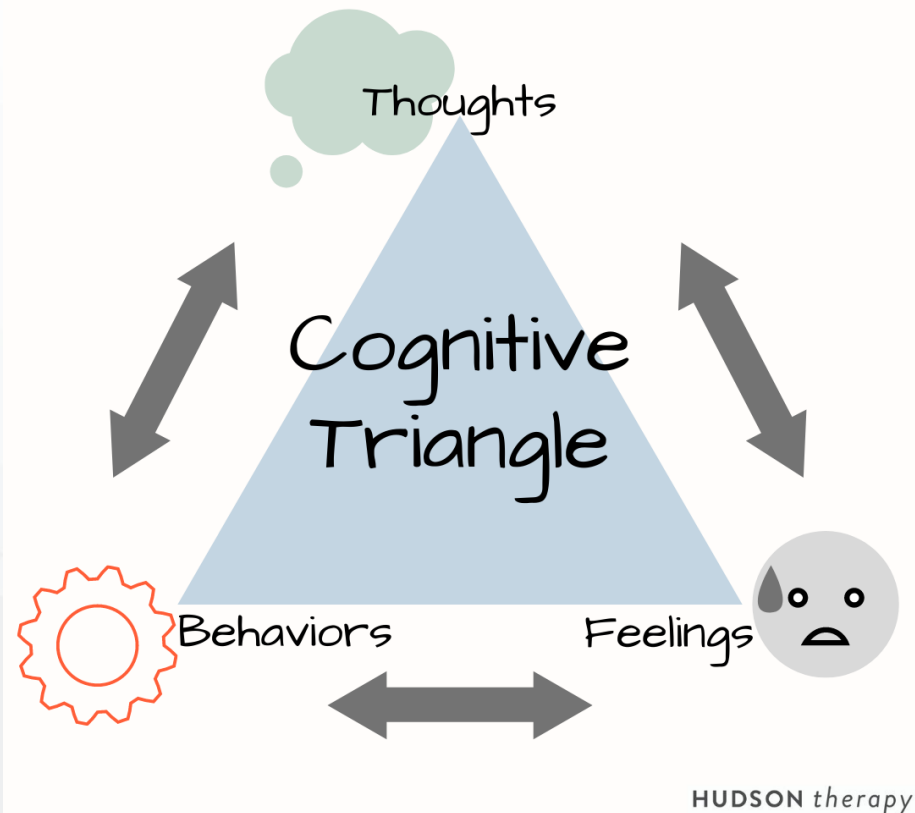
DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING  
DIFFERENT RESULTS

DIY.DESPAIR.COM

- Remember – your client/patient has been trying to solve this problem and is stuck.
- Behavioral Activation is a way of helping them see that what they are doing (or not doing) isn't working.
- “Let's experiment and try something new.”



# Cognitive Behavioral Therapy



- We tend to start at thoughts around situations as therapists.
- But changing behaviors also impacts our feelings and thoughts...
- That is why Behavioral Activation matters.
- How can we help a person choose a different behavior?

# Behavioral Activation

- Best practice for Depression
- “What have you tried so far?”
- “Is that working?”
- “Can I tell you...”
  - “If nothing changes, nothing changes.”
  - “Depression zaps our motivation, but the problem is that the less we do, the worse we feel.”
- “What do you think?” or “Have you ever noticed that?”





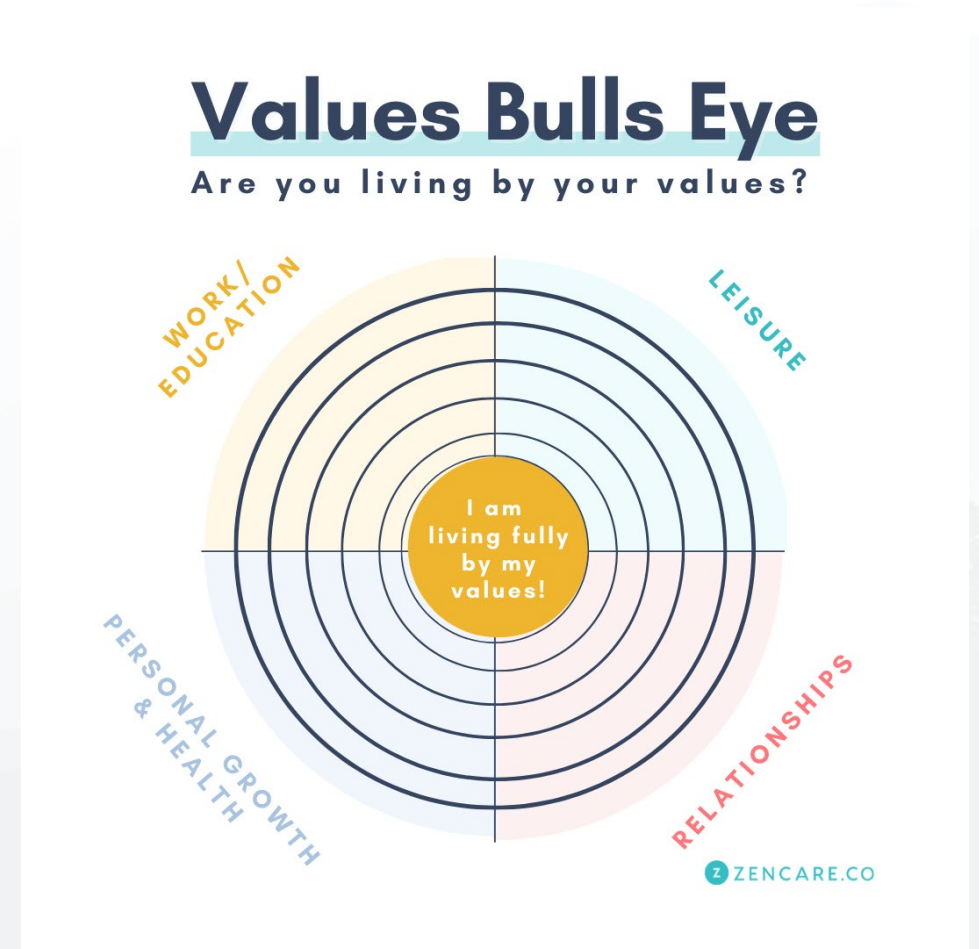
# The Goal

- Sometimes the behavior doesn't align with the goal.
- Maybe in the past, yelling was the only way to get needs met.
- Or hoping to make friends but unable to leave the house...
- "What were you hoping would change?"
- "Did that work?"
- "Is that in line with your values?"



# Values

- Deep in your heart, how do you want to behave? How do you want to treat yourself, others, your kids, etc? What type of person do you want to be? What qualities do you want to improve or grow?
- Let's choose 1 quadrant to start with – what are 2-3 behaviors we can start working to improve?
- What action steps would you need to take this week to move in the direction of your values?



# Insight



- **Reflection:** Your job is to be an honest mirror.
  - “It sounds like \_\_\_\_\_ is an important value to you.”
  - “I wonder what you learned about \_\_\_\_\_ in your childhood?”
  - “What do you think of that?”
  - “Even when we don’t want to, we tend to do what we observed in our childhood.”



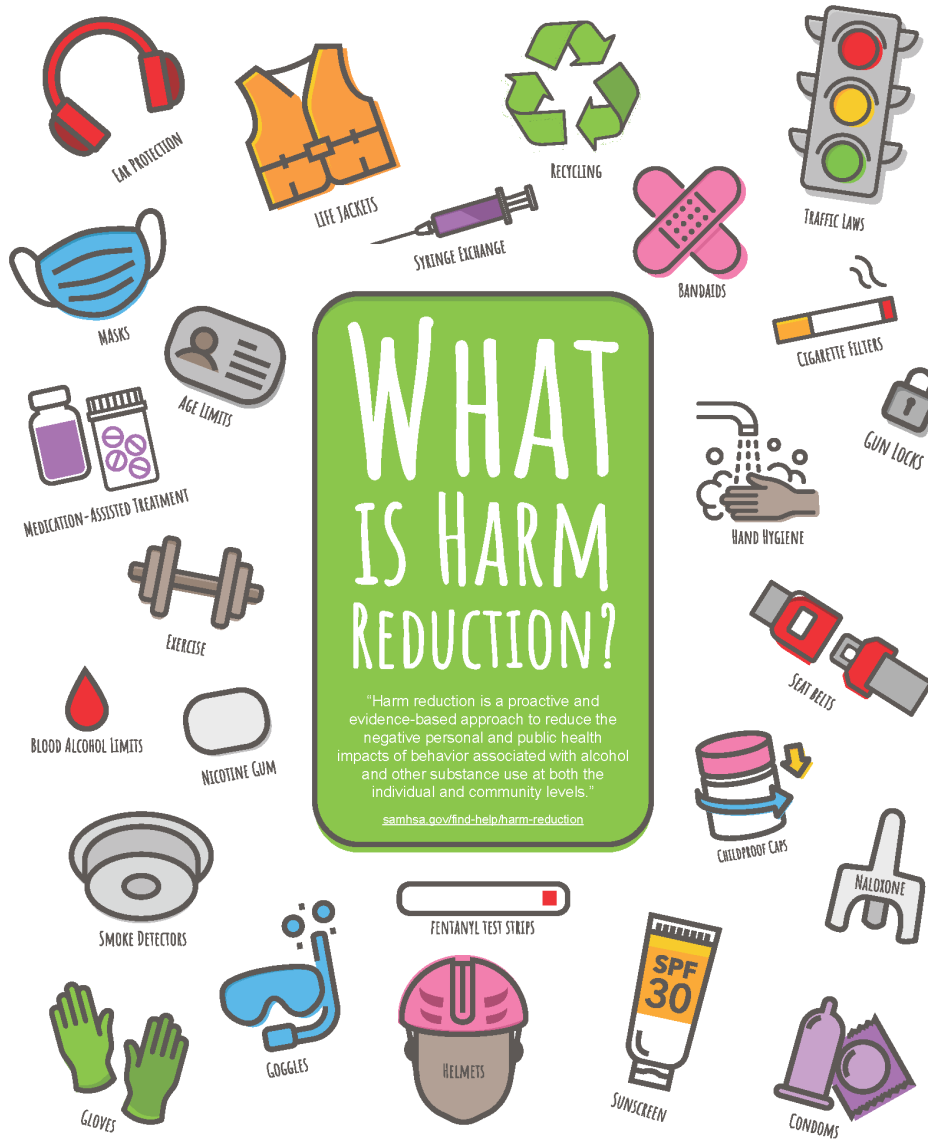
# Pleasant Activities

- An important piece of Behavioral Activation
- “Is there anything that you used to enjoy doing that you’re not doing anymore?”
- “Is there anything you’ve wanted to try and haven’t yet?”



# Harm Reduction

- Patients do NOT want to feel terrible – align with their values.
- Our role is to meet them where they are to lessen adverse outcomes.
- Increases patient trust and strengthens protective factors.
- Keeps our patients ALIVE!



Original concept from Devin Sweat, 2022

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# Short-Term; Long-Term

- What is the function of this behavior?
- “What do you like about using alcohol? Or cutting? Or binge eating? Or smoking? Etc?”
- Reflection: “It helps you relax when you are stressed.”
- “So in the short-term, it sounds like it’s super helpful, but I wonder if there is any long-term consequence?”
- Align with values...
- “Is there a small step we could take to \_\_\_\_\_?” (Harm Reduction)



# Anxiety

- Avoidance is a common symptom of anxiety.
- Anxiety makes me want to avoid – that leads to less activity, social isolation, and depression.
- So avoiding has a short-term benefit of NOT feeling the anxiety, and a long-term cost of our world getting more and more isolated.
- Use “baby steps” to help people grow!

Get comfortable with  
being uncomfortable.

Jillian Michaels

 quoteofancy



# Best Practice

- Taking steps to approach situations that increase anxiety...
- Using behavioral activation and motivational interviewing.
- “Sometimes anxiety is just noise that doesn’t make sense. Sometimes it is a sign that I need to do something.”
  - “What do you think yours is?”
- “What’s one reasonable step we could take to approach this situation?”





# Double Sided-Reflection

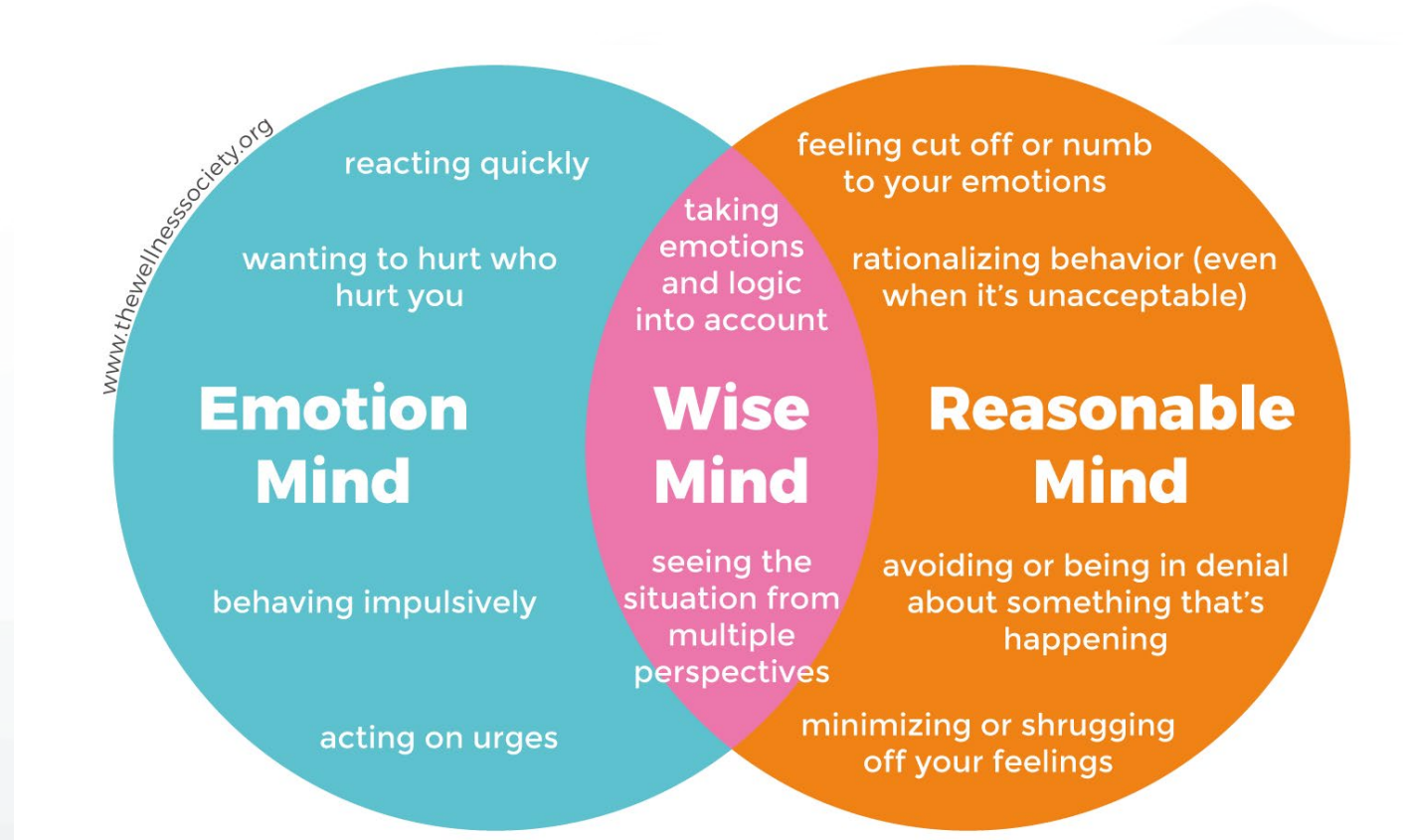


- Ambivalence
  - I want to....and I don't want to...
  - Normal reactions!
- Notice that using the word "and" is less judgmental than "but"
- Notice the order of the reflection and how the person responds.



# DBT

- “Sometimes, our emotional brain wants to react quickly in the emotion.”
- “And maybe our rational brain is overthinking.”
- “But in our gut, we know what is the right thing for us to do.”
- “What does your gut say?”



# Frontal Lobe Offline

- A person in Fight, Flight, Freeze is not able to use their higher-level decision making.
- We teach them to ground first.
  - You might offer a cold glass of water.
  - Or practice breathing together.
- Their brain is telling them that they are going to die, and they are simply responding.



# Present Moment



## SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions

**body**  
lay on the ground, press your toes into the floor, squeeze playdough

**5 senses**  
wear your favorite sweatshirt, use essential oils, make a cup of tea

**self-soothe**  
take a shower or bath, find a grounding object, light a candle, feel something soft

**observe**  
describe an object in detail: color, texture, shadow, light, shapes, size, weight

**breathe**  
practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8

**distract**  
find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY @thegrowlery

# Snowball Effect

People take one step and feel a little better.

That motivates them to take one more step.

And one more.

Until they are taking steps without us.

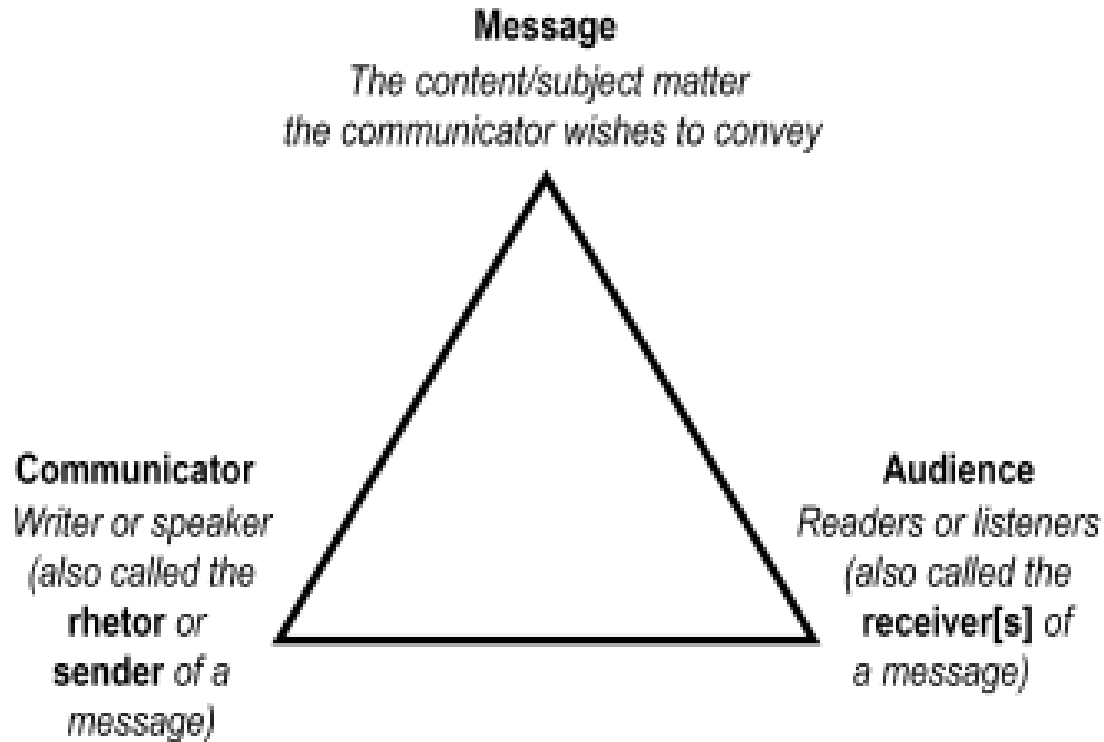
This is **EMPOWERING** and teaches people to be good problem solvers!



# Context of Communication

## Elements of Communication

This model is frequently called "The Communication Triangle."



- Patients tell us all different things.
- Not to be dishonest, it is logical.
- When talking to a therapist, we tell them what we think they want to know.
- And do the same with the PCP and CHW.
- Or it could be based in rapport with the patient...
- There are different views of the same story.

# Medication/Treatment Adherence

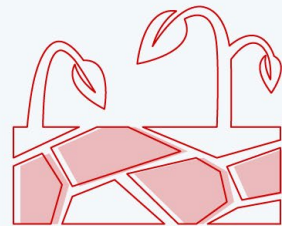
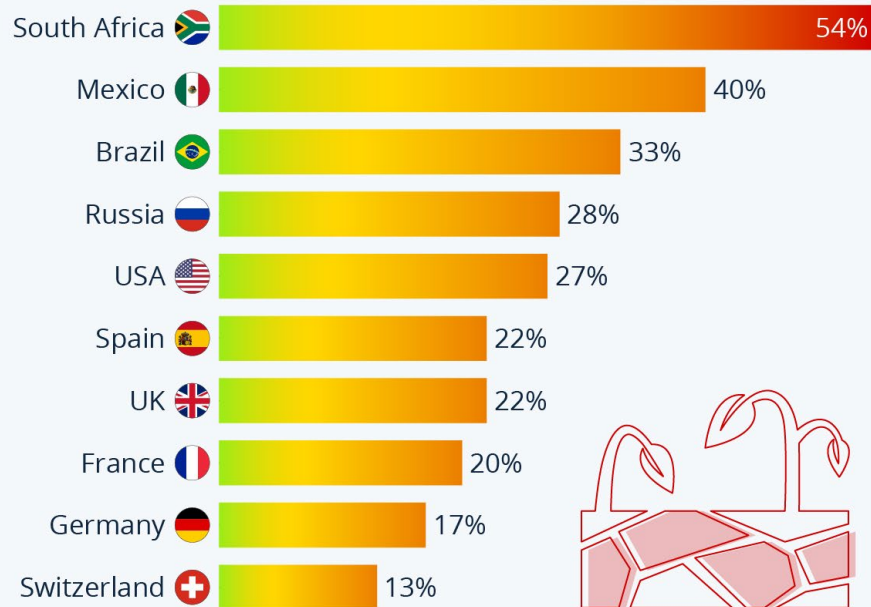
- “How are you doing with managing your \_\_\_\_\_?”
  - Use the shared goals.
- “Are your medications helping?”
- “What are you noticing?”
- “Have you talked to your doctor about this?”
- “Hmmm, is it ok if I look into this for you and have the nurse/MA call you?”



# Access to Clean Water and Healthy Foods

## Where Water & Food Supply Are a Major Concern

Share of respondents who consider water and food supply to be one of their country's greatest challenges



At least 12,000 respondents (18-64 years) per country; Oct. 2021 - Sep. 2022  
Source: Statista Global Consumer Survey



statista

- We are in a drought...and Arizona, New Mexico, Colorado, Nebraska, California, and Idaho use more water than they receive each year.
- Many people in Butte still don't "drink the water."
- Asking about access could lead to further information.
  - "I don't drink water."
  - "I only eat Ramen."
- They may not tell this to a medical provider, but to a CHW.
- Then it's our job to make sure that relevant info is passed to the PCP.





# Nutrition

- The FDA recommends 2,000 calories per day
  - The average American has 3,600 calories per day
- Use your MI to explore the short- and long-term costs and benefits.

**FAMILY SIZE!**

Nutrition Facts	
about 16 servings per container	
<b>Serving size</b>	<b>3 cookies (34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber less than 1g	<b>2%</b>
Total Sugars 14g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 50mg	0%

**OREO**

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

**CONTAINS: WHEAT, SOY.**



\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**McDonald's**

490 Cals  
Large Fries

290 Cals  
Large Cola

220 Cals  
4 McNuggets

540 Cals  
Big Mac

120 Cals  
Sauce

**1660 Calories**

Discover the food scan on the free App now: *The Secret of Weight*

Download on the App Store | GET IT ON Google Play



# Staying Active

- “What do you know about the benefits of being active?”
- “Are you able to be active?”
- “What is a reasonable pace and activity to engage in?”
- “The less you do, the less you CAN do.”
  - Pace yourself!



The infographic features a pink background with a purple band at the top containing the word "WALK" in white, accompanied by a small white silhouette of a person walking. Below this, the text "30 MINUTES A DAY TO..." is written in white. The infographic is divided into six purple boxes, each with a white icon and text describing a benefit of walking. At the bottom, there is a small copyright notice and the logo for the Lap-Band Center.

**WALK**

**30 MINUTES A DAY TO...**

 <b>BOOST HEART HEALTH</b>	 <b>IMPROVE MOOD</b>
 <b>FIGHT WEIGHT GAIN</b>	 <b>CUT DIABETES RISK</b>
 <b>LOWER ODDS OF SOME CANCERS</b>	 <b>STRENGTHEN MUSCLES &amp; BONES</b>

COPYRIGHT THE LAP-BAND CENTER | Source: WebMD

SC LAPBAND CENTER

# Sleep Hygiene



- “How are you sleeping?”
- “Are you good with that?”
- “What have you tried so far?”
- “Has any of that helped?”
- Grow on whatever has helped...no matter your opinion!
- Psychoeducation of sleep hygiene – Ask, Offer, Ask



# HALT



Before engaging in any self destructive behavior, ask yourself:

Are you:

**Hungry**

When did I last eat?  
Is my hunger emotional or does my body need food?  
If your body is asking for food, find something nutritious to snack on.

**Angry**

What's are you dealing with right now that is stressful? Is the stress what's making you angry?  
Find out way you're angry and find ways to diffuse that anger.

**Lonely**

When is the last time you socialized?  
Was it a positive or negative experience?  
Reach out to your support system. Let them to help you.

**Tired**

Have I been getting enough rest and giving my body the breaks it needs?  
How can you energize yourself? Take some time to yourself and relax.

RECOVERYISBEAUTIFUL.TUMBLR.COM

- Psychoeducation:
- “It is so much harder to manage emotions or make decisions if we are Hungry, Angry, Lonely or Tired.”
- These also are common triggers for reoccurrence in SUD.



# Substance Use

- Strengthening families is a preventative measure!
- Normalize talking about SUD the same way we do any other chronic illness.
- “How often do you use \_\_\_\_\_?”
- “What concerns do you have about \_\_\_\_\_?”
- Explore Harm Reduction if needed.
- On one hand....on the other hand...



- Educate everyone you know and work with about Montana 988.
- You never know who or when a person may need this information.
- Don't be afraid to talk about suicide.
- Normalize!
- [The Lighthouse Project - The Columbia Lighthouse Project](#)

# YOU MATTER

## Text. Call. Chat.

**988** SUICIDE & CRISIS  
**LIFELINE**

PEP23-23-08-03-002





- Be genuinely and nonjudgmentally curious about the person you are with.
- You are the expert in your field.
- You know how to guide the conversation to empower this person to live their best life.
- Trust that this person does NOT want to live outside of their values.
- We can't just treat 1 need – they are all connected!
- [Therapy Worksheets | Therapist Aid](#)
- [Third Edition – Behavioral Consultation and Primary Care](#)



# Break Out

Consider one difficult situation you have faced in your position.

What have you already tried? Is there anything new you have learned that you could try with that situation?

Discuss with your group. If you have great ideas, share with your colleagues.

Just don't share PHI!





# Next Week

Wednesday, December 11<sup>th</sup> 9:00-10:00

Session 8: Oxygen Masks or Scuba Gear?

Acceptance, compassion, and a positive relationship are strong indicators of how successful a patient will be with their provider; however, as helping professionals are in their career, they often experience secondary trauma, burnout and compassion fatigue which directly impacts their capacity for compassion and unconditional positive regard for their patient. In this session, we will discuss the necessity of self-care as a constant, proactive practice (scuba gear), rather than a reaction to burn out (an oxygen mask).

