Montana PCA PCBH Project

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REFLECTIONS, QS & RUMBLES

None of this makes any sense if we don't value /believe in what we can do...

-*Something **good** can come from a visit/moment* (yes, even in **one visit**)...

-*Any visit could be the **last***

-*This is what's **already happening*** (& w/these patients – they're generally good w/this)

*Functional Contextualism/ fACT/ACT

KEY TAKEAWAY: What context is sustaining a particular behavior? In other words: What is helpful about a patient's behavior given their context?

Transdiagnostic

Conceptualization/ organizing principles to translate complexity into parsimony

Basic idea of *functional contextualism

(philosophy that underlies fACT & origins of the CI)

*There is a function to every behavior

*We cannot focus on a single behavior w/o assessing the context in which the behavior occurs

Unlock the context

CONTEXTUAL INTERVIEW[4-5,9] LOVE, WORK, PLAY & HEALTH BEHAVIORS

Love

- Living Situation
- Relationship
- Family
- Friends
- Belief system, spiritual, community life?

Work/School

- Work/school situation
- Income?

Play

- Fun/Hobbies/Relaxation/Passions/Interests

Health Behaviors

- Diet
- Exercise
- Sleep
- Substance use (caffeine, nicotine, alcohol, MJ substances, etc.)

- **Contextual Interview Lite**

- **Love – Work – Play**

- **Living situation**
- **Inner Circle**
  - ☐ **R/s/Family/Friends**
- **Income**
  - ☐ **Work/School**
- **Fun**

Contextual Interview Lite

Love – Work – Play

- Living situation
- Inner Circle
  - R/s/Family/Friends
- Income
  - Work/School
- Fun

- **Love – Work – Play**
  - ☐ **Living situation – "Who all's in the home? Who lives with you or who do you live with?"**
  - ☐ **Relationship status & sex – "Are you dating anyone or in a relationship?" "Do you consider them a supportive person in your life or a main cause of stress? If 'yes' for stress → ask if it's regular 'ups and downs' or are they worried about their physical and/or emotional safety**
  - ☐ **Inner circle**
    - ☐ **Family – "Who are the most important family members in your life? Anyone you tend to spend time with or talk to?" [Pay attention to any missing members – mentions mom but not dad]**
    - ☐ **Friends – "Do you have any friends you talk with or spend time with?"**
  - ☐ **Belief System – "Do you have any spiritual, religious or just general beliefs that are important to you? Or, some type of motto you live your life by such as 'take things one day at time,' 'be kind to others,' etc.?"**
  - ☐ **Income – "What do you do for income?"**
  - ☐ **Work – "Where do you work? Do you like it? Is it meaningful?"**
  - ☐ **Academics – "What grade are you in? Favorite subjects? Most challenging subjects?"**
  - ☐ **Fun/hobbies/interests – "Do you have any hobbies, passions or interests– something you really like to do for fun?"**
- **Health Risk & Behaviors**
  - ☐ **Caffeine – "Do you drink coffee, tea, energy drinks, or take anything else w/caffeine in it?"**
  - ☐ **Nicotine – "Do you smoke, vape, chew or use any tobacco or anything w/nicotine?"**
  - ☐ **Alcohol – "Do you drink alcohol? How much and how often? Does it cause any problems for you?"**
  - ☐ **Marijuana – "Any marijuana – like smoking, vaping or gummies? If so, how often? What's it help with? Does it have cause any problems for you?"**
  - ☐ **Substances – "Do you take anything not rx'd to you or any other substances such as methamphetamine, cocaine, etc.? How often? What's it help with? Does it have any difficulties for you?"**
  - ☐ **Diet – "How many meals do you eat per day? Fast food or homemade? Tend to be junk food or healthier items that have fresh fruit, veggies, lean meats and beans?"**
  - ☐ **Exercise – "Do you exercise or do any physical activity – walking counts? Anything else you do to move your body?"**
  - ☐ **Sleep – "How many hours of sleep are you getting per night? What time do you go to bed, get up? Any difficulty falling asleep or staying asleep?"**

Contextual Interview

Our story...

Every.Single.Time

- Depression – Yep, Anxiety – Yep, Treatment Adherence – Yep, DM – Yep... you get the point
- Need to practice

Same sequence and in the same order every time

- Why?

Not a checklist, but a story builder

- Symptoms/behaviors do not happen in vacuums, they happen in a **context**
- We cannot intervene without knowing the context
- Metaphors
  - Polling
  - Puzzle
  - Detective
  - Social media
  - X-ray vision
- Curiosity + Contextual Interview = Free space, which transcends time

Sample Contextual Interviews

Initial, f/u and debrief:

- https://www.youtube.com/watch?v=GmPh8BIyDdE&t=2710s

- https://www.youtube.com/watch?v=9QiaDVSgrbM&t=2275s

- 28 minutes, Chronic Pain
  - https://www.youtube.com/watch?v=NRZ7WLsj25w&t=322s

- 24 minutes, Type I Diabetes
  - https://www.youtube.com/watch?v=JKFWsb8RtWo&t=48s

- 15 minutes, Headaches
  - https://www.youtube.com/watch?v=vuTrmRFDt9s&t=150s

- 17 minutes, Type I Diabetes
  - https://www.youtube.com/watch?v=wTHc4ZfOIrw

ACES

Cultural considerations

Context: Internal, TEAMS

External Context

SDoH & Structural/systemic discrimination

Stages of Change

Values

ACCESS-V[19]

10 ACEs

Abuse

1. Physical | 2. Sexual | 3. Emotional

Neglect

4. Physical | 5. Emotional

Household dysfunction

6. Incarcerated family member | 7. Parental discord / divorce | 8. Interpersonal violence | 9. Mental Illness | 10. Substance Use

Cultural Considerations

- "isms"
  - Discrimination
  - Bias
  - Historical trauma
- Cultural norms
- Beliefs
- Then, of course, all the positives of a person's culture

Context: Internal (TEAMS)

Thoughts

Emotions

Associations

Memories

Sensations

Internal Context

(similar to Beck's cognitive triad – self, world, future)

How do they see themselves?

Others?

The world?

Context: External

- What's it like to wake up and be this person in their environment?
- What's an average day look like?
- Who's there? Where do they go? What do they do?
- Need to be able to picture this!

Social Determinants of Health
(https://www.cdc.gov/socialdeterminants/about.html)

CDC definition, "SDoH are conditions in places where people live, learn, work, and play that affect a wide range of health risks and outcomes"

Healthcare access & quality

Education access & quality

Social & community context

Economic stability

Neighborhood and built environment

World Health Organization – SDoH are largest contributor of health inequities

Stages of change & role of avoidance

Precontemplation

Contemplation

Preparation
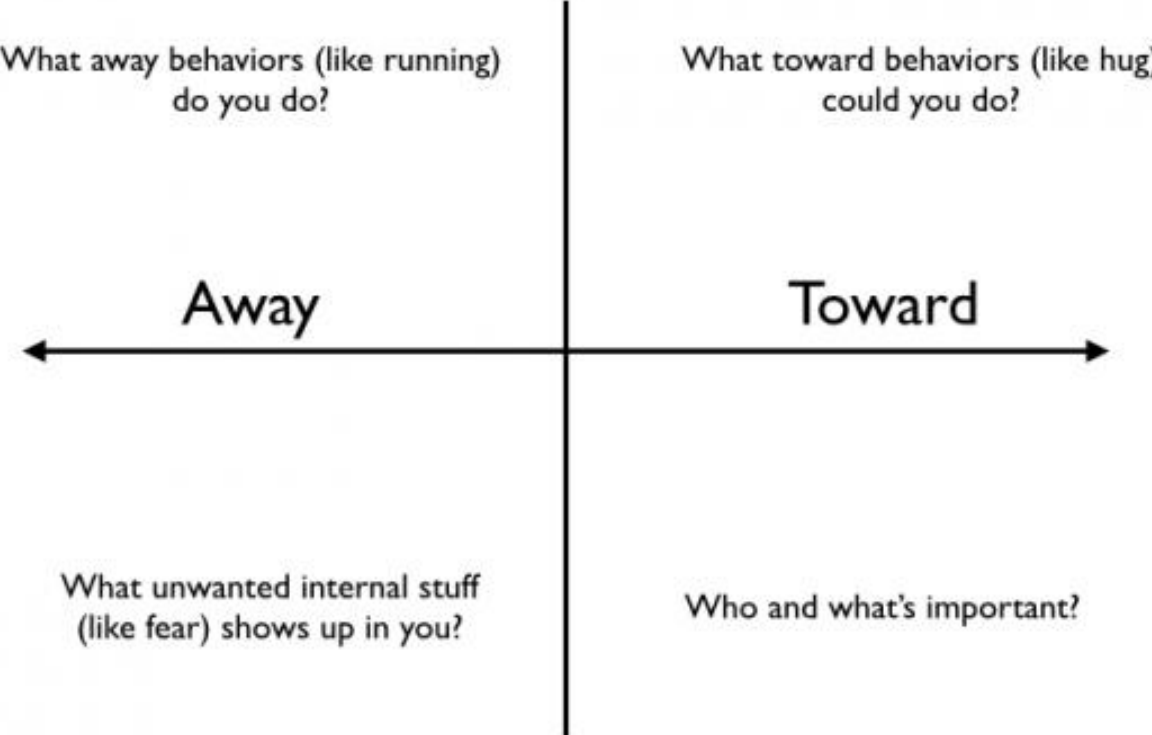
Action

Maintenance

Importance of patient values?

PAUSE

- What we are saying:
  - This has helped us tremendously… saved our careers before they started…
  - It makes us stay curious with patients and their families…
  - It honors what is surrounding them and normalizes
  - It creates obvious interventions and keeps us from doing algorithms that won't uptake
  - This allows us to filter any evidence informed intervention (which is paramount) through the lens of the patient's context
  - This, in and of itself, is an intervention… it reflects the PCC, TIC, and Compassionomics research
  - It allows us to be kind… it allows us to be compassion…
  - It prompts healing immediately… it prompts flexibility… it prompts love…
  - Give it time, practice, practice, practice… and then practice some more…

5-Senses Experiencing

What away behaviors (like running)
do you do?

What toward behaviors (like hug)
could you do?

Away

Toward

What unwanted internal stuff
(like fear) shows up in you?

Who and what's important?

Mental Experiencing

The Matrix
Kevin Polk, Ph.D.

Organize via 4 Main Constructs

VALUES - Who & what matters?

TEAMS - Thoughts, **E**motions, **A**ssociations, **M**emories, **S**ensations

AVOIDANCE- Negative reinforcement cycle; DSM-V; what person does to attempt to "solve" their TEAMS?

Value Congruent Bxs / SMART goals – specifically, what's the patient going to do?

Main Constructs
(never ending journey
to make it more
digestible)

A. VALUES
B. TEAMS
C. AVOIDANCE
D. VALUE
CONGRUENT BXS
/SMART GOALS

External World: observed w/5 senses

C. Avoidance

(negative
reinforcement
cycle; DSM-V)

3

D. VALUE
CONGRUENT BXS /
SMART GOALS

(pull from any bx
interventions; things
they're already doing/
used to do!)

4

Away

5
Noticing

X axis: Toward
Values

B. TEAMS
(**T**houghts, **E**motions,
Associations,
Memories,
Sensations)

2

A. VALUES: Who &
what matters?

1

The Matrix:
https://contextualsci
ence.org/act_matrix

Y Axis: Internal World: need to ask about

24

Main Constructs
(never ending journey
to make it more
digestible)

A. VALUES
B. TEAMS
C. AVOIDANCE
D. VALUE
CONGRUENT BXS
/SMART GOALS

External: observed w/5 senses

C. Avoidance

(negative
reinforcement
cycle; DSM-V)

3

**D. VALUE
CONGRUENT BXS /
SMART GOALS**

(pull from any bx
interventions; things
they're already doing/
used to do!) 7

4

Away

5

Not cing

Toward
Values

6

B. TEAMS
(**T**houghts, **E**motions,
Associations,
Memories,
Sensations)

2

A. VALUES: Who &
what matters?

1

Internal World (need to ask about)

The Matrix:
https://contextualsci
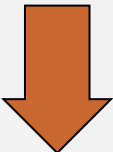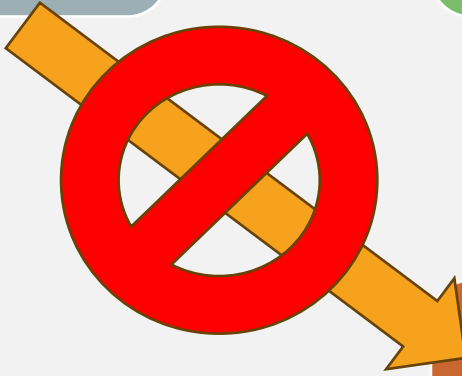ence.org/act_matrix

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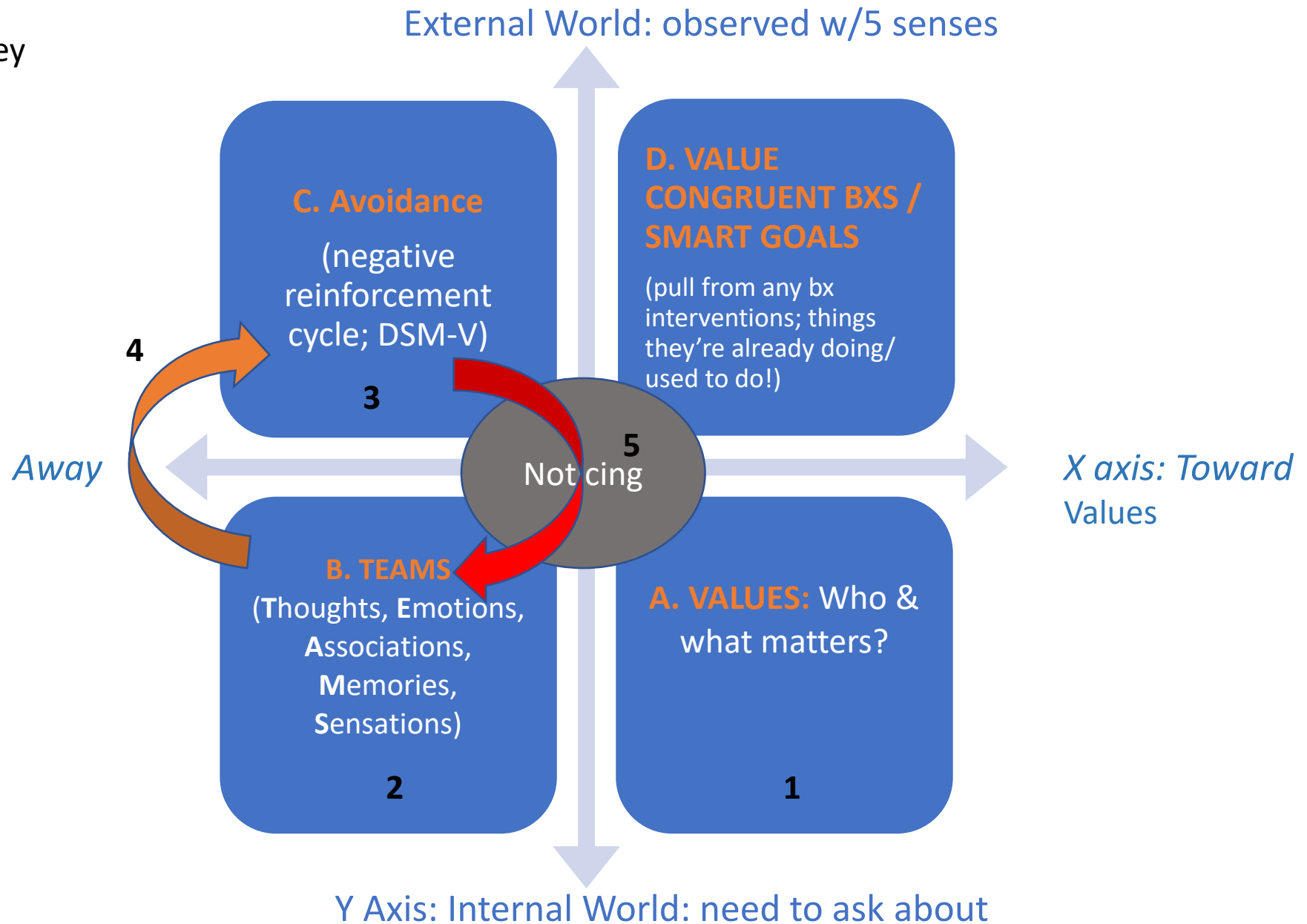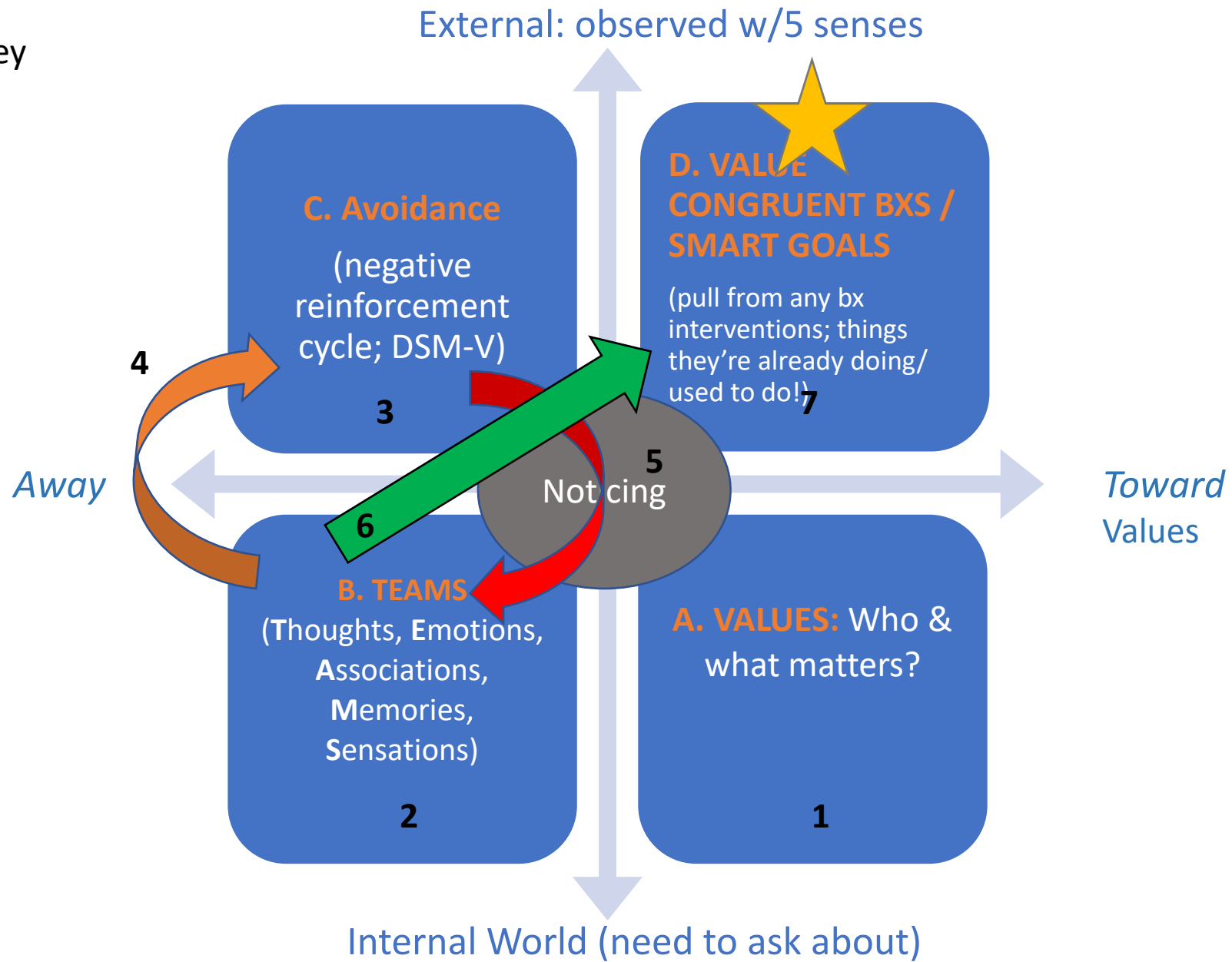
Clinician Expertise

Patient's Expertise

C
I

1.Knowledge of
*Conditions &
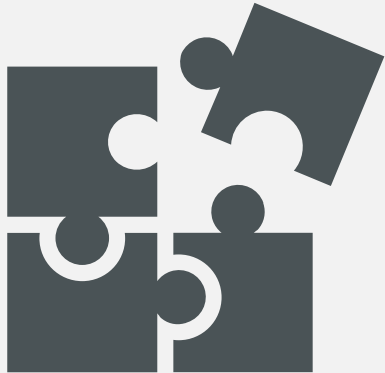*evidenced based recs &
*Conceptualization
CBT, MI, ACT, etc. skills

Patients'
*ACCESS-
V Filter
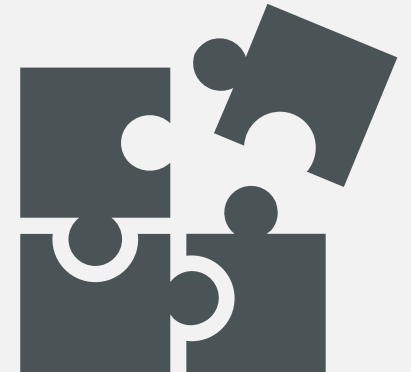
PUTTING IT
ALL
TOGETHER!
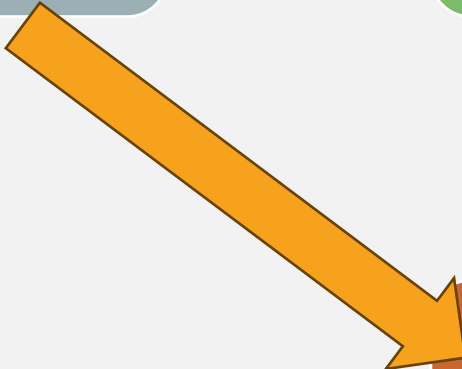
= Psychoed,
Resources,
VCBxs,*SMART
GOALS

What's the pt going to do?

QUESTIONS?

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