



Defense Health Agency (DHA) Clinical Communities Speaker Series

2024 MAY CCSS: Bridging Gaps and Building Resilience in Primary Care

2024 MAY CCSS S04: Primary Care Behavioral Health: Program Overview and Best Practices

Resource List

[Ethical challenges of integration across primary and secondary care: a qualitative and normative analysis](#) (2019) is an article that explores ethical issues that arise in health care integration. Integration has a general conceptual meaning, however in the context of the article, integration is used to refer to the mechanisms by which integration can occur. The goal of integration is to prevent silos and reduce gaps in care. This study focused on integrated care for children where chronic disease management has become increasingly burdensome. The call to integrate specialist domains within a holistic approach has been increasing as well. Pilot studies in integration programs have been emerging in the United Kingdom and this article focuses on ethical challenges that result from these programs.

Depression is more common among women than men, likely due to certain biological, hormonal, and social factors that are unique to women. The National Institute of Mental Health (NIMH) continues its study on depression to improve diagnosis and treatment. [Depression in Women: 4 Things You Should Know](#) (2020) contains an overview of five things that everyone should know about depression in women. Resources on where to find help is also available.

[VA Office of Mental Health and Suicide Prevention Guidebook](#) (2020) highlights information on the range of VA mental health services and related programs on both national and local level. The guidebook is designed to address the mental health needs to Veterans and their families. A major part of support is providing timely access to high quality, evidence-based mental health care. The guideline discusses strategies the VA has used to integrate mental health care into primary care settings, where Veterans are routinely screened for many mental health conditions. The document highlights how essential early identification, screening and diagnosis are towards enacting effective treatment of mental health conditions. This resource noted that nearly one third of patients receiving mental health treatment received the care from a mental health care provider working in the primary care clinics.

Cognitive and behavioral therapies are increasingly used in primary care environments to improve nonpharmacological pain management. The [Defense Health Agency](#) (2020) has implemented the use of the the Brief Cognitive Behavioral Therapy for Chronic Pain (BCBT-CP) intervention protocol. It is a modular, primary care–based treatment program delivered by behavioral health consultants integrated into primary care for patients experiencing chronic pain. Although early data suggest that this intervention improves functioning, it is unclear whether the benefits of BCBT-CP are sustained. The purpose of this paper is to describe the methods of a pragmatic clinical trial designed to test the effect of monthly telehealth booster contacts on treatment retention and long-term clinical outcomes for BCBT-CP treatment, as compared with BCBT-CP without a booster, in 716 Defense Health Agency beneficiaries with chronic pain.



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References

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