

Welcome and Sign-In

- Please sign-in by chatting
 - your name,
 - your organization
 - anyone else joining you today
- If you have not yet registered, please email uwictp@uw.edu and we will send you a link

General Disclosures

The University of Washington School of Medicine also gratefully acknowledges receipt of educational grant support for this activity from the Washington State Legislature through the Safety-Net Hospital Assessment, working to expand access to psychiatric services throughout Washington State.

Planner Disclosures

The following series planners have no relevant conflicts of interest to disclose:

- Denise Chang, MD
- Jessica Whitfield, MD, MPH
- Betsy Payn, MA, PMP
- Esther Solano
- Anna Ratzliff MD PhD

Overview of Learning Collaborative

- Audience:
 - Psychiatric Consultants
 - Working or hoping to work in integrated care settings
- Goals:
 - Provide ongoing integrated care education (CME available)
 - Foster learning and support network
 - Support sustainment of integrated care
- Structure:
 - Monthly lunch hour on 2nd Tuesday
 - Didactic topic 20-30 mins
 - Open discussion remainder of time
 - Topics repeat every 6 months

Last Session will be June 2025

Thank you all for attending and
supporting UW PCLC!

Alternatives to UW PCLC

- [UW PACC](#)
- [UW Community-based Fellowship](#)
- [Collaborative Care Community through APA](#)
- Conferences:
 - [UW Integrated Care Conference](#)
 - [Collaborative Family Healthcare Association \(CFHA\)](#)
 - [Academy of Consultation Liaison Psychiatry](#)
 - [American Psychiatric Association](#)
 - [Mental Health Services Conference](#)

Integrated Care Conference 2025

Integrated Care Across the Lifespan: Serving the Behavioral Health Needs of All Ages

Thursday, June 5-6, 2025, DoubleTree SeaTac

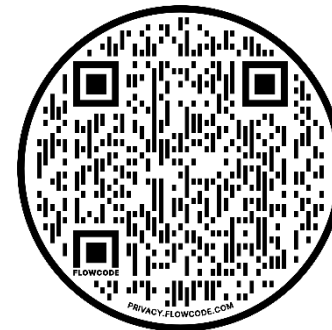
- **Registration is now open!**
 - Save \$50 with Early Bird Registration - register by April 30!
- **Keynote Sessions:**
 - Katharine Bradley, MD Kaiser Permanente
 - Karen Bullock, PhD, LICSW, FGSA, APHSW-C Boston College
 - Panel Discussion: Perspectives on Integrated Care Payment, Policy, and Advocacy
- **Conference Breakout Tracks:**
 - Lifespan of the Patient
 - Lifespan of an Integrated Care Program
 - Clinical Care
- **Register here:** <https://cvent.me/QVnnB1>
- Please email uwictp@uw.edu for more information or visit <https://ictp.uw.edu/conference-feature/>



Scan for more
information

COMMUNITY-BASED INTEGRATED CARE FELLOWSHIP APPLICATIONS OPEN

- This fellowship welcomes psychiatric providers seeking additional training to deliver integrated care in community-based settings
- CME-accredited and is free for Washington State providers
- **WHEN:** September 2025 – June 2026
- **APPLY:** Visit ictp.uw.edu/apply; deadline to apply is **April 30**
- **REQUIREMENTS:**
 - active medical license
 - Current practice
 - Brief personal statement
 - Current CV
 - Letter of support from current employer, if employed



Scan for
more
information

Resources

- [AIMS Center office hours](#)
- [UW PACC](#)
- [Psychiatry Consultation Line](#)
 - (877) 927-7924
- [Partnership Access Line \(PAL\)](#)
 - (866) 599-7257
- [PAL for Moms](#)
 - (877) 725-4666
- [UW TBI-BH ECHO](#)

Washington State Workforce Development: The Behavioral Health Support Specialist (BHSS) Clinical Training Program

UW Psychiatry and Behavioral Sciences

Bill O'Connell, EdD, LMHC, NCC

Associate Professor

Director, BHSS Workforce Development Project

Email: woconn@uw.edu

Savannah Tidwell, BS

Program Manager, BHSS Workforce Development Project

tidwell1@uw.edu

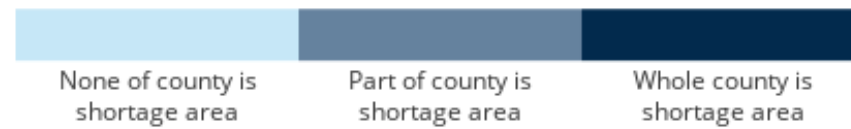
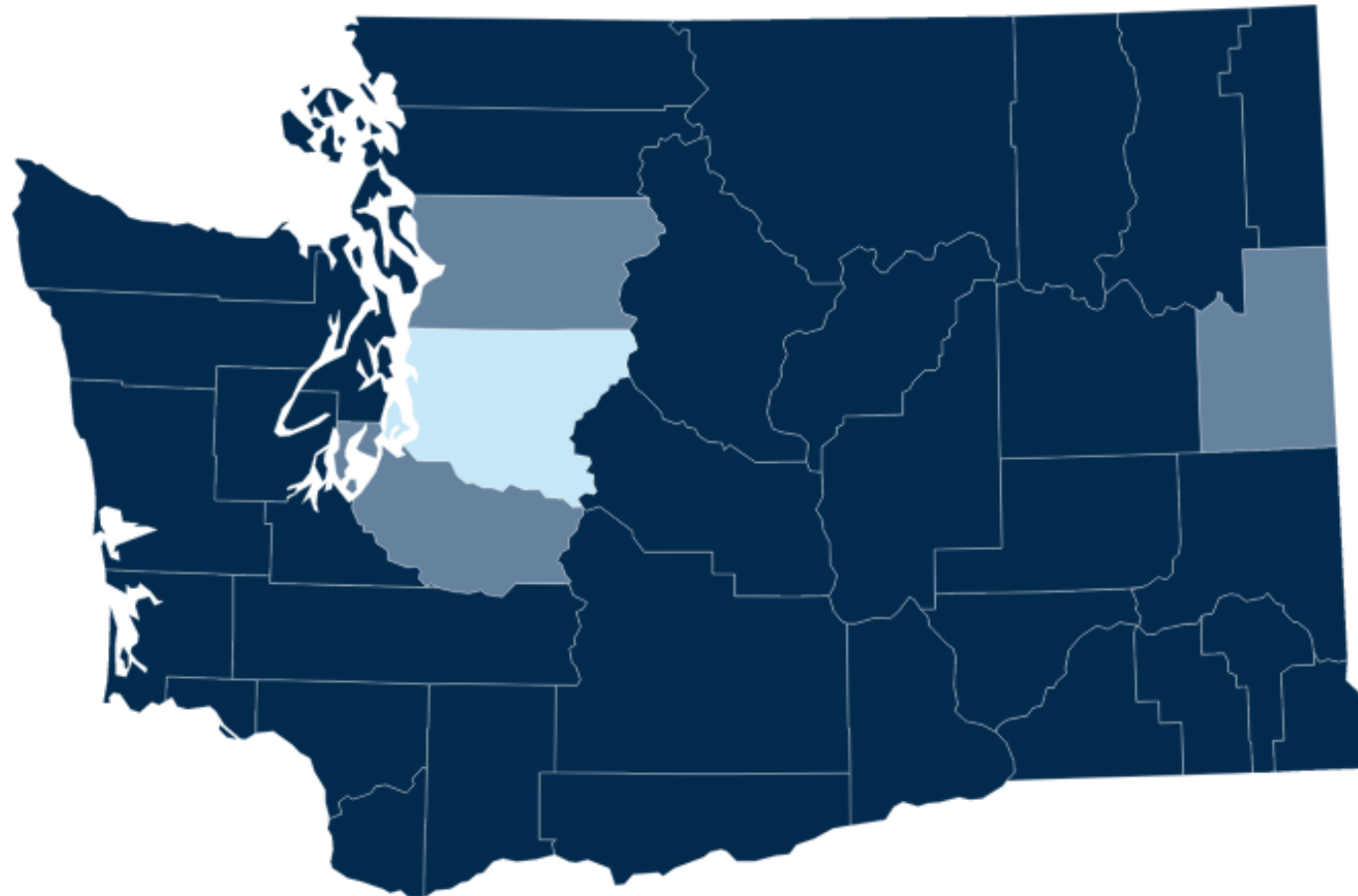
DISCLOSURE

- The speakers report no financial conflict of interest related to this presentation.

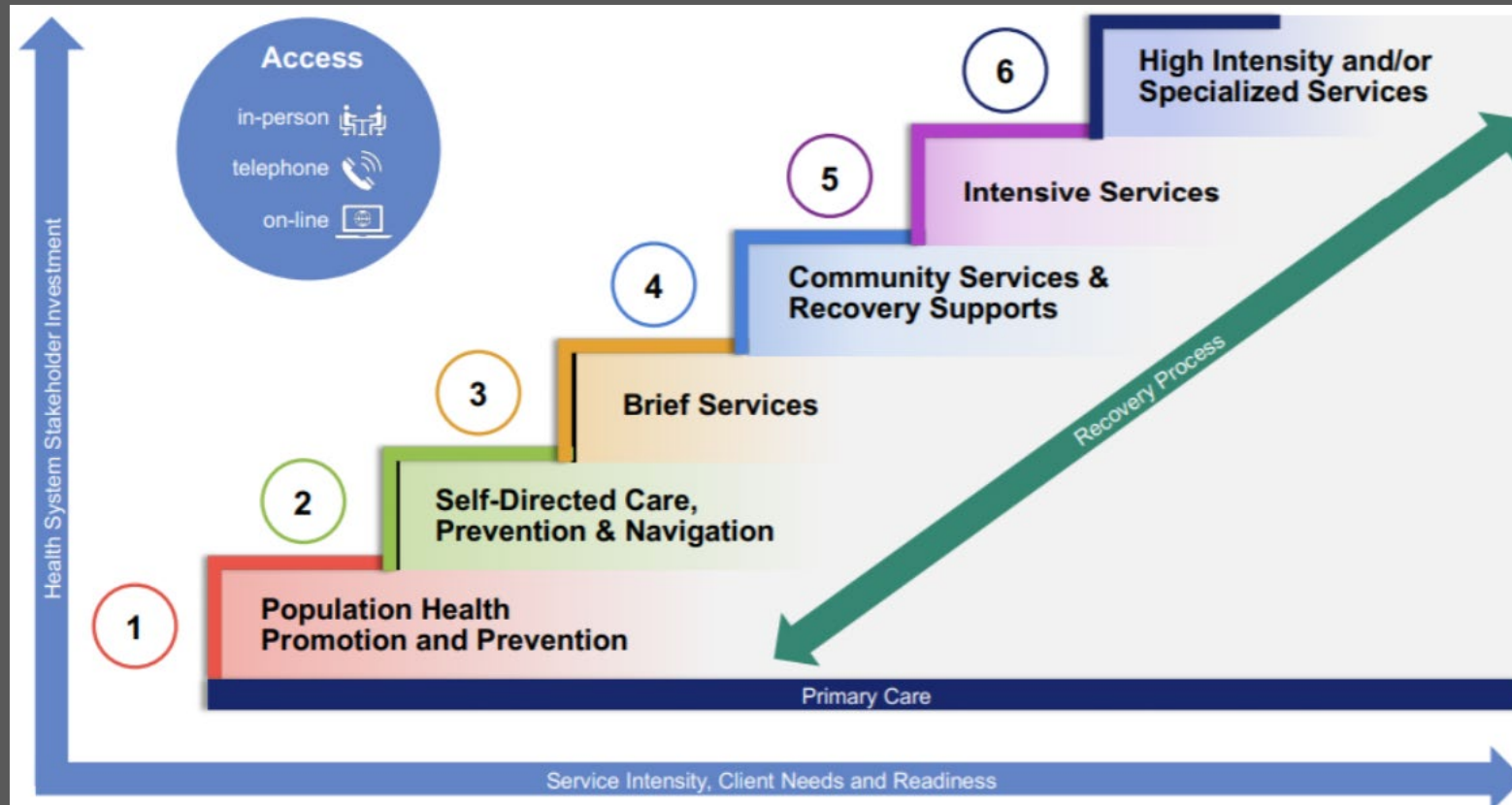
OVERVIEW OF CHALLENGE IN WASHINGTON

- Behavioral health workforce shortage
- Need for full range of treatments
- Need increased access to care for all

Health Professional Shortage Areas: Mental Health, by County, 2022 - Washington



STEPPED CARE MODEL



Sample of spaces where persons seek or find behavioral health services



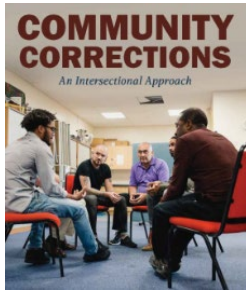
Licensed BHA



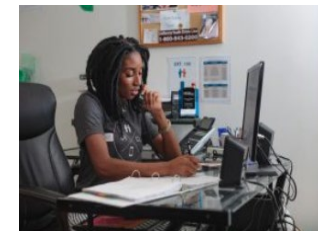
In-patient BH



SUD Services



Primary Care

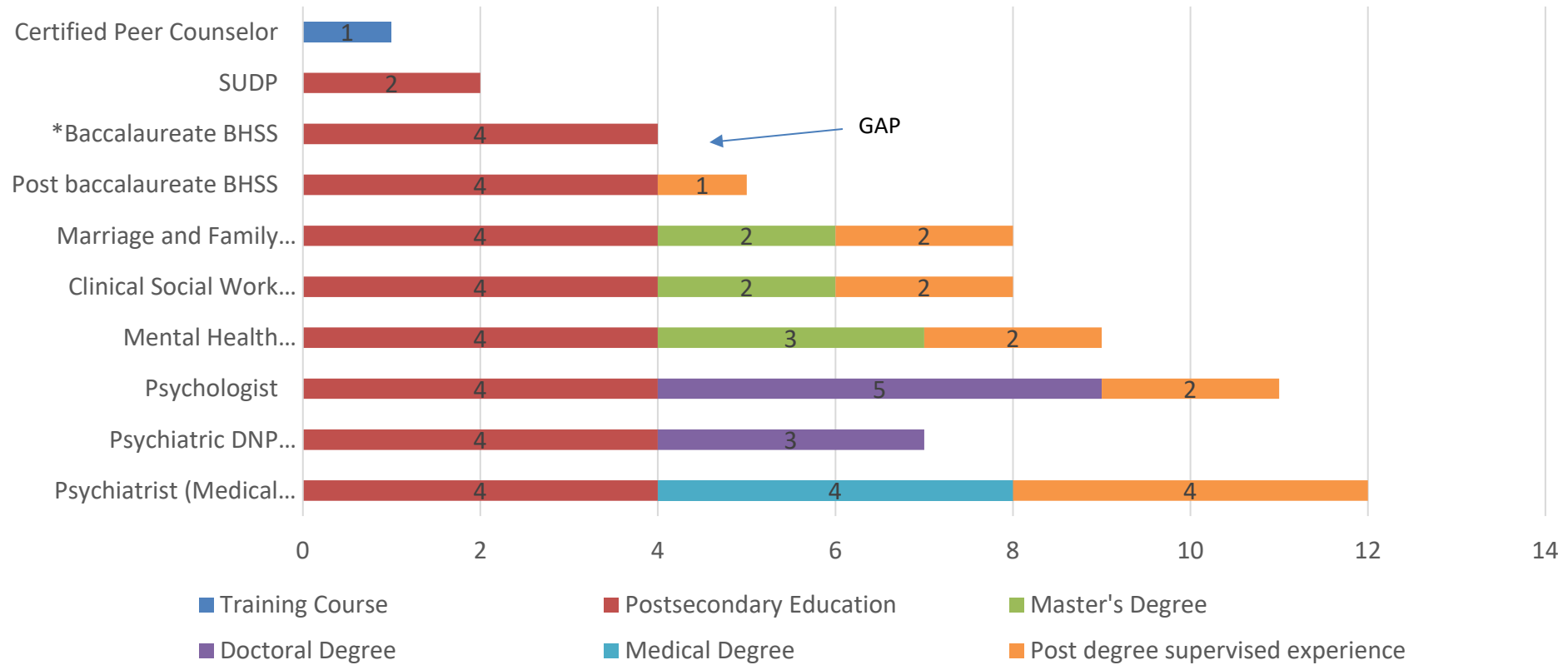


Crisis Services



Schools

Typical Education & Training for Licensure for Select Behavioral Health Occupations in WA State after High School



BHSS COMPETENCY FRAMEWORK-APPLIED SKILLS

1. Health Equity
2. Helping Relationships
3. Cultural Responsiveness
4. Team-Based Care and Collaboration
5. Screening and Assessment
6. Case Management and Care Coordination
7. Interventions
8. Legal, Ethical, and Professional Issues

7. INTERVENTIONS

7a. Motivational interviewing skills

7b. Psychoeducation for common behavioral health conditions

7c. Distress tolerance, relaxation techniques, and problem solving for acute stress

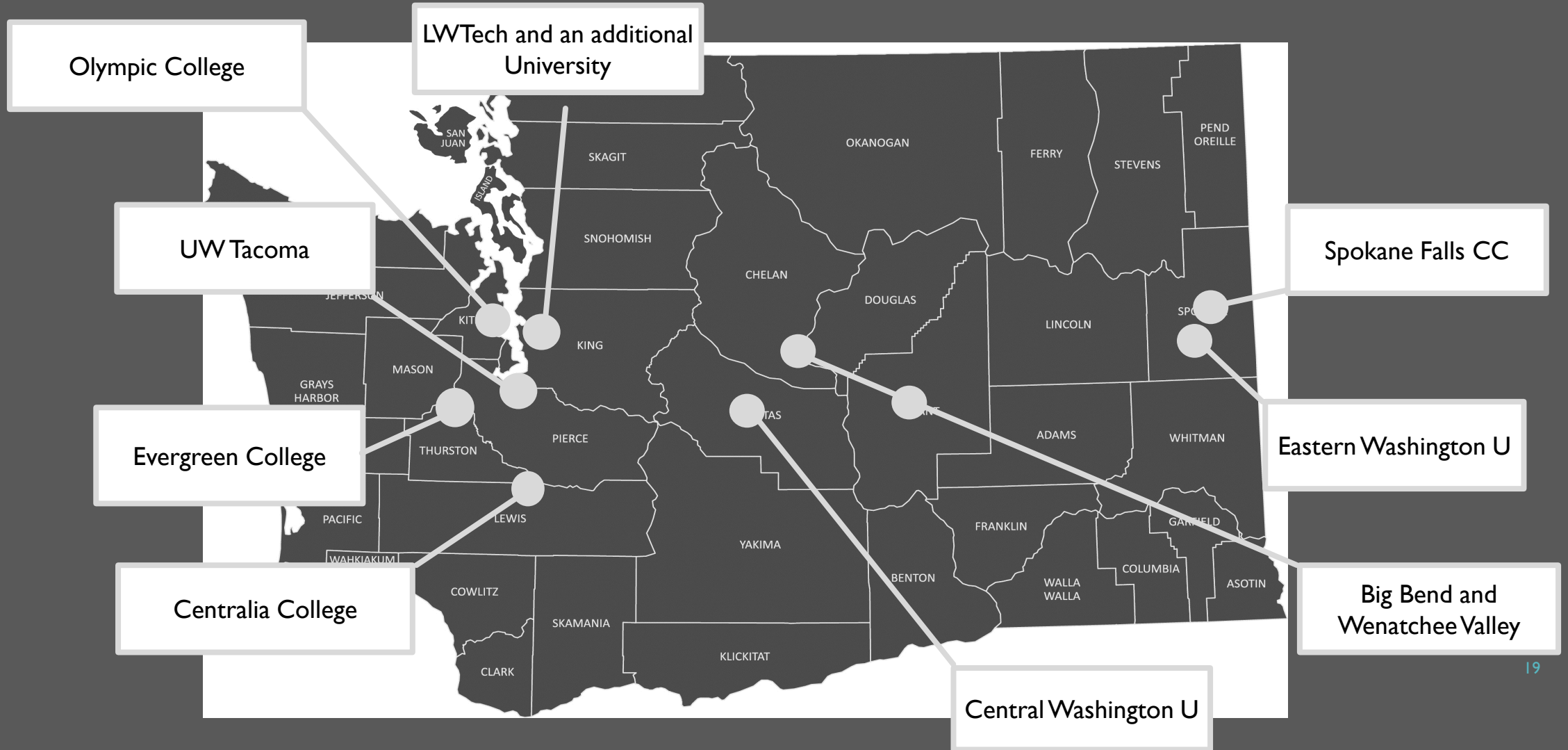
7d. Behavioral activation for depression

7e. CBT for anxiety

7f. Harm reduction for substance use concerns and SBIRT when appropriate

7g. Brief treatment and intervention differentiated from higher complexity psychotherapy

EDUCATION PARTNERS



BHSS CREDENTIALING

- Enrolled in bachelor degree program in Psychology, Social Work, Behavioral Healthcare or related degree with BHSS specialization approved by the Department of Health.
- Complete the approved BHSS program.
- Complete a minimum 240 hour practicum.
- Pass a jurisprudence examination.

*An approved apprenticeship program is a future possibility

BHSSS' SCOPE OF PRACTICE

Treatment for a behavioral health condition which is impacting a client's quality of life by:

- **Delivering** brief, evidence-based interventions for common behavioral health conditions under supervision.
- **Tracking** and monitoring treatment response and outcomes using measurement-based care. Interventions ought to be adjusted based on patient response to find the most effective treatment;
- **Consulting** with their clinical supervisor about a client whose symptoms fail to improve; and
- **Referring** a client to alternate health care providers or other resources when the client's needs exceed the BHSS's scope of practice or competence.

Note:

- Brief, evidence-based interventions are strategies focused on the reduction of symptom severity within a time frame congruent with the needs of the patient, provider, and treatment setting. The strategies are often informed by principles associated with cognitive behavioral, problem-solving, strategic, or solution-focused psychotherapies.

CLINICAL SUPERVISION

Clinical Supervision

- Advanced social worker or associate
- Independent clinical social worker or associate license
- Marriage and family therapist or associate license
- Mental health counselor or associate license under
- Psychiatrist
- Psychiatric advanced practice registered nurse license
- Psychologist or associate license

Clinical Supervision

- Physician license
- Physician assistant license
- Psychiatric ARNP
- Other providers may also be eligible to provide BHSS supervision if they:
 - Hold a Washington state credential issued by another state agency; and have the ability to assess, diagnose, and treat identifiable mental and behavioral health conditions as part of their scope of practice.

CLINICAL SUPERVISOR RESPONSIBILITIES

- Supervising a BHSS's treatment of clients and ensuring the BHSS does not exceed their scope of practice;
- Providing regular, outcome-focused supervision appropriate for the BHSS's training, education, and experience;
- Providing competent supervision based on the supervisor's own level of training, education, and experience; and
- Ensuring that behavioral consultation is available to the BHSS if necessary.

BILLING

- BHSS services will be recoverable through state Medicaid and third-party insurance.
- The Health Care Authority (HCA) has convened work group to examine the scope of practice of a BHSS and relationship to service codes.
- The service codes will align with BHSS scope of practice.
- The BHSS will be able to work across settings when appropriate supervision is available.

BEHAVIORAL HEALTH SUPPORT SPECIALIST WORKFORCE DEVELOPMENT PROJECT

PHASE I (2021-2025)

- Developed BHSS competency framework
- Consulted industry partners
- Created a curriculum map
- Completed BHSS Implementation Guide
- Implemented the Intelligent Tutoring System (ITS)
- Advocated for credentialing
- Completing Educator's Guide
- Delivering training and education on BHSS role
- Developing supervisor training

PHASE 2 (2026-2030)

- Implement clinical supervisor training and consultation
- Support integration of curriculum into existing education partner programs
- Develop curriculum addendum for youth and young adults
- Expand education partner relationships
- Consult on BHSS integration into the workplace
- Support policy revision and development to optimize BHSS role
- Evaluate impact of BHSS on access to care, workforce expansion, and other salient variables

PARTICIPATE IN A STUDY OF POTENTIAL EMPLOYERS

- Understanding Barriers and Facilitators to Organizational Uptake of the new Behavioral Health Support Specialist (BHSS) role in Washington State
- (UW IRB: STUDY00020367)
- \$25 Tango Gift Card for participating
- Alix Rose, PhD candidate, University of Maryland
 - T32 Psychology Research Fellow, UW



COMMUNICATION AVENUES

- UW BHSS Clinical Training Program
 - Email: bhsswa@uw.edu
 - Sign up for quarterly newsletter
 - University of Washington website
- Department of Health BHSS Website
 - DOH Program Staff: BHSS@doh.wa.gov
 - Sign up for GovDelivery for updates
 - DOH website

Q & A

