NATIONAL CENTER FOR INTEGRATED BEHAVIORAL HEALTH

RESOURCE LIST

The National Center for Integrated Behavioral Health provides a comprehensive list of resources to offer guidance to stakeholders. These include:

- **Evidence based interventions and practical tools for health professionals** in primary care settings, enabling them to address health concerns in a more integrated manner.
- **Tools for Integrated behavioral health leaders, scholars and policymakers** who are interested in understanding service delivery models for providing treatment in primary care settings.
- **Curriculum-focused resources are provided to students and faculty** in academic programs, specifically tailored to integrated behavioral health.
- Resources offered to help **communities and individuals understand and access health-related resources.**
- **Epidemiological and health care delivery projects** aimed at primary care training and enhancing integrated behavioral health care.

This resource list includes toolkits, educational modules and courses, screening and prescribing best practices, online training videos, links to other resource libraries, and assorted materials addressing mental health concerns, substance use disorders and additional issues commonly seen in primary care settings.

Mental Health Concerns

[National Center for Integrated Behavioral Health (NCIBH) Webinars](#)	NCIBH	NCIBH collaborated with Well Being Trust, AAMC, National Integration Academy, AHRQ Academy, Harvard Medical School Center for Primary Care and Agency for Healthcare Research & Quality Academy to curate webinars that discussed the following topics: 1. Mental Health Stigma 2. Using Open Notes to Promote Engagement and Equity in Integrated Behavioral Health 3. Model for the Integrated Care of Patients with Complex Health Needs 4. Preparing Medical Clinicians to Practice Integrated Behavioral Health 5. The Role of Behavioral Health Integration in Enhancing Workforce Resiliency in Primary Care
[American Academy of Family Physicians (AAFP) Integrated Behavioral Health Playbook](#)	AAFP/NCIBH	Developed in partnership with the AAFP National Research Network and the National Center for Integrated Behavioral Health (NCIBH), this playbook is designed to help family medicine residency programs develop or enhance their IBH training.
[The State of Integrated Primary Care and Behavioral Health in the United States 2022](#)	Robert Graham Center/NCIBH	This report consists of baseline data on mental, emotional, and behavioral health needs in the United States followed by a robust literature review on the current state of integrated primary care and behavioral health, various models of integrated care, and the improved outcomes associated with integrated care.
[A Curriculum for Developing Culturally & Linguistically Appropriate Services](#)	California Department of Public Health and Department of	The Providing Quality Health Care with CLAS Curriculum Tool Kit was developed in partnership with the University of California, Davis, Center for Reducing Health Disparities. The goal is to educate providers and health care institutions about Culturally and Linguistically Appropriate

	Health Care Services Office of Multicultural Health	Services standards (CLAS). CLAS responds to the important need for cultural and linguistic competency in health care delivery; a crucial component in the reduction of health disparities and provision of quality care to diverse patient populations.
Addressing Mental Health Issues in Primary Care: An Initial Curriculum for Medical Residents	Patient Education and Counseling	This journal article advocates for the medical educational system to prepare residents and students to be as effective in treating psychosocial and mental health issues as they are medical problems. The authors developed an intensive three-year curriculum in psychosocial and mental health care for medical residents based on strong evidence-based models.
Center of Excellence for Integrated Health Solutions	National Council for Mental Wellbeing	Find information about the Center of Excellence, resources, toolkits, blog posts, technical assistance on integrated health projects, and trainings and events.
Certificate Course in Primary Care Behavioral Health	UMass Chan Medical School Center for Integrated Primary Care	This course acknowledges the skills of specialty mental health clinicians and helps translate prior knowledge and experience to the fast-paced, evidence-based, generalist culture of primary care. It includes an orientation to integrated behavioral health models as well as specific health care issues such as substance use, depression and cultural influences on health care.
Change That Matters: Promoting Healthy Behaviors Curriculum	University of Minnesota/NCIBH	This 10-module curriculum is for clinicians working with patients in primary care settings. Modules focus on common issues seen in primary care, such as smoking cessation, healthy eating and medication adherence.
Critical Crossroads: Pediatric Mental Health Care in the Emergency Department	Health Resources and Services Administration (HRSA)	This toolkit contains a template, literature references and tools designed to help hospitals establish a customized care pathway for the identification and coordination of children presenting to emergency departments in mental health crisis. It makes special acknowledgment of the unique challenges that face rural communities.
Depression in Mothers: More Than the Blues	Substance Abuse and Mental Health Services Administration	This toolkit equips providers with information about depression and offers strategies in working with mothers who may be depressed. It includes resources, referrals and handouts for depression, and screening tools for more serious depression.

[The Future of Pediatrics: Mental Health Competencies for Pediatric Primary Care](#)	American Academy of Pediatrics	In this report, the American Academy of Pediatrics proposes competencies requisite for providing mental health and substance use disorder services in pediatric primary care settings and recommends steps toward achieving them.
[Growing Older: Providing Integrated Care for an Aging Population](#)	Substance Abuse and Mental Health Services Administration	This report for clinicians explains approaches to providing integrated care to older adults living with substance use disorder and mental illness. It highlights the importance of assessing patients for cognitive deficits and adapting behavioral interventions to help improve treatment outcomes.
[Healthcare Cost and Utilization Project (HCUP) Statistical Briefs — Mental and Substance Use Disorders](#)	Agency for Healthcare Research and Quality	These briefs provide statistics about mental and substance use disorders treated in U.S. hospitals. Topics include depression, substance use disorder and eating disorders.
[Improving Cultural Competency for Behavioral Health Professionals](#)	U.S. Department of Health and Human Services	Cultural and linguistic competency is recognized as an important strategy for improving the quality of care provided to clients from diverse backgrounds. The goal of this e-learning program is to help behavioral health professionals increase their cultural and linguistic competency. Courses include: • "An Introduction to Cultural and Linguistic Competency" (approximately 1 hour) • "Know Thyself — Increasing Self-Awareness" (approximately 1 hour) • "Knowing Others — Increasing Awareness of Your Client's Cultural Identity" (approximately 1.5 hours) • "Culturally and Linguistically Appropriate Interventions and Services" (approximately 1.5 hours)
[Integrated Behavioral Health Care in Family Medicine Residencies](#)	Family Medicine	The purpose of this research study was to survey family medicine residency program directors to characterize the status of behavioral health integration in family medicine residency training. This was accomplished using the Council of Academic Family Medicine Educational Research Alliance 2017 survey.

[Integrating Behavioral Health Into Primary Care for Special Populations](#)	National Nurse-Led Care Consortium	This learning collaborative provides health care providers with tools and resources to integrate behavioral health into their practices, especially for patients with substance use disorders. Modules include: • "Assessing Health Center Capacity" • "Patient Engagement in Behavioral Health Integration" • "Promising Practices in Behavioral Health Integration" "Goal Setting for Your Center"
[Integrating Behavioral Health With Primary Care in a Safety Net Facility](#)	Safety Net Center	This resource provides links to guides, case studies, publications, screening tools, practice guidelines and links related to depression, alcohol and substance use disorders, suicide prevention, and more. All are designed to help Safety Net providers meet the behavioral health needs of their patients.
[The Intersection of Behavioral Health, Mental Health and Health Literacy: Proceedings of a Workshop](#)	The National Academies of Sciences, Engineering and Medicine	This publication summarizes the presentations and discussions from a workshop to explore issues associated with effective communication with individuals with mental or behavioral health issues and to identify ways in which health literacy approaches can facilitate communication.
[Learn About the Collaborative Care Model](#)	American Psychiatric Association	Significant research spanning three decades has identified one model — the collaborative care model — as being effective and efficient in delivering integrated care. Learn about how the model works and its five essential elements, and read the report Dissemination of Integrated Care Within Adult Primary Care Settings: The Collaborative Care Model, developed jointly by the American Psychiatric Association and Academy of Psychosomatic Medicine.
[Primary Care Behavioral Health Student Training Modules](#)	New Hampshire Primary Care Behavioral Health Workforce	The modules introduce the many roles involved in providing behavioral health services in primary care. Teachers and professors can use the modules to explain primary care, team-based care and patient-centered care that integrates behavioral health as part of a whole-person approach.
[Resource Library](#)	Collaborative Family Healthcare Association (CFHA)	This integrated care resource library features useful books, videos and websites for the integrated care professional.

[Resource Library](#)	Health Resources and Services Administration (HRSA)	This integrated health resource library includes but is not limited to: • Integrating health topics such as business and financing, information technology, care models, readiness tools, and telebehavioral health • Clinical practice topics such as interpersonal violence, pain management, substance use disorder, suicide prevention and trauma • Setting-specific topics such as health centers, HIV/AIDS provider organizations, older adults, oral health and pediatrics
[TeamSTEPPS: Team Strategies and Tools To Enhance Performance and Safety](#)	Agency for Healthcare Research and Quality (AHRQ)	TeamSTEPPS is a teamwork system designed for health care professionals that is: • A powerful solution to improving patient safety within an organization • An evidence-based teamwork system to improve communication and teamwork skills among health care professionals • A source for ready-to-use materials and a training curriculum to successfully integrate teamwork principles into all areas of a health care system • Scientifically rooted in more than 20 years of research and lessons from the application of teamwork principles • Developed by the Department of Defense's Patient Safety Program in collaboration with the Agency for Healthcare Research and Quality
[What Is Integrated Behavioral Health?](#)	Agency for Healthcare Research and Quality (AHRQ)	This website presents a definition of integrated behavioral health and discusses who can benefit from it. The website also provides links to learn about the following topics areas as they relate to integrated behavioral health: • Telehealth and behavioral health integration • Stimulant use disorders and behavioral health integration • Education and workforce • Patients • Policy and financing • Health IT • Clinicians • COVID-19

Substance Use Disorders

[Adolescent Substance Use Screening Tools](#)	National Institute on Drug Abuse	Providers can use these two brief online screening tools to assess for substance use disorder risk among adolescents 12-17 years old. These tools help providers quickly and easily introduce brief, evidence-based screenings into their clinical practices.
[Agency for Healthcare Research and Quality (AHRQ) Initiatives](#)	Agency for Healthcare Research and Quality (AHRQ)	AHRQ has multiple initiatives to implement evidence-based practices in screening and management of unhealthy substance use. These initiatives include managing unhealthy alcohol use, implementing medications for opioid use disorder in rural areas and managing opioids in older adults.
[Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide](#)	National Institute on Alcohol Abuse and Alcoholism	This guide is designed to help health care professionals quickly identify youth at risk of alcohol-related problems.
[Alcohol Use Disorder Tool](#)	Centre for Effective Practice	This tool guides primary care providers through the identification and management of individuals who have challenges with alcohol use. It includes information on special patient populations, tips for screening patients, pharmacotherapy treatment options and talking tips to help guide primary care providers through conversations with their patients about alcohol use.
[Alcohol Use Disorders](#)	American Academy of Family Physician (AAFP)	This resource collection features the best content from *AFP* Journal, as identified by the *journal* editors, on alcohol use disorders and related issues, including alcohol withdrawal syndrome and detoxification. Note that content published on this website within the past 12 months is accessible to American Academy of Family Physicians members and paid subscribers only.
[Behavioral Health and Primary Care Integration](#)	Health Resources and Services Administration (HRSA)	Find data about how primary care providers play a critical role in the treatment of substance use disorders as well as information on how the Health Resources and Services Administration supports health centers to provide integrated substance use disorder treatment services, including opioid addiction treatment.
[Documentation and Charge Capture Process: Medication-Assisted Treatment (PDF)](#)	Providers Clinical Support System National Association of	Primary care services can play a significant role in the success of medication-assisted treatment programs by screening patients for potential substance use disorders. This document outlines a process flow

	Community Health Centers	between primary care and the medication-assisted treatment program as it pertains to screening, brief intervention and referral for treatment.
[Facing Addiction in America: The Surgeon General's Spotlight on Opioids](#)	U.S. Department of Health and Human Services	This compilation of resources includes the Full Surgeon General's Report on opioids, which is meant to better inform the public, especially family and friends of people with an elevated risk of opioid overdose, opioid misuse or opioid use disorder. Also present is the Surgeon General's Advisory on Naloxone and Opioid Overdose, federal resources, and supplementary materials to combat the national opioids crisis.
[Guide for Clinicians on the Appropriate Dosage Reduction or Discontinuation of Long-Term Opioid Analgesics (PDF)](#)	U.S. Department of Health and Human Services	This guide provides advice to clinicians who are contemplating or initiating a reduction in opioid dosage or discontinuation of long-term opioid therapy for chronic pain.
[How Academic Medicine is Addressing the Opioid Epidemic (PDF)](#)	Association of American Medical Colleges	This report discusses how America's medical schools and teaching hospitals are responding to the opioid epidemic through curriculum, clinical education, patient care, research, and education and public engagement campaigns.
[How To Receive Medications for Opioid Use Disorder (MOUD) Training](#)	Health Resources and Services Administration (HRSA)	Clinicians working to address the opioid epidemic may be eligible for free training to provide MOUD. Find information about: • The Drug Addiction Treatment Act of 2000 (DATA 2000) waiver • Reasons to get a waiver • Waiver training eligibility • Mentoring services • Related resources
[Improving Access to Screening, Brief Intervention and Referral to Treatment (SBIRT) in Primary Care for Adolescents Resource Center: Training](#)	Center for Health Care Strategies	This website offers strategies to inform health plans and providers about the options available for adolescent SBIRT training. Resources include: • Screening and brief intervention with adolescents training platform • Frequently asked questions for developing continuing medical education trainings • Adolescent substance use resource hub • Video resources for youth substance use prevention and early intervention • Learner's guide to adolescent SBIRT

Management of Substance Use Disorder	U.S. Department of Veterans Affairs	This guideline describes the critical decision points in the management of substance use disorder and provides clear and comprehensive evidence-based recommendations incorporating current information and practices for practitioners throughout the Department of Defense and Veterans Affairs health care systems. The guideline is intended to improve patient outcomes and local management of patients with substance use disorder.
Medication for the Treatment of Alcohol Use Disorder: A Brief Guide (PDF)	National Institute on Alcohol Abuse and Alcoholism Substance Abuse and Mental Health Services Administration	The National Institute on Alcohol Abuse and Alcoholism and the Substance Abuse and Mental Health Services Administration jointly convened a consensus panel on new and emerging pharmacotherapies for alcohol use disorders and related comorbidities. The panel's guidance is summarized in this document.
Medication Treatment for Opioid Use Disorder	National Institute on Drug Abuse	Learn how clinicians have implemented medication treatment for opioid use disorder in various practice settings, including: • The emergency medicine setting • The federally qualified health center setting • The inpatient hospital setting • The pediatric (adolescent medicine) setting • The primary care setting
National Opioids Crisis: Help and Resources	U.S. Department of Health and Human Services	This website breaks down the opioid epidemic in numbers, presents the Department of Health and Human Services' five-point strategy to combat the opioids crisis, provides links to relevant news articles, and contains real stories of people who have been affected by the opioid epidemic.
Opioid Overdose Prevention Toolkit (PDF)	Substance Abuse and Mental Health Services Administration (SAMHSA)	This toolkit covers: • Opioid use disorder facts • Five essential steps for first responders • Information for prescribers • Safety advice for patients and family members • Recovering from opioid overdose

Opioids: Training for Providers	Center for Disease Control and Prevention (CDC)	This is a resource for training providers on the Centers for Disease Control and Prevention guideline for prescribing opioids for chronic pain. Included is an interactive, web-based training to help health care providers gain a deeper understanding of the guideline. There is also an archived webinar series about the guidelines, which includes slides, real case examples, and question-and-answer sessions.
Overcoming Barriers to Opioid Use Disorder Treatment in Rural Areas	Mountain Plains Addiction Technology Transfer Center Network	This downloadable slide deck covers: • Safe prescribing • Access to naloxone to prevent overdose deaths • Medication-assisted treatment • The use of medications and behavioral therapies to treat substance use disorders and prevent opioid overdose
Overview of Medications for Opioid Use Disorder (MOUD)	Providers Clinical Support System	This website offers MOUD X-Waiver training for physicians, advanced practice registered nurses, physician assistants and medical students, focusing on treating opioid use disorders using methadone, buprenorphine and naltrexone.
PLACES: Local Data for Better Health	Center for Disease Control and Prevention (CDC)	PLACES provides model-based population-level analysis and community estimates to all counties, incorporated and census-designated places, census tracts, and ZIP code tabulation areas across the United States. It allows local health departments and jurisdictions to better understand the burden and geographic distribution of health-related outcomes in their areas and assists them in planning public health interventions.
Planning and Implementing Screening and Brief Intervention for Risky Alcohol Use: A Step-By-Step Guide for Primary Care Practices	Center for Disease Control and Prevention (CDC)	This guide helps individuals or small planning teams adapt alcohol screening and brief intervention services to the unique operational realities of their primary care practices. It discusses each step required to plan, implement, and continually improve this preventive service as a routine element of standard practice.
Primary Care and the Opioid-Overdose Crisis — Buprenorphine Myths and Realities	New England Journal of Medicine	This journal article discusses the benefits of mobilizing the primary care physician workforce to offer addiction treatment with buprenorphine and tackles the stigma and myths that act as barriers to physicians adopting buprenorphine treatment.

[Rural Prevention and Treatment of Substance Use Disorder Toolkit](#)	Rural Health Info Hub	This toolkit provides evidence-based examples, promising models, program best practices and resources that can be used to implement substance use disorder prevention and treatment programs. There are seven modules in this toolkit. Each module contains resources and information to develop, implement, evaluate and sustain rural programs to prevent and treat substance use disorder.
[Six Building Blocks: A Team-Based Approach to Improving Opioid Management in Primary Care](#)	Agency for Healthcare Research and Quality (AHRQ)	This toolkit provides a step-by-step approach designed to support clinics as they implement effective, guideline-driven care for patients with chronic pain using opioid therapy. While anyone can use these materials to implement improvements in opioid management, they are specifically written for quality improvement personnel and project managers to use in guiding improvement teams and care teams.
[Substance Use Resources](#)	Agency for Healthcare Research and Quality (AHRQ)	This website provides resources for providers treating substance use disorders in primary care and ambulatory care practices, including: • Unhealthy alcohol use tools and resources • Medication-assisted treatment for opioid use disorder tools and resources • Primary care medication-assisted treatment grantees • Literature on opioids and substance use • Medication-assisted treatment for opioid use disorder playbook

Violence, Abuse, and Suicide Prevention

[Adverse Childhood Experiences (ACEs)](#)	Center for Disease Control and Prevention (CDC)	This website includes the following sections: • Fast facts • Risk and protective factors • Prevention strategies • Help youth at risk for ACEs • CDC-Kaiser ACE Study

		- Behavioral Risk Factor Surveillance System ACE data - Preventing ACEs: Data to action - Funded research - Resources
Ask Suicide-Screening Questions (ASQ) Toolkit	National Institute of Mental Health	This toolkit is designed for screening youth ages 10-24; for patients with mental health chief complaints, consider screening below age 10. It is free of charge and available in multiple languages, including Spanish, Portuguese, French, Arabic, Dutch, Hebrew, Mandarin, and Korean. The toolkit was developed to aid implementation of suicide-risk screening and provide tools for the management of patients who are found to be at risk.
Coercion Related to Mental Health and Substance Use in the Context of Intimate Partner Violence: A Toolkit	National Center on Domestic Violence, Trauma and Mental Health	This toolkit provides trauma-informed guidance on integrating questions about mental health and substance use coercion into routine mental health and substance use histories and into in-depth intimate partner violence assessments in primary care and behavioral health settings.
Fostering Resilience and Recovery: A Change Package for Advancing Trauma-Informed Primary Care (PDF)	National Council for Mental Wellbeing	This report provides information, action steps and tools to guide implementation of a trauma-informed primary care approach.
Futures Without Violence	Futures Without Violence	Futures Without Violence is a health and social justice nonprofit aimed at healing those traumatized by violence and creating healthy, violence-free families and communities. Programs, policy development, public action campaigns and resources address topics such as domestic violence, child abuse, bullying and sexual assault.
Intimate Partner Violence Screening	Agency for Healthcare Research and Quality (AHRQ)	This page is intended for primary care and behavioral health providers. Resources include links to screening guidelines, fact sheets and recommendations from the United States Preventive Services Task Force, among others. The page also provides implementation tools for providers and administrators.

COVID-19 Resources

COVID-19: Physician's Guide	American Medical Association	Find carefully curated critical advice from trusted sources such as the Centers for Disease Control and Prevention, JAMA, and the World Health Organization compiled into a quick-start guide for health care providers.
COVID-19: Preventing and Managing Burnout	NeuroFlow	These resources are designed to provide education, strengthen resilience, and help health care workers manage symptoms of stress or burnout.
COVID-19: Psychology Information and Resources	American Psychological Association	This resource library provides information on topics such as: • Stress, anxiety, and grief • Post-traumatic stress disorder • Telework • Telehealth • Health disparities • Physical distancing and isolation • Self-care
COVID-19: Resource Library	Collaborative Family Healthcare Association (CFHA)	This resource library is a collection of videos, texts, images, websites, and instructional modules that cover a wide range of topics, including but not limited to: • Data tracking • Depression screening • Emergency preparedness • Ethical resources • Geriatrics • 26Mental health • Pediatrics • Telehealth
COVID-19: Resources for Managing Stress	U.S. Department of Veterans Affairs	This website offers strategies that can help with the stress, grief, and anxiety that many people are feeling. It links to information and resources

| | | to support self-care, the work of providers and community efforts. It includes topics such as:

• Grief
• Intimate partner violence
• Masking
• Post-traumatic stress disorder
• Strategies for families
• Stress
• Supporting others

Resources are available in English and Spanish. |