Behavioral Health clinicians in the DoD face challenges like heavy and complex caseloads; regulatory demands for evaluations, charting and reports; evolving and multiplying technologies; and increased emphasis on provider productivity. Studies frequently cite lack of provider time as a barrier to providing evidence-based care or improving practice through implementation activities. 1,2 

Dissemination describes "the targeted distribution of information and intervention materials to a specific public health or clinical practice audience. The intent is to spread knowledge and the associated evidence-based interventions." 2,3

Implementation describes "the use of strategies to adopt and integrate evidence-based health interventions and change practice patterns within specific settings." 3,4

The Psychological Health Center of Excellence (PHCoE), a component center of the Defense Health Agency, uses both active dissemination (Evidence Briefs and Clinical Support Tools (CSTs)) and implementation (Practice-Based Implementation (PBI) Network and the Primary Care Behavioral Health Program) activities to shrink the gap between research and clinical practice.

Objectives

1. Describe the challenge of closing the near-20 year research/practice gap and barriers to improving practice in the Military Health System (MHS).
2. Explain the difference between dissemination activities and implementation activities and give examples of each available through the PHCoE.
3. Access readily available resources (psychological health evidence briefs, clinical support tools, and the Practice-Based Implementation online community) designed to assist clinicians in integrating psychological health research into clinical practice.

Ways to Get Involved

Visit http://www.phdhealth.mil/

• Review Evidence Briefs to stay current on the literature
• Provide feedback or suggest topics for Evidence Briefs. Vote for the topics that will be most useful to you!
• Download Clinical Support Tools
• Submit a PBI Network implementation pilot proposal or suggest an intervention needed to improve care in your clinic

Order clinical support tools (Army, Navy, and Air Force personnel) via www.qmo.amedd.army.mil

Conclusions/Next Steps

MHS behavioral health clinicians provide care in an environment shaped by organizational and regulatory complexity, demanding caseloads, and evolving technology, leaving little time in day to day practice to stay abreast of new research developments. PHCoE’s knowledge translation activities assist busy clinicians using methods that range from evidence synthesis and dissemination to comprehensive training and evaluation programs. These efforts impact behavioral healthcare of Service Members and beneficiaries from primary to tertiary care settings.

From Bench to Battlefield: The Psychological Health Center of Excellence’s (PHCoE’s)
Knowledge Translation Activities

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Primary Care Behavioral Health Program

Primary Care Behavioral Health (PCBH) in the Department of Defense (DoD) aims to better address mental/physical health of Service members, family members, and retirees by:
• Increasing access to behavioral health services
• Identifying behavioral health problems early
• Reducing barriers associated with seeking behavioral health treatment/support

Example PHCoE activities in support of PCBH include training and mentoring for psychologists and social workers integrated into primary care as Internal Behavioral Health Consultants (IBHCs) and training for nurses working as Behavioral Health Care Facilitators (BHCFs).

From 2016-2017 the Primary Care Behavioral Health branch at PHCoE provided:
• Initial training for 103 BHCFs
• Initial training for 116 IBHCs
• 432 mentorship calls and 64 site visits in support of IBHCs

References


Poster presented at MHSRS in Aug, 2018. For more information, please contact aimee.c.ruscio.mil@mail.mil. The views expressed in this presentation are those of the authors and do not necessarily represent the official policy or position of the Psychological Health Center of Excellence, Department of Defense, Department of Veterans Affairs, or any other US government agency. PUID 4892 UNCLASSIFIED

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