

3rd Edition Preface

It is often said that innovations take 17 years to reach the mainstream of clinical practice. Most good ideas actually never reach the mainstream, getting buried in the heap of other good ideas that have also fizzled. This reality was not lost on us as we started writing this book in 2006 - precisely 17 years after the publication of the first edition of this book.

What stands out to us as we reflect on the last 17 years is how incredible the growth has been for the Primary Care Behavioral Health (PCBH) model written about here. Untold thousands of behavioral health clinicians have now been trained in PCBH. Probably hundreds of thousands of patients (if not millions, depending on how one counts) have been cared for in a clinic with PCBH services. An entire country (New Zealand), the whole US military healthcare system, and countless other systems and clinics around the US and other countries now utilize PCBH in primary care. Certificate programs for Behavioral Health Consultants (BHCs) have sprung up, an entire journal special edition was dedicated to the PCBH model, two large-scale literature reviews of PCBH have been published, and members of the country's premier integrated care guild organization exchange listserv emails about PCBH virtually every day. Surveying the landscape, it seems that, to our great delight and amazement, PCBH is now mainstream.

As PCBH has grown and evolved, the need for yet another edition of this book has become clear. The literature around PCBH has grown exponentially, the library of practice tools for BHCs and team members has been refined and expanded, our own thinking about PCBH has evolved, and of course primary care itself has changed. This growth, and the amount of change, is apparent in

the size of this book, which is by far our biggest yet. We are excited to share everything we've learned in this third edition.

The third edition has six parts and 14 chapters; seven chapters are brand new, available for the first time in this edition. The other chapters are completely updated with new research findings and new practical materials reflective of advancement in the science of behavior change and the evolution of PCBH.

Part I sets the stage for integration efforts, with an update on the stresses impacting primary care today and suggestions about how implementing PCBH may relieve some stress and produce a better system of care (Chapter 1). Next, there's an introduction to primary care for newly arriving members of the team, an overview of current challenges and changes in primary care, and suggestions about how to stay current in the primary care environment (Chapter 2).

Part II provides information for leaders that are responsible for developing integrated behavioral health services in their systems and clinics. It starts with practical, step-by-step guidance for building an implementation team, planning for training, and preparing to evaluate the PCBH program (Chapter 3). The following chapter provides information and practical tools for recruiting staff for the PCBH program, which may include both BHCs and various Care Extenders (CEs). Care extenders include Behavioral Health Consultant Assistants (BHAs) and Community Support Workers (CSWs) (Chapter 4).

The remainder of the third edition is all about learning new skills, working together as a team, expanding the program, and evolving services over time. Part III describes core competencies for practicing PCBH successfully, including a description of the skills and knowledge that BHCs need (Chapter 5) and competencies for primary care providers (PCPs) and the team (Chapter 6). Two new Core Competency Tools (CCTs) are provided in these chapters, both with behavioral descriptions to enable easier and more standardized use.

Part IV of the book addresses the needs of new BHC by providing guidance on how to prepare for the new role (Chapter 7). It includes a start-up checklist that supports attention to important activities to complete (Chapter 8), common assessment and intervention approaches (Chapter 9), and strategies for developing pathway and class-based services (Chapter 10). Part V of the book offers two chapters for BHCs interested in career progression. Chapter 11 describes the BHC 2 role (i.e., an advanced BHC) and services often provided by BHC 2s (e.g., supervision, implementation support, assistance with program evaluation, and training). This chapter also offers detailed information and materials for different phases of a BHC's training. Chapter 12 describes a day in the life of a BHC 2, along with tips for working with various populations and conditions in primary care.

In Part VI, we bring the book to a close with two chapters about working the puzzles of PCBH. The first chapter lists commonly asked questions about PCBH, along with our best answers (Chapter 13). In the second, Chapter 14, we humbly offer our top ten tips for implementers, derived from our combined experience of almost 50 years of working in PCBH.

Like the PCBH model that we care so deeply about, both of us authors have also grown and evolved. In 2006, when the first edition of this book was published, we both were working as the sole BHC starting PCBH services in a community health clinic; Patti in rural Washington state and Jeff in a suburb of Seattle. In the years that followed, Patti transitioned to full-time PCBH consultation and training. Working sometimes in tiny clinics and sometimes in national systems, she has refined the art and skill of training both individual clinicians and entire clinician networks. For his part, Jeff focused for over 15 years on practicing as a BHC while also building and directing large PCBH services, first in community health and then in the commercial sector. He now works full-time training PCBH clinicians in the military primary care system, while also providing consultation to civilian primary care clinics and systems. Over the years, despite all the changes, one constant has emerged for both of us: we both are as passionate as ever about PCBH, because we have seen what it can do.

No one knows what the next 17 years will bring, but the last 17 have been a wild, glorious ride in PCBH. We hope that this third edition will help you, the reader, to grow your own passion for this work in the years to come.

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