



# Solving for Sleep Addressing Insomnia in Health Centers: Getting Real About What Impacts our Patients' Sleep

# Today's Moderator



**Andrew Philip, PhD**  
Senior Director of Clinical & Population Health  
Primary Care Development Corporation  
New York, NY



# About PCDC

Primary Care Development Corporation (PCDC) is a national nonprofit organization and a community development financial institution catalyzing excellence in primary care through strategic community investment, capacity building, and policy initiatives to achieve health equity.



# Disclaimer

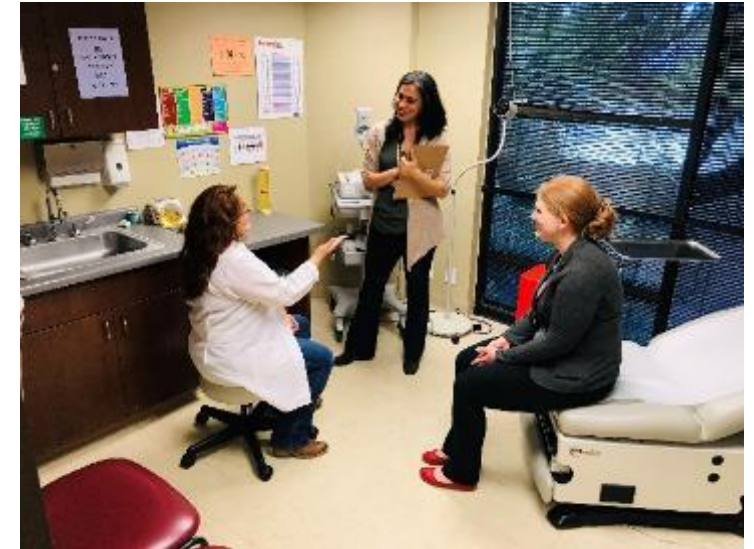
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[www.samhsa.gov](http://www.samhsa.gov)

# Integrating Care Through a Biopsychosocial Approach to Health

- Improve awareness, screening and interventions to support addressing sleep challenges and corresponding impacts:
  - Identify interrelated effects of sleep deficiency
  - Build skills for partnering with patients around sleep
  - Develop an interdisciplinary toolbox on sleep



(Image courtesy C. Aguilar)

# Solving for Sleep: An Integrative Approach to Addressing Diabetes

- Foundations of sleep and health outcomes
- Perspectives of persons experiencing limited sleep with
- Health disparities and sleep
- Behavioral assessment and intervention in sleep
- Medical assessment and intervention in sleep
- Addressing sleep ourselves as healthcare providers

# What impacts our patients' sleep?



# Today's Panelists



Camille Evans, LMSW  
Social Services Manager and Behavioral Health Consultant  
Valor Health  
[camille.evans@valorhealth.org](mailto:camille.evans@valorhealth.org)



Julita Mir, MD  
Chief Medical Officer  
Community Care Cooperative (C3)  
[jmir@c3aco.org](mailto:jmir@c3aco.org)



Lee Ruszczyk LCSW, CCS, ACS  
Senior Director of Behavioral Health  
Henry J. Austin Health Center  
[Lee.Ruszczyk@henryjaustin.org](mailto:Lee.Ruszczyk@henryjaustin.org)





# Q&A

# Upcoming CoE events:

**Making the Case for High-functioning Team-Based Care**

[Register here for webinar](#) on Oct 28, 1-2pm ET

**Advancing Integration in Community Behavioral Health: Using a New General Health Integration Framework**

[Register here for webinar](#) on Nov 18, 3-4pm ET

[Register here for the Office Hour](#) on Nov 23, 3-4pm ET

**Interested in an individual consultation with the CoE experts on integrated care?**

[Contact us through this form here!](#)

**Looking for free trainings and credits?**

[Check out integrated health trainings from Relias here.](#)

**Questions?**

Email: [integration@thenationalcouncil.org](mailto:integration@thenationalcouncil.org)

# Contact Us



**Andrew Philip, PhD**

Primary Care Development Corporation

[aphilip@pcdc.org](mailto:aphilip@pcdc.org)

The screenshot shows the Primary Care Development Corporation (PCDC) website. The header includes the PCDC logo, navigation links (Contact Us, Newsletter, COVID-19, NEWS, REQUEST INFO, DONATE), and a secondary menu (OUR PROGRAMS, OUR IMPACT, EVENTS, RESOURCES, ABOUT PCDC). The breadcrumb trail reads: Home > Our Programs > Training and Technical Assistance > Solving for Sleep SAMHSA Webinar Series. A 'Quicklinks' sidebar lists: Request Info, Resources, Press Release, and Make a Donation. The main content area features the title 'Solving for Sleep SAMHSA Webinar Series' and the subtitle 'Integrating Care Through a Biopsychosocial Approach to Health'. The text describes a year-long virtual initiative by PCDC and the SAMHSA Center of Excellence for Integrated Health Solutions, focusing on sleep and related social and health needs. It mentions live virtual learning opportunities, free tools, and linkage to experts. A photo of a man sleeping is included. A teal button reads 'WATCH: EXPERT CONVERSATION WITH NCBH SENIOR DIRECTOR ALICIA KIRLEY'. At the bottom, it states: 'Webinar sessions are 60 minutes each with a follow-on open 'office hour' for Q&A with experts, and will range in topics including:'.

Learn more about our year-long virtual initiative and register for the webinar Series at [pcdc.org/sleep](https://pcdc.org/sleep).

**NOTE: This template is not a tool or resource meant for use to screen patients and is for illustrative purposes only. The panelists discussed various screening tools, and this example contains brief screenings for a variety of behavioral health situations. If the patient were positive on any of the brief screeners it would trigger a referral to a behavioral health specialist who would complete the full screening tool(s) with the patient.**

## **Wellness Screen**

Any positive results in any of the areas would trigger a referral to Behavioral Health

### **NIAAA**

1. How often do you have a drink containing alcohol?
  - a. Never (0)
  - b. Monthly or less (1)
  - c. 2-4 Times a month (2)
  - d. 2-3 Times a week (3)
  - e. 4 or More times a week (4)
2. How often do you have six or more drinks on one occasion?
  - a. Never (0)
  - b. Less than monthly (1)
  - c. Weekly (2)
  - d. Daily or almost daily (4)
3. How many standard drinks containing alcohol do you have on a typical day?
  - a. 1 or 2 (0)
  - b. 3 or 4 (1)
  - c. 5 or 6 (2)
  - d. 7 to 9 (3)
  - e. 10 or more (4)

**RESULTS: MALE: SCORE OF 4 OR MORE IS POSITIVE  
FEMALE: SCORE OF 3 OR MORE IS POSITIVE**

### **NIDA**

4. How many times in the past year have you used recreational drugs or used a prescription medication for non-medical reasons?
  - a. 0
  - b. 1 or more

**RESULTS: SCORE OF 1 OR MORE IS POSITIVE**

## **Insomnia Severity Index**

5. Do you have difficulty falling asleep?
  - a. No difficulty (0)
  - b. Mild difficulty (1)
  - c. Moderate difficulty (2)
  - d. Severe difficulty (3)



e. Extreme difficulty (4)

6. Do you have difficulty staying asleep?

- a. No difficulty (0)
- b. Mild difficulty (1)
- c. Moderate difficulty (2)
- d. Severe difficulty (3)
- e. Extreme difficulty (4)

7. Do you have problems waking up too early?

- a. No Problem (0)
- b. Mild Problem (1)
- c. Moderate Problem (2)
- d. Severe Problem (3)
- e. Very Severe Problem (4)

**RESULTS: SCORE OF 3 OR MORE IS POSITIVE**

**GAD 2**

8. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxiety or on edge?

- a. Not at all (0)
- b. Several Days (1)
- c. More than half the days (2)
- d. Nearly every day (3)

9. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying

- a. Not at all (0)
- b. Several days (1)
- c. More than half the days (2)
- d. Nearly every day (3)

**RESULTS: SCORE OF 3 OR MORE IS POSITIVE**

**PHQ-2**

10. Over the last 2 weeks how often have you had little interest or pleasure in doing things?

- a. Not at all (0)
- b. Several days (1)
- c. More than half the days (2)
- d. Nearly every day (3)

11. Over the last 2 weeks how often have you felt down, depressed or hopeless?

- a. Not at all (0)
- b. Several days (1)
- c. More than half the days (2)
- d. Nearly every day (3)

**RESULTS: SCORE OF 3 OR MORE IS POSITIVE**