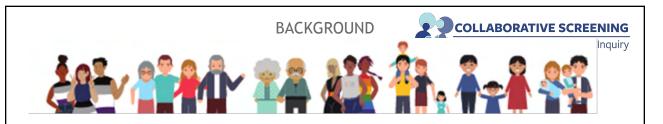


Collaborative Screening: Guidance for Person-Centered Inquiry

Virtual Learning Event: Wednesday, June 15, 2022, 9am-3pm, PST

© Washington Association for Community Health



The Association supports community health centers to establish and maintain social needs screening programs to connect clients to needed resources and better inform care leading to improved health outcomes and lives for clients.

We host a monthly Social Determinants of Health Workgroup to enable peer discussion, share best practices and challenges and training on helpful topics.

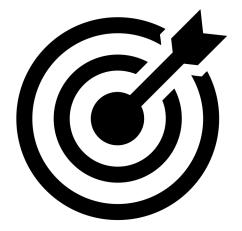




With generous support from the Kaiser Foundation Health Plan of Washington



By the end of this learning series, participants will be able to:



- Connect the dots between person-centered screening and referral, value-based care and health equity strategies
- Describe trauma-informed and person-centered design principles for conducting screening and referral conversations and system design
- Facilitate person-centered screening and referral interactions using the Collaborative Screening conversation guide
- Articulate next steps for creating a more person-centered approach at their organization

PRESENTER







Ariel Singer

Healthcare Transformation Strategist,
Facilitator and Trainer

SKILL-BUILDING



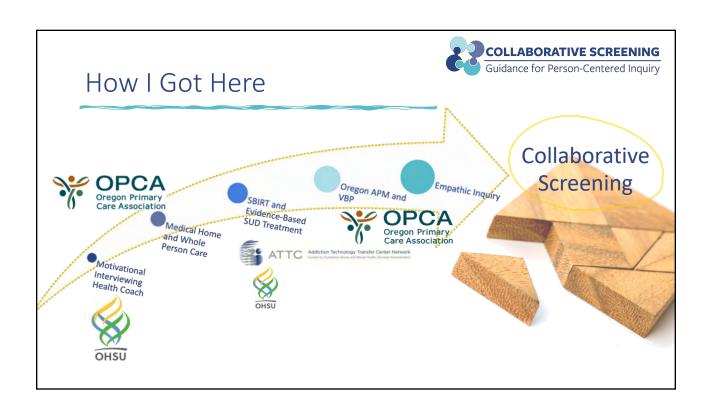


Collaborative Screening Skill-Building Series

July-December 2022 | Second Wednesday 12-1 PM

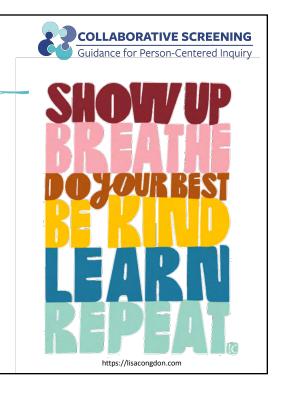
Join this monthly webinar series to review and practice the person-centered screening and referral skills introduced in the Collaborative Screening workshop. Building on the Collaborative Screening workshop skills, we will also learn and practice some additional evidence-based practices for effective and partnership-based communication with patients:

- Start Off Strong: Engagement Strategies
- Demonstrate Empathy: Open Questions and Reflective Listening
- Supporting Change: Building Motivation for Next Steps
- Build Self-Efficacy: Affirmations and Strengths-Based Care
- Facilitate Referrals with Ask-Tell-Ask
- End with Clarity: Summaries and Teachback



Group Agreements

- Keep cameras on as much as possible
- Share, listen, participate
- Take care of yourself
 - Stand up
 - Step out
- Respect others—limit distraction
- Be gentle on yourself and others
- Roll up your sleeves and practice
- Have fun!



Popular Education

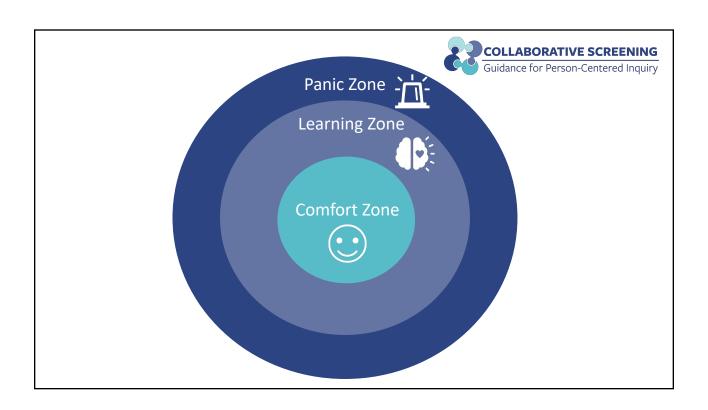


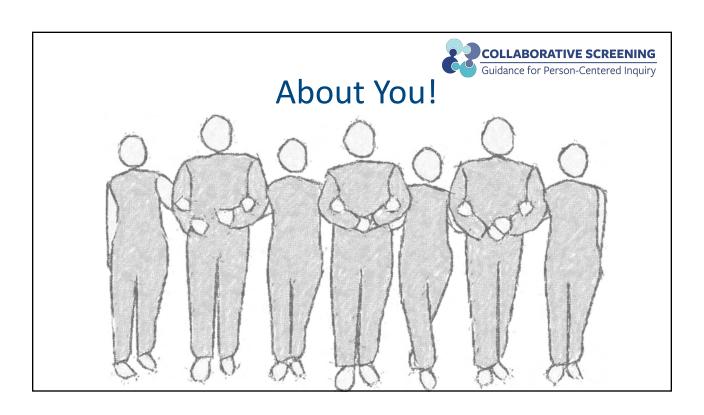
- People-oriented and people-guided approach to education
- Centered on participant life experiences
- Affirms dignity and knowledge of all participants
- · All teach, all learn
- Empowers people to think critically and take action for change

http://www.intergroupresources.com/popular-education/







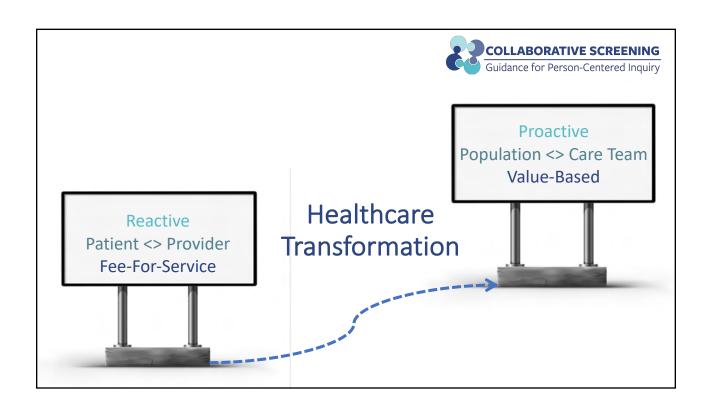


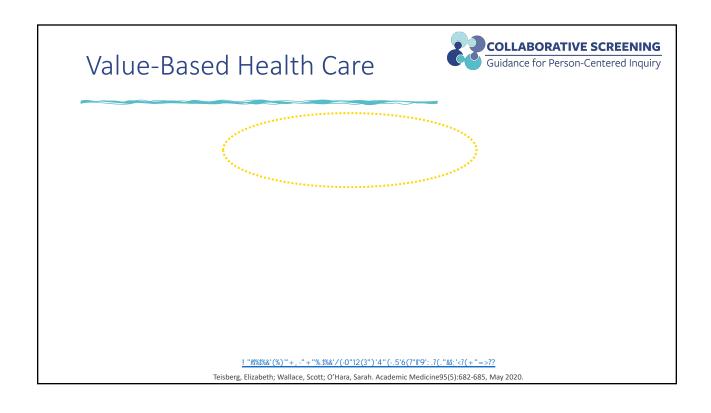


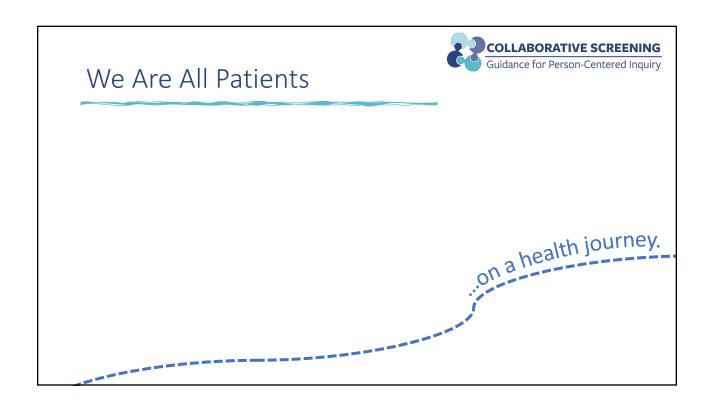
Whole Person Health

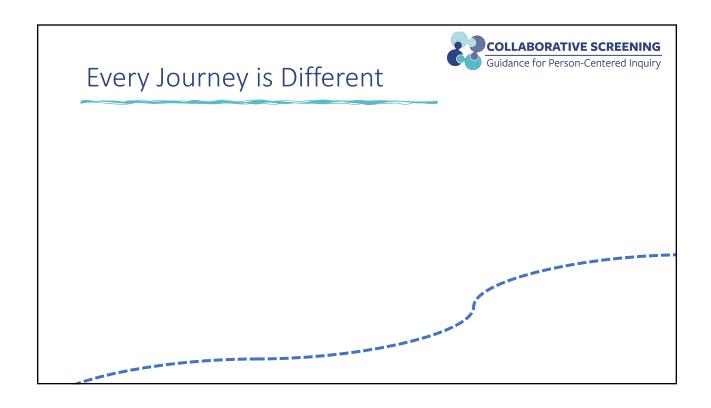
- Why is screening important?
- What does person-centered care mean to you?
- How person-centered do you think your screening and referral strategies are overall?

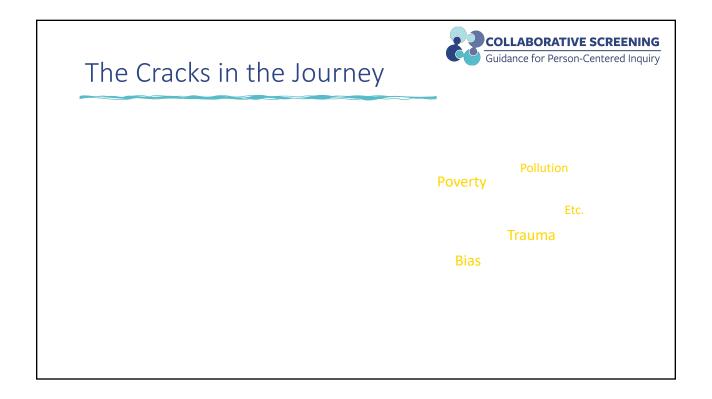
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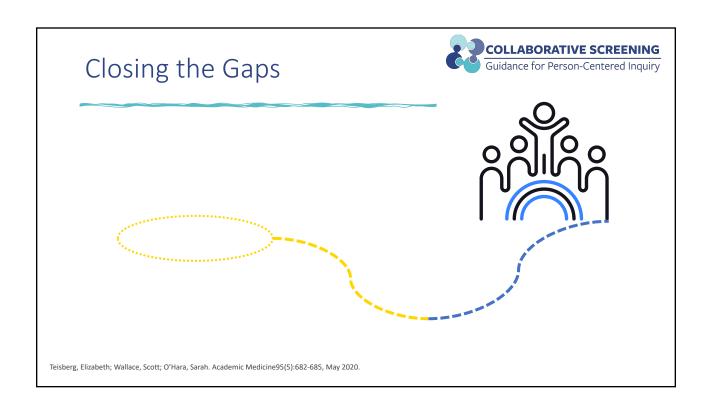


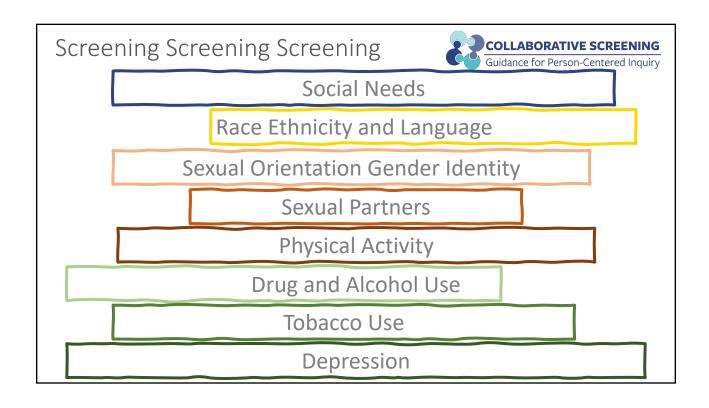


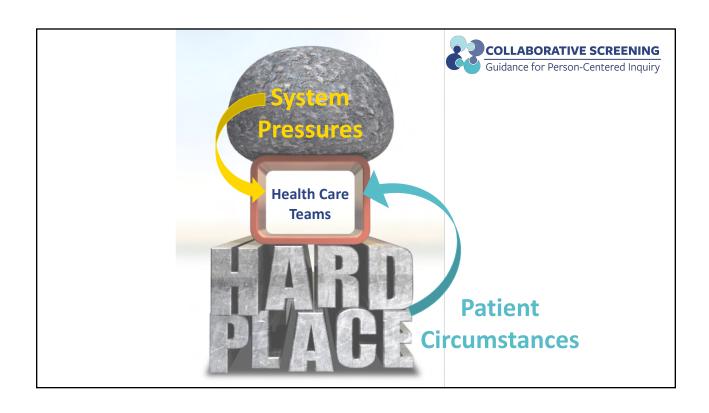


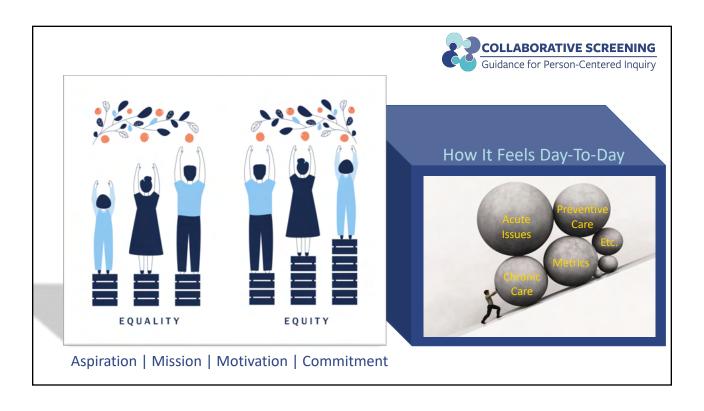


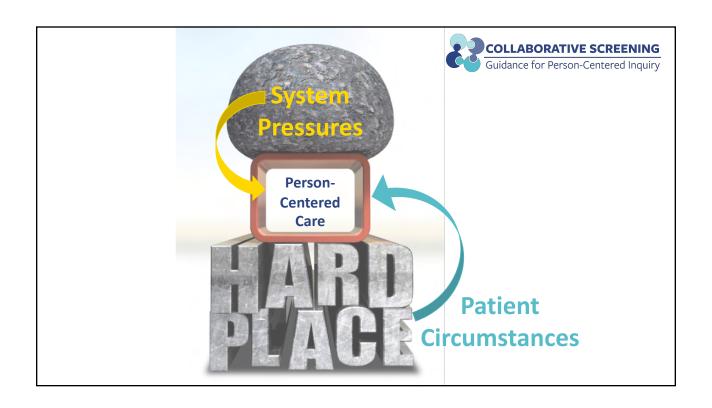


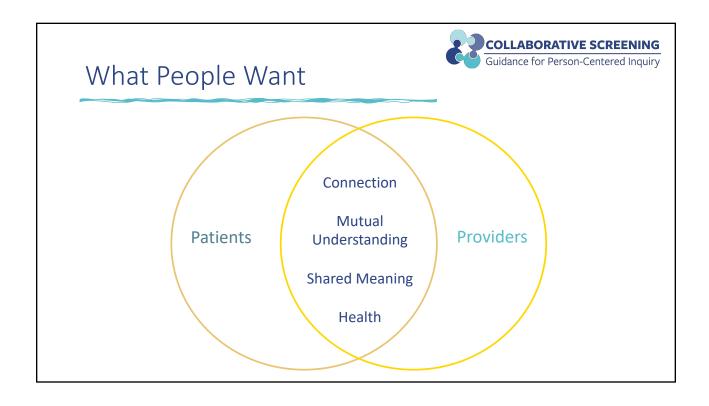












Motivational Interviewing

Trauma-Informed Care

Empathic Inquiry

Cultural Humility

Health Equity

Stakeholder Input

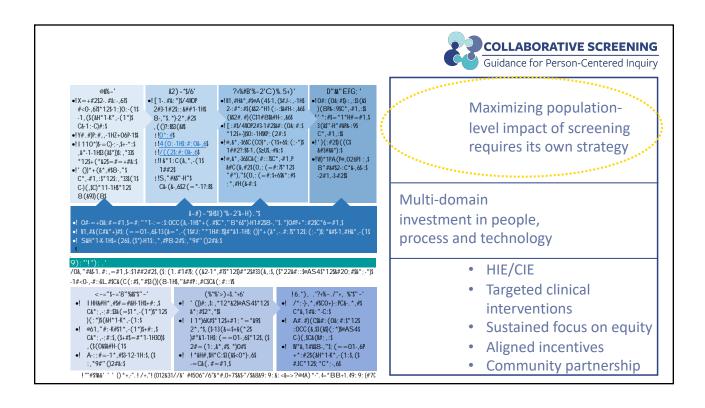


COLLABORATIVE SCREENING

Guidance for Person-Centered Inquiry

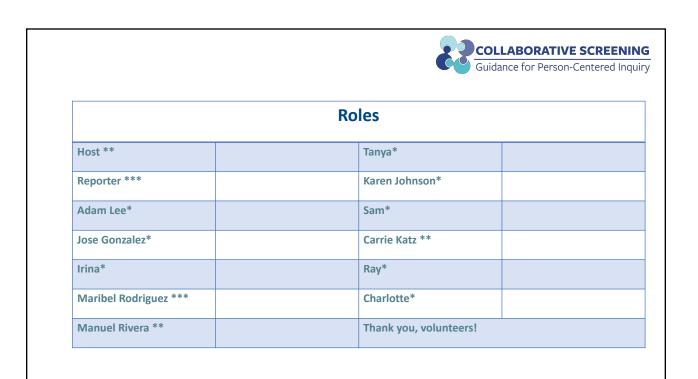
Collaborative Screening is an evidence-informed and person-centered approach to gathering information and following up with referrals in health and social service settings that elevates the perspective, expertise and autonomy of the individual being served, rather than the needs and requirements of the institution.

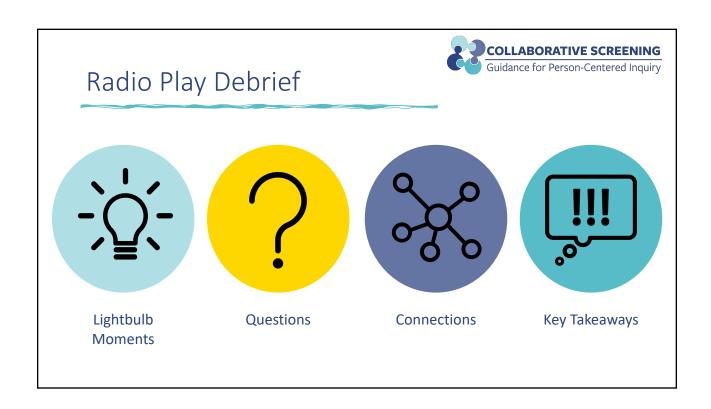






Person-Centered Screening and Referral Conversations







Brene Brown on Empathy



Empathy



Four Attributes of Empathy

Wiseman, T. (1996). A concept analysis of empathy. Journal of Advanced Nursing, 23, 1162-1167.

- See the world as others see it.
- Understand another's current feelings
- Remain non-judgmental
- · Communicate the understanding

Strengths

- Demonstrates listening and creates the feeling of being heard.
- Shows the speaker that the listener honors and cares about their
- creates a feeling of connection by conveying attentiveness and curiosity, even if the listener does not share the experience of the speaker.

Limitations

Shared experience can be very powerful, and empathy may not always be able to bridge that gap.

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Sympathy

Feelings of pity and sorrow for someone else's misfortune.

https://en.oxforddictionaries.com/definition/sympathy

"Each person's grief has its own fingerprint. Every journey of sorrow has a unique map. Hearts will heal on their own timetable. Never presume to know how others should deal with their pain."

- John Mark Green

Strengths

- Conveys caring and shows the speaker that the listener is moved by their experience.
- Even when we are powerless to change someone else's suffering, expressing sympathy show others that we share in their sorrow.

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Limitations

- Sympathy changes the conversation to be about the emotional experience of the listener.
- In an attempt to relieve the listener, many people feel compelled to respond to any expression of sympathy with, "Its ok, I'm fine."
- Sympathy may also come across as the listener's pity, suggesting a lack of confidence in the personal agency and empowerment of the speaker.

Identifying



Process by which one ascribes to oneself the qualities or characteristics of another person.

 $\underline{\text{http://www.dictionary.com/browse/identification}}$

"To sense the hurt or the pleasure of another as he senses it and to perceive the causes thereof as he perceives them, but without ever losing recognition that it is *as if* I were hurt or pleased and so forth. If this "as if" quality is lost, then the state is one of identification."

- Carl Rogers

Strengths

- Shared experience can pierce feelings of isolation and be a powerful source of comfort during a hard time.
- Hearing, "I've been there too," can quickly create strong feelings of trust and companionship.

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Limitations

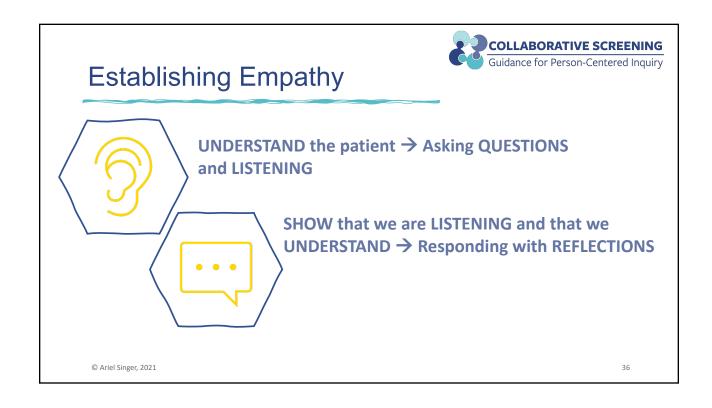
- There will always be people with whom this method for emotional connection is not possible.
- The emphasis on shared experience may weaken interpersonal boundaries and leave the listener more vulnerable to secondary trauma.
- Identifying shifts the focus of the conversation to the listener.
- May lead to assumptions or misplaced advice.



How Being Listened To Generally Makes Us Feel

- Ready to talk more
- Understood
- Accepted
- Able to change
- Open
- Respected
- Engaged
- Safe

- Empowered
- Comfortable
- Interested
- Cooperative
- Trusting
- Ready to come back
- More likely to move in a positive direction!





Reflective Listening



- Efficiently facilitates connection and the feeling of being heard
- Tests a hypothesis about what the speaker means
- Requires non-judgmental curiosity and nonattachment to being "right" or in agreement with the speaker
- Is powerful, even when "wrong"

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Sounds like

COLLABORATIVE SCREENING
Guidance for Person-Centered Inquiry

COLLABORATIVE SCREENING
Guidance for Person-Centered Inquiry

- So you feel...
- You're wondering if...
- You're feeling...
- It sounds like you...
- It seems to you...
- So you....



Sounds like

- So you feel...
- You're wondering if...
- You're feeling...
- It sounds like you...
- It seems to you...
- So you....





Sounds like...

Speaker: Well, you know, I was very selective about what I would disclose. Some stuff, I'm not sure that it won't go to the grave with me. So but when you're just sitting down, and meeting somebody, you know...it's embarrassing to talk about some stuff that has happened to me and stuff that I have perpetrated on other people, you know, I have been a bully. I have been a bully and a liar, and all that and you know, it's embarrassing.

Listener: It sounds like you're really taking responsibility for yourself and also doing that requires vulnerability, and you kind of do it at the pace that feels comfortable.

Speaker: You know the trust is such a big thing. It's everything really, it really is. And, you know it takes time and you have to be willing to take risks, you know? And when I take a risk and it doesn't pan out, then it's a huge setback. You know, I have terrible depression and and it'll hobble me, you know, so I have to be really careful about my emotions and expectations of down payment for resentment.

Listener: So you have to be willing to take the risk of building that kind of relationship.

Speaker: Yeah. Well, I don't know, I imagine for a lot of people, trust is a huge issue. When you're talking about past traumas or, or whatever brings you in to get mental health help, it's not easy. It's not easy to talk about that stuff. Speaking from a man's point of view, you know, I myself get along better with women. I am much more apt to share more in depth with women and I don't know why that is. That's just for me, maybe somebody else has a different preference. You know, you could find out during the interview process, you know, would you rather talk to a female or a male. I would've liked to have had that option.

Listener: To be given more choices.



Speaker: Well, you know, I was very selective about what I would disclose. Some stuff, I'm not sure that it won't go to the grave with me. So but when you're just sitting down, and meeting somebody, you know...it's embarrassing to talk about some stuff that has happened to me and stuff that I have perpetrated on other people, you know, I have been a bully. I have been a bully and a liar, and all that and you know, it's embarrassing.

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Listener: To be given more choices.

Speaker: Yeah, mmm-hmmm.



Sounds like...

Speaker: I've always set others ahead of me.

Listener: Putting yourself second is something that you've practiced for a very long time.

Speaker: It's not even second, dude. It's, like, 300th, you know?

QE S6, E3 https://tvshowtranscripts.ourboard.org/viewtopic.php?f=1158&t=49913

Speaker: I actually had a pair that were like this when I first met Jodie. She loved 'em.

Listener: And what do you think Jodie would think about this whole experience?

Speaker: She would want this for me. Yeah. She would want me to go on.

Listener: Yeah, hopefully, you're gonna have many, many, many more years ahead of you. And you wanna

enjoy your life.

Speaker: Exactly.

QE~S6,~E5https://tvshowtranscripts.ourboard.org/viewtopic.php?f=1158&t=49915



https://www.humansofnewyork.com/

"His Multiple Sclerosis never felt like a big part of our childhood. Our parents made sure of that. We still went to baseball games. And took a lot of vacations. And Dad did everything he could to be a normal dad...

Several years ago my dad retired to focus full time on his health...He's managed to get back a lot of independence, which has taken pressure off Mom."



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https://www.humansofnewyork.com/





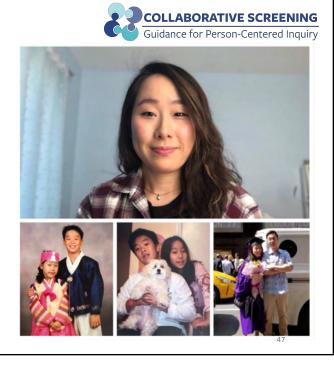
"I was working as a school secretary. I'd just turned 40. My kids were finally a bit older, so I decided it was time. College was unfinished business for me.

At first I was just planning to get my undergrad degree, but halfway through I thought: 'Wait a minute, I'm going to be a school counselor.' My biggest motivation was all those years I'd spent as a young mother: trying to take care of three babies, while still growing up myself."

https://www.humansofnewyork.com/

"I didn't get my first hearing aids until elementary school. And those helped a lot, but they didn't actually restore my hearing, they just amplified sound. It could be hard to pinpoint voices. And I still had to read lips, so I was constantly asking people to talk slower.

It was exhausting. And I felt like a burden, like I was constantly pushing my disability on other people. Eventually I just stopped trying to engage, which came with its own set of problems."



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"You know how every school has that one person that's kinda famous? That's our Rosso...She does a little bit of everything for these kids.

If a kid is absent, she goes looking for them. She doesn't care if it's in the projects. She'll knock on their door, pull them out of bed, and make sure they go to school.

Rosso's English is a little off. She can be hard to understand sometimes. But nobody cares. She calls me Hawkinson, and my name is Hawkins. But it's all love. When my mom passed, Rosso came to my house. Asking me if I was OK. Asking if I'd eaten. She said: 'Hawkinson, is there anything I can do?' That's our Rosso."



https://www.humansofnewyork.com/

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Collaborative Screening Conversation Guide



Share how the conversation guide is:

- Supportive
- •Familiar
- Missing things
- •What else...?





Yale University School of Management researchers conducted:



Experiments on Empathic Accuracy

- Voice-only
- Voice and visual
- Multi-sense communication
- » We are good at masking our emotions in our facial expressions
- » We are bad at cognitive multi-tasking
- » We naturally use non-verbal cues to listen for meaning, including "pitch, cadence, speed and volume"
- » Meaning is conveyed not just through what people say, but how they say it

https://www.apa.org/pubs/journals/releases/amp-amp0000147.pdf

Outreach and Engagement



- Project a feeling of presence via phone call by taking a pause before you dial to bring yourself into listening mode
- Create a good script and really use it. Over time, it will become second nature and you will have built strong patient-centered communication
- You can both hear and convey smiling, solemnity, etc. by using your face as you normally would in conversation.
- Use non-verbal vocalizations and silence or pauses, such as a deep breath, to convey listening and connection.
- Remember that even if you cannot offer patients all the resources that they need, you can always offer support, respect and kindness. Be authentic and that will come through.

Listening with gentle curiosity Understanding patient priorities

Focusing on strengths

Supporting patient choice and empowerment

Maintaining neutrality in body language and tone

 Sharing power through transparency and active collaboration



- Listening to respond
- Starting from system priorities
- Focusing on deficits
- Going straight to "fix-it" mode
- Conveying judgment
- Sharing power inconsistently
- Relating to screening as data collection instead of relationship

Used with permission OPCA



Role Play Instructions



Roles

- Facilitator: This role does not rotate. This person serves as the leader for the group and helps to keep the overall process moving along.
- Practitioner: This role rotates. Each person takes a turn practicing their Collaborative Screening skills, using the Conversation Guide.
- Patient: This role rotates. Each person takes a turn serving as patient so that others may try the other parts.
- Observer + Timekeeper: This role rotates. The person in this role uses the Collaborative Screening Observation and Feedback tool to keep track of the Practitioner's communication behaviors.

Materials

- Collaborative Screening Conversation Guide
- Patient Case Scenarios
- Observation and Feedback Tool

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Role Play Instructions

Overall Process

- Determine who will serve as the facilitator. This person will also take turns in the other roles.
- Identify who will start the role play as Patient, Practitioner and Observer.
- For each role play, determine whether the conversation will be conducted in an interview format or as a follow-up conversation, depending on the workflow likely to be used in your setting.
- Choose a patient scenario to use or create a new one.
- In order to create a smooth practice experience, avoid selecting the most complex scenario that you can think of. Even if you are using one of the standard scenarios, select only a few domains to discuss with the patient.

Role-Specific

- Practitioner: Using the Conversation Guide, practice the four processes of Collaborative Screening ->
 - Engaging
 - Listening
 - Supporting
 - · Summarizing and action planning
- Patient: Try to play a "typical" patient, rather than an outlier. In other words, don't play the patient as the most hostile or fragile person to walk through the doors in the last two weeks.
- Observer: Use the Observation and Feedback tool to listen carefully to the conversation, while also keeping an eye on the time. Each role play should last for no more than about 10 minutes.

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Collaborative Screening: Guidance for Person-Centered Inquiry

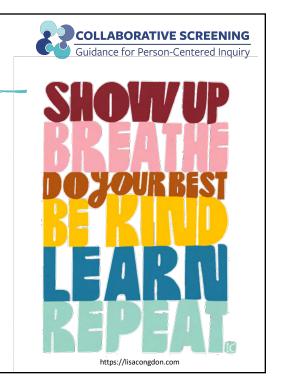
Virtual Learning Event: Thursday, June 16, 2022, 9am-12pm, PST

© Washington Association for Community Healtl

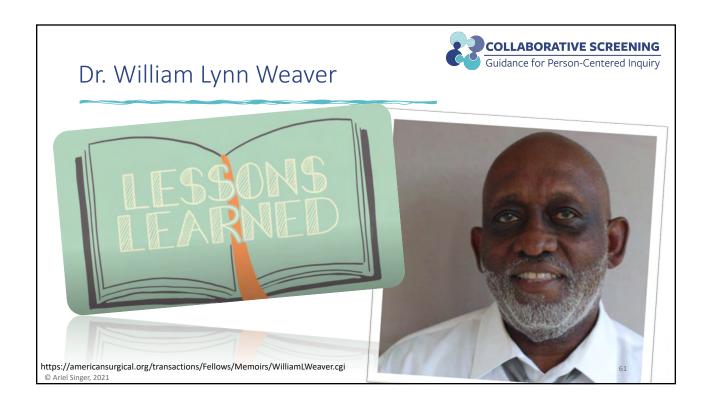
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Group Agreements

- Keep cameras on as much as possible
- Share, listen, *participate*
- Take care of yourself
 - Stand up
 - Step out
- Respect others—limit distraction
- Be gentle on yourself and others
- Roll up your sleeves and practice
- Have fun!



Accurate	Action-oriented	Adventurous
Ambitious	Analytical	Appreciative
Authentic	Caring	Clever
Compassionate	Charming	Communicative
Confident	Considerate	Courageous
Creative	Curious	Decisive
Dedicated	Determined	Detail-oriented
Empathetic	Energetic	Entertaining
Enthusiastic	Fair	Fast
Flexible	Focused	Friendly
Generous	Grateful	Helpful
Honest	Hopeful	Humble
Humorous	Idealistic	Independent
Knowledgeable	Logical	Lively
Observant	Optimistic	Open-minded
Orderly	Original	Organized
Outgoing	Patient	Peaceful
Perseverant	Persuasive	Persistent
Practical	Precise	Problem-solving
Prudent	Quick-witted	Resourceful
Respectful	Responsible	Self-assured
Strategic	Tactful	Team-oriented
Trustworthy	Versatile	Visionary
Warm	Welcoming	Wise



Lessons Learned

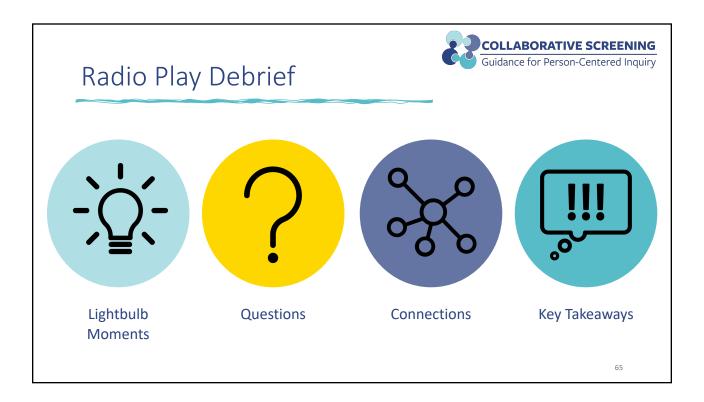


- What does this have to do with screening in health care systems?
- How does person-centered screening connect with your organizational mission?
- How can you be an advocate bringing new ideas and deeper commitment to person-centered care to your organization?

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COLLABORATIVE SCREENING Radio Play Roles Roles Host** Natalia* Reporter** Anna* Adam Lee** Susan Nichols* Ellen* Roger* Teresa Chavez*** Luis Hidalgo* Manuel Rivera*** John* Emily Anderson*** Thank you, volunteers! © Ariel Singer, 2021



A Vision for Change

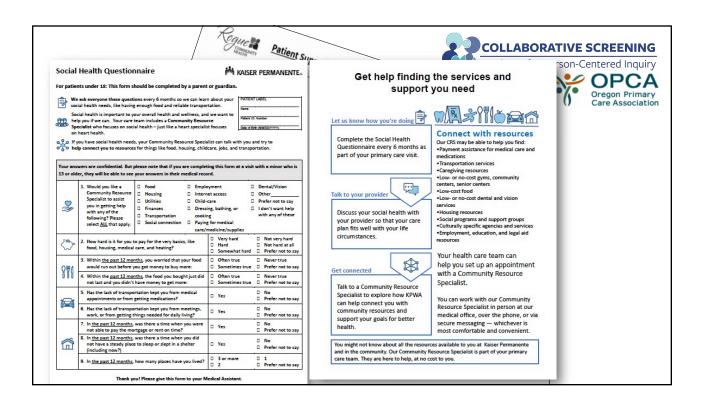


"To me, it's essential that you start where people are. But if you're going to start where they are, but then don't change, then there's no point in starting because you're not going anywhere.

So while I insist on starting where people are, that's the only place they could start. I could start somewhere else. I can start where I am, but they've got to start where they are."

-Myles Horton
We Make the Road by Walking

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Social Health Screening Workflow



COLLABORATIVE SCREENING



CHW scrubs schedules on a daily basis

• CHW will check the schedule to see if patients have been screened in EMR

Front desk gives patients an SDH brief screen document

• Before the appointment, patients are given a SDH brief screener to select social needs priorities to share with their care team.

MA collects SDH brief screener and charts response in EMR

 If patient indicates needs to share, the MA will IM the CHW of the day. If available, the CHW responds to the MA to request a warm connection. If not available, the MA puts the screener in a folder that the CHWs know to check.

CHW introduces themselves

 CHW explains their role on the care team and asks permission to schedule an appointment to conduct a full PRAPARE assessment

CHW schedules a follow up appointment

 If patient accepts, CHW asks when they'd like to meet and how they'd like to be reached

Full PRAPARE assessment.

During the appointment, the CHW will conduct the full PRAPARE assessment using the Empathic Inquiry approach, enters responses in EMR and connect to resources when possible

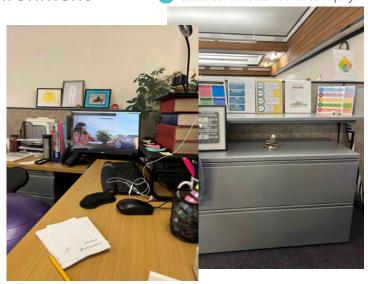
Creating a Welcoming Environment

I want to encourage folks to sit in their own "hot seats" and respond with their own feelings of what they would like to see and experience.

In addition, it may be helpful to know that my personcentered approach begins long before they're in my cubie.

From when we meet in the lobby, and I introduce myself and ask how they feel about shaking hands and then the walk to my cubie, then my invitation to have a seat and make themselves comfortable – my every physical movement and my tone of voice is purposely calculated to mitigate the difference in power that is inherent to this very vulnerable process for them.

By the time they're done with me, they are walking taller, shoulders back, chin up and a little pep in their step without creating false hope or using insincere flattery. I simply validate their own expertise of their experience and create room for them to thrive within their own sacred space by using body language cues.



- Maureen "Mo" Patton, Career Coach, WorkSource Oregon Rogue Valley

THANKS





EVENT EVALUATION:

Click on link in CHAT Box to fill out Event Evaluation or scan



Link to slides & handouts will be emailed

QUESTIONS/COMMENTS:

Contact Patricia Gepert (pgepert@wacommunityhealth.org)









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SKILL-BUILDING



Collaborative Screening Skill-Building Series

July-December 2022 | Second Wednesday 12-1 PM

Join this monthly webinar series to review and practice the person-centered screening and referral skills introduced in the Collaborative Screening workshop. Building on the Collaborative Screening workshop skills, we will also learn and practice some additional evidence-based practices for effective and partnership-based communication with patient:

- Start Off Strong: Engagement Strategies
- Demonstrate Empathy: Open Questions and Reflective Listening
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- Build Self-Efficacy: Affirmations and Strengths-Based Care
- · Facilitate Referrals with Ask-Tell-Ask
- End with Clarity: Summaries and Teachback

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