



Bibliography of Related Work

Behavioral Health Support Specialist Clinical Training Program

1. Areán, P. A., Renn, B. N., & Ratzliff, A. (2021). Making Psychotherapy Available in the United States: Implementation Challenges and Solutions. *Psychiatric Services*, 72(2), 222–224. <https://doi.org/10.1176/appi.ps.202000220>

This article examines the inadequate treatment of mental illness in the US health care system, and advocates that diverse stakeholders come together to ensure that evidence-based psychotherapy is more readily available within the system.

2. Raue, P. J., Dawson, A., Hoeft, T., Russo, J., Ferguson, D., Green, L., Petersky, C., & Kaplan, C. (2021). Acceptability of a lay-delivered intervention for depression in senior centers. *Aging & Mental Health*, 25(3), 445–452. <https://doi.org/10.1080/13607863.2019.1698515>

This study examined the implementation of lay-delivered behavioral interventions to help depressed seniors increase participation in rewarding activities. The study found high depression rates among senior center clients and supported the acceptability of lay-delivered behavioral interventions.

3. Raue, P. J., Hawrilenko, M., Corey, M., Lin, J., Chen, S., & Mosser, B. A. (2022). “Do More, Feel Better”: Pilot RCT of Lay-Delivered Behavioral Activation for Depressed Senior Center Clients. *Behavior Therapy*, 53(3), 458–468. <https://doi.org/10.1016/j.beth.2021.11.005>

This randomized control trial tested “Do More, Feel Better”, a lay delivered Behavioral Activation intervention for depressed senior center clients. It found that evidence-based behavioral interventions delivered by lay volunteers can increase activity levels and reduce depression severity in older adults; and that this approach has the potential to address the insufficient workforce available to meet the mental health needs of community-dwelling older adults.

4. Raue, P. J., Sirey, J. A., Dawson, A., Berman, J., & Bruce, M. L. (2019). Lay-delivered behavioral activation for depressed senior center clients: Pilot RCT. *International Journal of Geriatric Psychiatry*, 34(11), 1715–1723. <https://doi.org/10.1002/gps.5186>

This pilot randomized control trial examined the feasibility of training volunteers to deliver a behavioral health intervention “Do More, Feel Better”, and looked at the acceptability, impact and safety of this intervention. Pilot data found “Do More, Feel Better” has the potential of transferring evidence-based behavioral interventions to the hands of supervised lay volunteers and can address the insufficient workforce providing geriatric mental health services.



5. Renn, B. N., Areán, P. A., Raue, P. J., Aisenberg, E., Friedman, E. C., & Popović, Z. (2021). **Modernizing Training in Psychotherapy Competencies With Adaptive Learning Systems: Proof of Concept.** *Research on Social Work Practice*, 31(1), 90–100. <https://doi.org/10.1177/1049731520964854>

This proof-of-concept study assessed the feasibility, acceptability, and effectiveness of an intelligent tutoring system (ITS) as a classroom adjunct to improve training bachelor of social work students in client engagement strategies. The study found that technology-enabled platforms like ITS hold great promise to expand access to competency-based training while reducing cost and time burdens associated with such skill acquisition.

6. Renn, B. N., Casey, C., Raue, P. J., Areán, P. A., & Ratzliff, A. (2022). **Task Sharing to Expand Access to Care: Development of a Behavioral Health Support Specialist.** *Psychiatric Services (Washington, D.C.)*, appips202100500. <https://doi.org/10.1176/appi.ps.202100500>

This article proposes the development of non-specialist professional roles to deliver low-intensity behavioral interventions for common mental health conditions in U.S. settings such as primary care, to improve access to mental health care. Using data and a multilevel stakeholder assessment, authors discuss findings and challenges associated with such a role, ultimately concluding that stakeholders find such a role to be acceptable and feasible.

7. Renn, B. N., Sams, N., Areán, P. A., & Raue, P. J. (2022). **A low-intensity behavioral intervention for depression in older adults delivered by lay coaches: Proof-of-concept trial.** *Aging & Mental Health*, 1–8. <https://doi.org/10.1080/13607863.2022.2084709>

With an eye towards expand U.S. geriatric mental health services. This proof-of-concept-trail examined the feasibility of training undergraduate students to deliver Do More, Feel Better, an evidence-informed program for depression; and feasibility, acceptability, and outcomes of this program. The trail conclude that it is feasible to train bachelor’s-level students to deliver a brief, structured intervention for depression.