Integrating Behavioral Health Into the Native Health Primary Care

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- NATIVE HEALTH, an Urban Indian Community Health Center, has been providing care in the Phoenix metropolitan area since 1978.

  - The agency is authorized under the American Indian Health Care Improvement Act.

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Native American Community Service Center

- 4520 North Central Avenue
  - Central Location
  - On light rail line
  - Co-located with
    - Phoenix Indian Center
    - Native American Connections

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NATIVE HEALTH Services

NATIVE HEALTH provides services targeted to urban Native Americans residing in the metro Phoenix area:

- Primary Medical Care
- Dental Care
- Behavioral Health Services
- WIC services

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Additional Services

- Additional NATIVE HEALTH programs include preventative, supportive and ancillary services
- NATIVE HEALTH serves over 12,000 individuals per year resulting in 68,000 encounters.

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Why Integrate Behavioral Health into Primary Care?

Integrated Care enables a promising, viable, and efficient means of ensuring people have access to mental health services.

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Why Integrate Behavioral Health into Primary Care?

Mental health care delivered in an integrated setting can help to minimize stigma and discrimination, while increasing opportunities to improve overall health outcomes.

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Native Health Rationale

A comprehensive health care system must support mental health integration

- Treats the patient at the point of care where the patient is most comfortable
- Applies a patient-centered approach to treatment

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Native Health Rationale

Additionally, Integrated Care positively impacts disparities in health care in minority populations

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DIFFERENCES BETWEEN COLLABORATIVE AND INTEGRATED CARE

Collaborative Care and Integrated Care are the two terms most often used to describe the interface of primary care and behavioral health care.

- The terms are not used consistently causing confusion in the health care field.

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DIFFERENCES BETWEEN COLLABORATIVE AND INTEGRATED CARE

- Collaborative care involves behavioral health working **with** primary care;
- Integrated care involves behavioral health working **within** and as a part of primary care.

Strosahl (1998)

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CONCEPTS COMMON TO ALL MODELS OF INTEGRATED CARE

Four concepts common to all models of integrated care.

- Medical home
- The health care team
- Stepped care
- The four-quadrant clinical integration

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PRACTICE MODELS OF INTEGRATION

The Milbank Memorial Fund Report (2008) describes eight models of integration:

1. Improved collaboration
2. Medically provided behavioral health care
3. Co-location

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PRACTICE MODELS OF INTEGRATION

4. Disease management
5. Reverse co-location
6. Unified primary care and behavioral health
7. Primary care behavioral health
8. Collaborative system of care

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Collaborative Care Organizations

- Coordinated
- Co-located
- Integrated

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Primary Care
Behavioral Health Model

- Behavioral health is a routine part of the medical care.
- Behavioral health clinician is part of the primary care team.
- Patient's primary care physician is the principal "provider".

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Primary Care Behavioral Health Model

- Behavioral health clinician does not take over responsibility for treating the patient; temporarily co-manages the patient with the referring physician

- The primary care behavioral health model uses a "wide net" approach
  - Intended to serve the entire primary care population with emphasis on brief, focused interventions

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Primary Care Behavioral Health Model Goal

- The Brief Intervention goal is to:
  - Educate patients about their condition
  - Discuss different types of self-management strategies that patients can implement in their daily environments

15-30 minute sessions in exam rooms

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Key Features

- "Warm Handoffs"
- "Curbside Consultations"
- Service delivery consists of multiple formats:
  - Patient education
  - Case management
  - Telephone monitoring
  - Skill coaching

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Implementation Considerations

- Provider knowledge and skills
- Properly trained Behavioral Health staff
- Financial;

  Expenses and resources to cover costs

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Patients will benefit from the Integrated model of care:

- Strengthens the patient-centered medical home
- Health Care provision within a holistic framework

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Questions?

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References:

Milbank Memorial Fund Report: Evolving Models of Behavioral Health Integration in Primary Care by Chris Collins, Denise Levis Hewson, Richard Munger, and Torlen Wade

http://www.milbank.org/reports/10430EvolvingCare/EvolvingCare.pdf

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