ANTICIPATE JOY

Managing Mental and Behavioral Health

Texas Academy of Family Physicians

2021 C. Frank Webber Lectureship

April 17, 2021

Faculty Disclosures

Dr. Evans has disclosed that neither she nor members of her immediate family have a relevant financial relationship with an ineligible company.

Dr. Tetterton has disclosed that neither she nor members of her immediate family have a relevant financial relationship with an ineligible company.

Educational Objectives

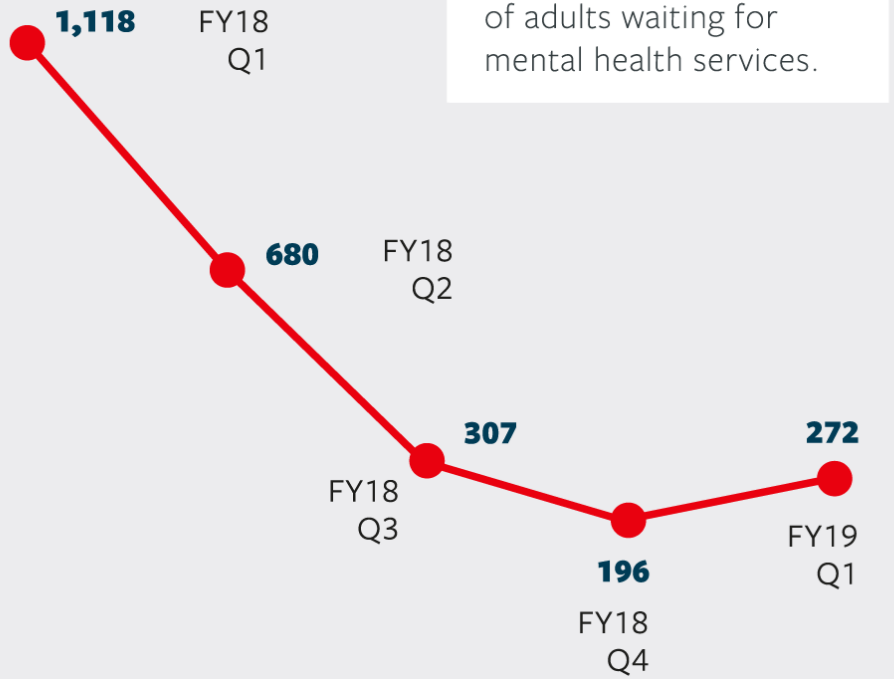
By completing this educational activity, the participant should be better able to:

1. Overcome obstacles of integrating behavioral health into primary care,
2. Explore evidence-based models of collaborative care.
3. Analyze cost effective ways of implementing evidence-based mental health programs.
4. Benefits of utilizing virtual behavioral health integration
5. Discuss evidence-based mental health techniques for physician stress and burnout.
6. Develop integrative treatment plans for patients suffering from fatigue.

The State of Mental Health

- The World Health Organization (WHO) has identified depression as the leading cause of disability worldwide
- 1 in 4 four Americans experience a behavioral health illness
- Between 30-80% of all primary care visits are driven behavioral health issues
- Overall, approximately 60% of mental health care visits are directed to a PCP
- Almost half of patients do not follow through when referred to a mental health specialist.

ADULT COMMUNITY MENTAL HEALTH WAITING LIST



Source: Texas Department of State Health Services

Why is Behavioral Health Important

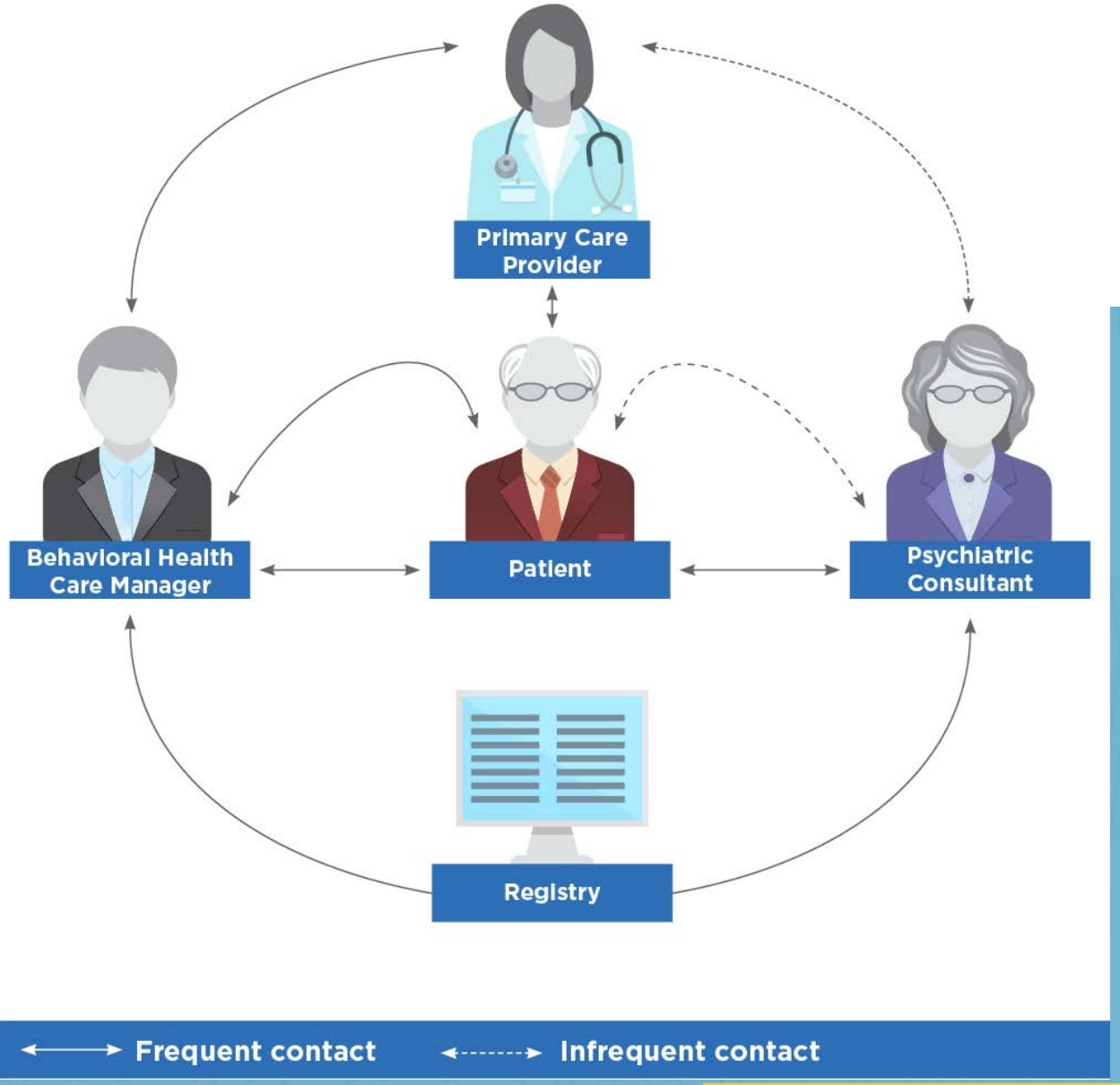
- Confidentiality
- Barriers to access
- Stigma surrounding mental health care and/or substance use disorder treatment

Boost patient access to behavioral health services

Integration Obstacles

Minimal programs are being implemented due to

- Resistance to something new
- Financial constraints
- Provider shortage
- Technological Issues



Collaborative Care Model

- Developed at the University of Washington in the 1990s
- IMPACT Trial published in 2002
- The Collaborative Care model (CoCM)
  - Depression & Anxiety
  - Cancer, Diabetes & HIV

Visit psychiatry.org/collaborate for more information

AIMS CENTER
UNIVERSITY of WASHINGTON
Psychiatry & Behavioral Sciences

Step by Step Collaborative Care (CoCM) Implementation Guide

Lay the Foundation

CoCM is a new way of doing medicine and requires an openness to creating a new vision that everyone supports.

- ✓ Develop an understanding of CoCM, its history and guiding principles.
- ✓ Develop strong advocacy for CoCM within leadership and among the clinical team.
- ✓ Create a CoCM vision with your overall mission and QI efforts in mind.
- ✓ Assess the difference between your current model and CoCM.

Plan for Clinical Practice Change

Clearly define team roles, create a patient-centered workflow, and decide how to track patient treatment & outcomes.

- ✓ Identify all CoCM team members and organize them for training.
- ✓ Develop a clinical flowchart and detailed action plan for the care team.
- ✓ Identify a population-based tracking system for your organization.
- ✓ Plan for funding, space, human resource, and other administrative needs.
- ✓ Plan to merge CoCM monitoring and reporting outcomes into an existing quality improvement plan.

Build Your Clinical Skills

Effective CoCM creates a team in which all providers work together using evidence-based treatments.

- ✓ Describe CoCM's key tasks, including patient engagement and identification, treatment initiation, outcome tracking, treatment adjustment and relapse prevention.
- ✓ Equip care team with the knowledge necessary to successfully implement CoCM.
- ✓ Develop care team skills in evidence-based interventions appropriate for primary care (e.g. PST, BA).

Launch Your Care

Is your team in place? Are they ready to use evidence- based interventions for primary care? All systems go? Time to launch!

- ✓ Implement a patient engagement plan.
- ✓ Manage the enrollment and tracking of patients in a registry.
- ✓ Develop a care team monitoring plan to ensure effective collaborations.
- ✓ Develop clinical skills to help patients throughout treatment, including a relapse prevention plan.

Nurture Your Care

Now is the time to see the results of your efforts as well as to think about ways to improve.

- ✓ Implement the care team monitoring plan to ensure effective team collaborations.
- ✓ Update your program vision and workflows as needed.
- ✓ Implement advanced training and support where necessary.

©2020 University of Washington • AIMS CENTER • aims.uw.edu

Cost Outcomes & Options

- High initial costs associated with Collaborative Care resulting in lower long-term results
- Accessibility due to handoff approach
- Improved Quality of Life
  - Fewer emergency room visits
  - Reduction in overall healthcare costs

Source: Research conducted by Harvard Medical School, Department of Psychiatry

Benefits of Virtual Behavioral Health Connection

- Virtual platform
- Confidential
- Compliant behavioral health services
- An existing network of licensed behavioral providers.
- Used as an on-demand referral
- Easily facilitated for practices that opt for a less collaborative approach to BHI.

Physician Stress & Burn-Out

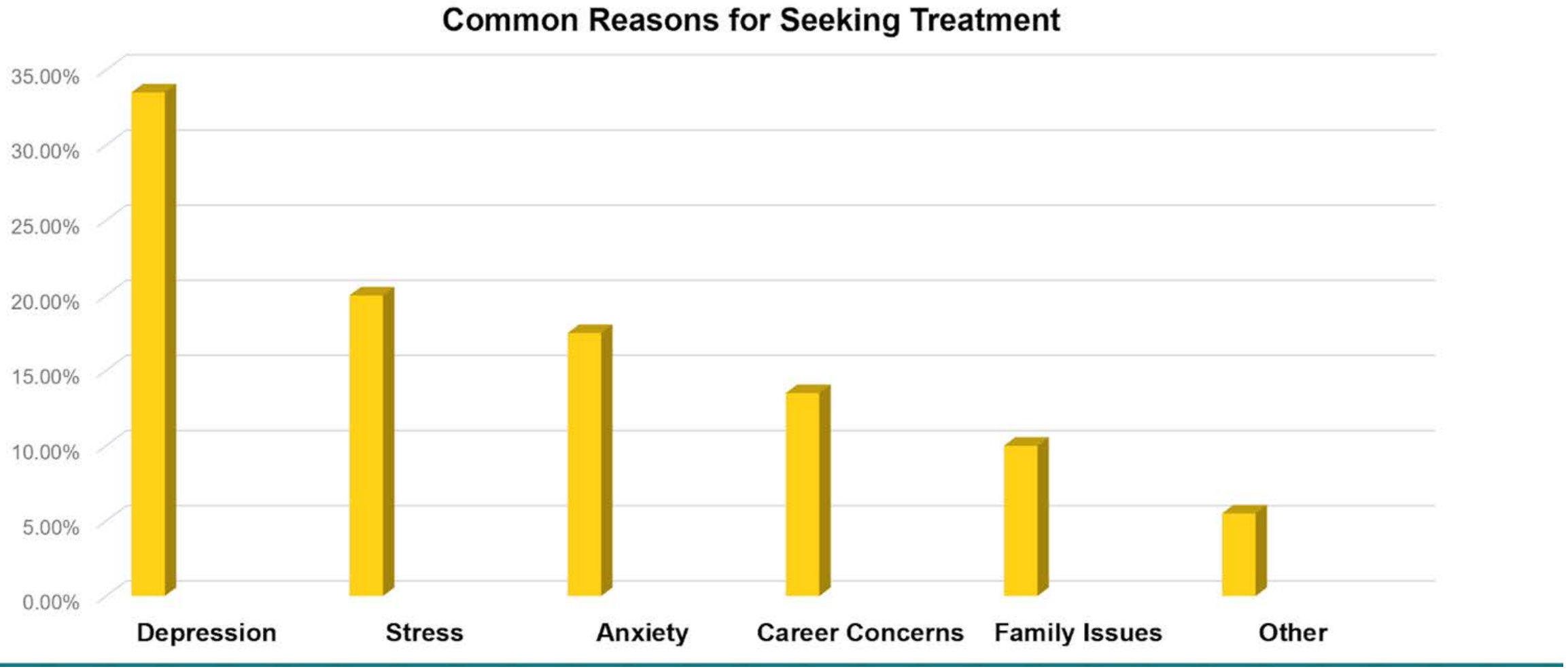
50% of male physicians and 39% of female physicians who reported burnout, depression, or both had never received professional help, were not currently seeking professional help, and did not plan to seek professional help.

Factors to burnout

- Too many administrative tasks
- Paperwork
- Long hours leading to exhaustion
- Personal life stressors

Source: Medscape National Physician Burnout & Depression Report 2019

TAFP Members



TAFP Member Benefits

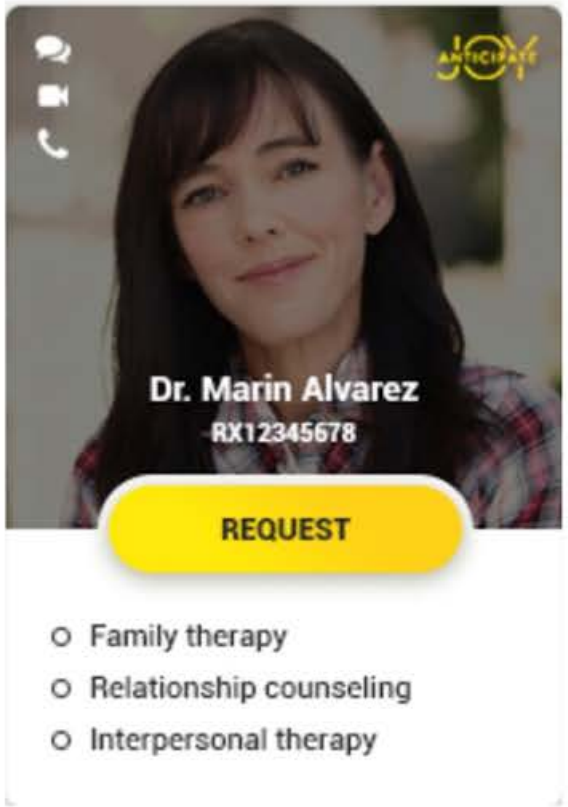
- Beginning October 2020
- TAFP has entered a partnership with Anticipate Joy, an online professional counseling service
- This program is available for TAFP active members and resident members
- Members can have up to four half-hour sessions with a therapist for $35 per session

Offering a Professional Network through Latest Technology

Technology

Clients rely on our secure & ***HIPAA Compliant Technology*** and our ***Professional Network*** of licensed mental health providers.

Professional Network



Experienced Network of Therapists with Diverse Expertise

Diverse Expertise

- ✓ Licensed Marriage and Family Therapist
- ✓ Licensed Professional Counselors
- ✓ Licensed Clinical Social Workers
- ✓ Licensed Clinical Psychologists

Rigorous Vetting of Experienced Professionals

- ✓ 75% have 10+ years experience
- ✓ 2+ Years Professional Experience Minimum

Audience Polling Question #1

How many Americans experience behavioral health illnesses each year.

1. 1 in 10
2. 1 in 4
3. 1 in 100

Audience Polling Question #2

In Collaborative Care Team - the Behavioral Health Care Manager is

1. a mental health professional who practices in the clinic with the primary care team
2. a remote case manager
3. a psychiatrist who serves as a consultant
4. all of the above

Audience Polling Question #3

Adopting a virtual behavioral health integration platform addresses which problems:

1. Mental health shortage
2. Access
3. Each of the above

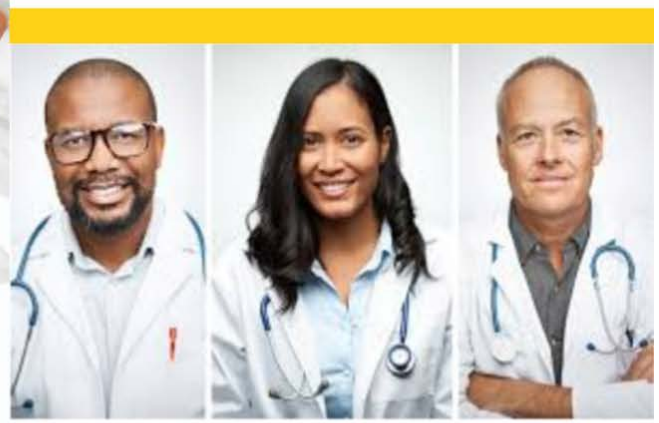
Audience Polling Question #4

Obstacles of behavioral health integration include

1. financial constraints
2. technical issues
3. resistance to new approaches
4. all of the above

Questions

LICENSED THERAPY
SIMPLIFIED & ONLINE.
JOY
ANTICIPATE
JOY
ANTICIPATE
INBOX
Hi Valerie,
Let's chat today
at 11:35a.


YOUR
BEST
YOU
AHEAD