



Integrated Care

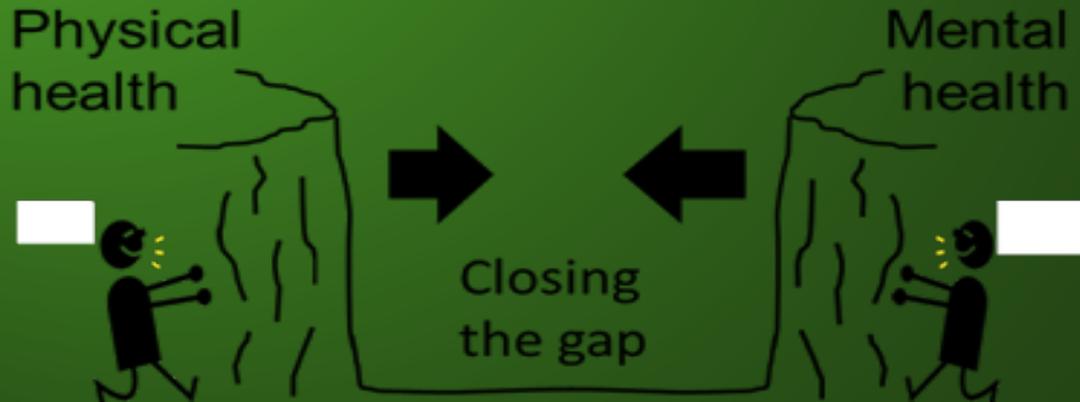
Behavioral Health

Presented by: Tara Calabro, Julia Sabo, and Lisa Jackinchuk



Integrated Care

- Addressing physical and behavioral health conditions
- Our focus is in primary care





ERMC Integrated Care Team

- Physician
- PA/NP
- Care Coordinator
- Behavioral Health Consultant
- Medical Assistants
- Referral Specialist
- Receptionists





Role of Primary Care Provider (PCP)

- Provide usual medical care
- Identify patients needing BH
- Engage patients in the model
- WARM HAND OFFS
- Utilize screening tools to track progress (examples: PHQ-9, GAD-7)
- Listen for patient change talk





Behavioral Health Consultant (BHC)

- Facilitate
- Perform
- Support
- Intervene
- Refer
- Prepare





Who Are Behavioral Health Consultants (BHC)?

We utilize:

- LMSW
- LLMSW
- Master's Level Interns



Great traits for BHC



- Flexible and adaptable
- Confident
- Outgoing
- Appreciate culture
- Strong conceptualization skills
- Organized
- Enthusiasm for learning
- Patient advocate
- Willingness to be interrupted
- Ability to work in a team
- “Be a Champion”

*Different from psychotherapy in many ways



Methods to Identify Patients

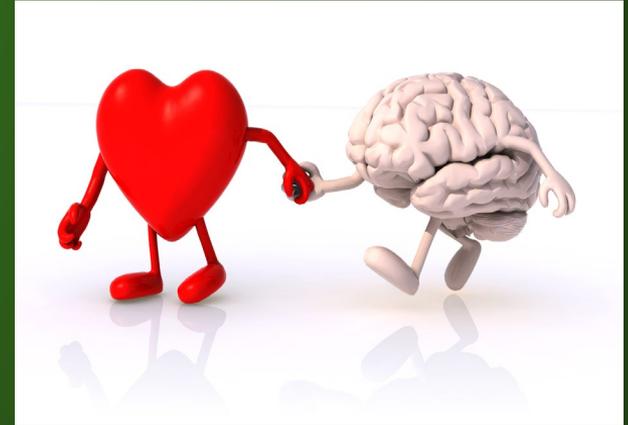
- PCP referral
- Systematic screening-PHQ-2/GAD-2
- EHR triggered from patient problem list or medication list





Screening Tools as Behavioral Health Vital Signs

- Behavioral health screens are as important as monitoring blood pressure
- Identify that there is a concern
- Need further assessment to understand the cause of the concern
- Help with ongoing monitoring to measure response to treatment





Patient Health Questionnaire-2 (PHQ-2)

Over the past 2 weeks, have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless



Generalized Anxiety Disorder-2 (GAD-2)

Over the past 2 weeks, how often have you been bothered by any of the following problems?

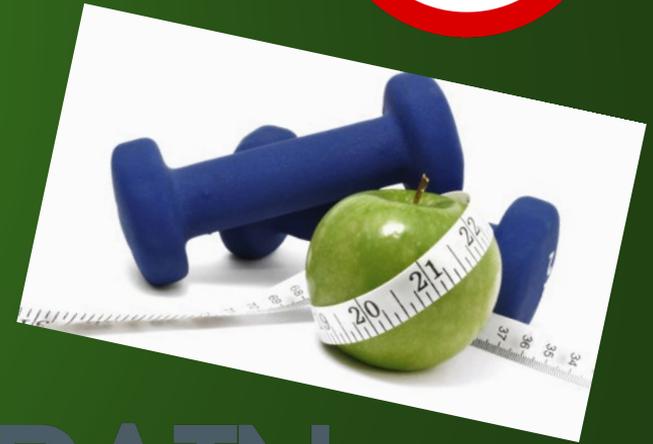
1. Feeling nervous, anxious or on edge
2. Not being able to stop or control worry

A positive response on either the PHQ-2 or GAD-2 is cause for administration of the PHQ-9 or GAD-7. A score of 10 or greater warrants BH intervention.



Other Health Areas BHC Can Impact

- Tobacco Cessation
- Pain Disorders & Pain Management
- Weight Loss or Weight Management
- Diabetes
- Hypertension
- ADHD
- Insomnia
- Alcohol/drug misuse
- Adjustment to various medical diagnosis'
- Goal setting & motivation to reach health goals



PAIN
MANAGEMENT





Evidence Based Brief Interventions

- Mindfulness Based Techniques
- Relaxation/Regulation Techniques
- Solution Focused Therapy
- Motivational Interviewing
- Behavior Modification Therapy
- Cognitive Behavioral Therapy (CBT)
- Healthy Lifestyle Behaviors Education
- Acceptance and Commitment Therapy (ACT)





Billable Encounters

Primary billing (CPT) codes:



Psychotherapy, 30 min → 90832

BH Assessment (health focused clinical interview, behavioral obs, health-oriented questionnaires), each 15 min face-to-face w pt → 96150

BH Reassessment → 96151

BH health & behavior intervention, each 15 min, face-to-face, ind → 96152

Working with Medical Providers

Availability and Accessibility

- BHC needs to be visible and easily accessible to Medical Providers
 - Same day questions
 - Available by cell phone

Integrated care

- Provide education to team on service
- Promote BHC as a resource





Communication with Medical Providers

- Clear and concise presentation of assessment
- Recommendations
- Future treatment plan
- Referrals as needed





Overcoming Barriers

- Initial buy-in
- Communication
- Differing personalities
- Identifying patients
- Lack of presence
- Introducing a BHC
- Scheduling conflicts
- Space
- Respect for differing disciplines





Benefits to Embracing the BH Model

- Speeds up medical providers
- “One stop shop”
- Improves patient satisfaction
- Specialized care
- Increased revenue for billable services



*Of 10 patients with behavioral health concerns:

6 will receive no treatment

2 will be provided treatment through their PCP

2 will receive treatment from a Mental Health provider



A DAY IN THE LIFE



Training for BHC

Care Management Skills- ability to track and follow patients

Specific Skills

- Knowledge of evidence based brief interventions

Web-based Training

- AIMS Center: <http://uwaims.org>
- Mental Health Integration Program (MHIP): <http://www.chpw.org/gau/>
- University of Michigan: <https://ssw.umich.edu/offices/continuing-education/certificate-courses/integrated-behavioral-health-and-primary-care>

