

MiPCT Pediatric Webinar November 20, 2015

Integrating Behavioral Health in
Primary Care

Rationale to Address Pediatric Mental Health Needs

15-20% Incidence behavioral health related diagnoses

50% Pediatric visits are behavioral or educational related

75% Pediatric patients with behavioral health diagnoses are being
seen and treated by their primary care provider

U.S. Data. (Weitzman & Leventhal, 2006)

Pediatric Mental Health Needs

- Only 20% of children receives care for their mental health needs
- 50% of adults in the U.S. with a mental health disorder displayed symptoms by the time they were age 14
- Families often fail to recognize symptoms of mental health needs

(Weitzman & Leventhal, 2006)

Benefits of Integrated Behavioral Health Into Primary Care

- Increased compliance
- Lessen stigma of mental health needs
- Increase self management of chronic mental health needs
- Improved coordination of care
- Decreased morbidity
- Preventative services
- Integration of physical and emotional care

Pediatric Mental Health Needs: Meeting PCMH Quality Measures

Clinical Focus Areas From 2014:

1. Behavioral Health and Depression
 - A. Incorporate depression screening into practice flow, with positive screens going to the care manager to link to community resources
 - B. Promote referral of newly diagnosed patients to care management for assistance with counseling resources first, with medication management next
2. Depression Screening for Patients with Chronic Health Conditions (12+)

Integrating Mental Health and Primary Care into the Pediatric Care Office

Multiple Models of Integration:

- American Academy of Pediatrics
- SAMHSA-HRSA for Integrated Health Solutions (CIHS)
 - National Alliance on Mental Health
 - World Health Organization

Integration of Behavioral Health Into Primary Care: Two Models

Mental Health Tool Kit, American Academy of Pediatrics

www.aap.org

-Mental Health Initiatives, Primary Care Tools

A Global Perspective, World Health Organization

www.who.int/en/

-Mental Health, Policies and Services

Mental Health Tool Kit

American Academy of Pediatrics

- A. Identify population of patients with mental health needs
- B. Identify screening tools and mental health services available
- C. Develop, build and maintain relationships with key community mental health advocates, school system (s), and substance abuse providers
- D. Develop protocols/policies for managing psychiatric emergencies
- E. Participate in local and state level efforts to address payment and other “system” barriers
- F. Decrease mental health stigma through private, public education

(Foy, Kelleher, & Laraque, 2010)

World Health Organization: A Global Perspective

- A. Policies, plans need to incorporate mental health
- B. Advocacy is required to shift attitudes and behavior
- C. Adequate training of primary care staff is required
- D. Primary care tasks must be limited and doable
- E. Specialist mental health professionals and facilities must be available to support primary care

World Health Organization: A Global Perspective

Cont'd

- F. Patients must have access to essential psychotropic medications in primary care
- G. Integration is a process, not an event
- H. A mental health service coordinator is crucial
- I. Collaboration with other government non-health sectors, nongovernmental organizations, village and community health workers, and volunteers is required
- J. Financial and human resources are needed

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Administrative Tasks:

1. LMSW Care Manager embedded into practice
2. Identify population of patients with mental health needs
3. Identify community resources and available services, including access and eligibility rules
4. Develop and maintain relationships with key mental health providers and advocates, academic organizations, and substance abuse providers
5. Develop protocols, policies for patients to receive mental health services, in all formats, including outpatient, inpatient, and intensive outpatient services

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Administrative Tasks, cont'd

6. Identify and update screening tools
7. Join billing collaborative efforts with MiPCT to address insurance and financial barriers
8. Provide individual and family education, as well as collaborative work with other patient centered care related systems to decrease stigma
9. Manage and complete quarterly reports

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Clinical Tasks:

1. Identify patient with mental health needs
2. Screening tool administered to patient
3. Referral made to Care Manager and/or other mental health professional for outpatient services
4. Referral made to Care Manager or Nurse for emergency mental health needs, including psychiatric unit placement

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Clinical tasks, cont'd

5. Care Management services provided, with need for additional referrals being evaluated on going
6. Coordination of care, treatment plan, and medication management completed with Primary Care Provider and Care Manager
7. All visits, phone calls, collaborative work, care plans, team conferences, etc are documented in patient's medical record

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Clinical tasks, cont'd

8. Care Manager receives additional training as required by MiPCT and as approved by CMG administration
9. Care Manager continues to develop and maintain relationships with key mental health advocates, providers, and change agents
10. Compliancy managed and barriers overcome by patients and Care Manager, ultimately improving patient's mental health status and needs
11. All phone calls, visits, team conferences, care planning, etc are billed accordingly

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Screening Tools:

- PHQ-9 Initial Depression Screening Tool
- KADS-Depression Screening Tool
- MDQ-Bipolar Screening Tool
- SCARED-Anxiety Screening Tool
- Suicide Lethality Screening Tool
- MCHAT-R Screening Tool for Autism
- AQ-10 Child Screening Tool for Autism (Age 4-11)
- AQ-10 Adolescent Screening Tool for Autism (Age 12-15)

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