



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Integrating Primary Care & Wellness: Sustaining Integrated Care Innovation Community

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Overview of Today's Webinar

- What Have I Signed-up For?: Review of the Innovation Community Objectives
- Getting to Know Each Other: Who are your IC Colleagues?
- Calendar of Events
- Review the Organizational Self-Assessment Tool & Work Plan
- Wrap-up Questions

Our format...



Structure

Short comments from experts
Specifics from their point of view

Polling You

Every 20-minutes
Finding the “temperature” of the group

Asking Questions

Watching for your written questions

Follow-up and Evaluation

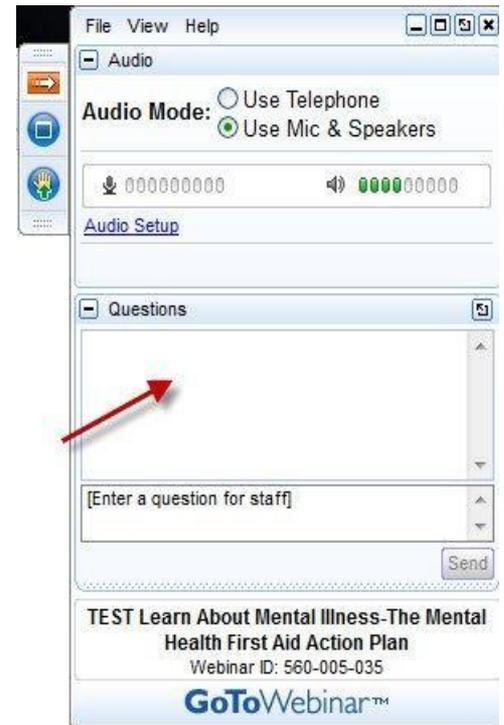
Ask for what YOU want or expect
Ideas and examples added to the
AOS Resource Center

How to ask a question during the webinar



If you dialed in to this webinar on your phone please use the “raise your hand” button and we will open up your lines for you to ask your question to the group. **(left)**

If you are listening to this webinar from your computer speakers, please type your questions into the question box and we will address your questions. **(right)**



What is an Innovation Community?

- Intensive nine month rapid improvement process
- Distance-learning infrastructure:
 - Webinars
 - Conference Calls
 - List Serve
 - Website
- Subject matter & peer-based learning approach

IC Learning Objectives

Assess current level of integration including current level of wellness programming (both wellness services & org culture of wellness)

Develop work plan to achieve 2-3 goals related to one or more areas of sustainability:

- Staff core competencies
- Quality metrics/Key Performance Indicator Development/Analysis
- Billing/Cost Analysis

Getting to Know Each Other!

States Represented:

Urban/Suburban/Rural/Frontier:

Services Provided:

Who are you Serving?:

Number of People Served:

Type of Wellness Programming Offered:

Paid for Wellness Programming:

States Represented

1. AK (1)
2. AZ (1)
3. DC (2)
4. ME (1)
5. MI (3)
6. MO (1)
7. NC (4)
8. NJ (1)
9. PA (1)
10. VA (2)

Areas Served

7 Urban

1 Suburban

5 Rural

1 Urban/Suburban

1 Urban/Rural

1 Rural/Suburban

1 Rural/Frontier

Services Provided

3 Mental Health

1 Mental Health /Substance Use/Developmental
Disabilities

13 Substance Use/Mental Health

Who Are you serving?

49% White

29% African American

10% Hispanic/Latino

9% American Indian/Native Alaskan

3% Asian/Pacific Islander

72% Adults

19% Children

8% Older Adults

(Percentages represent all IC members combined)

Unduplicated Number Served in Last Year

Average: 8,222

Median: 4,722

Range

Max: 49,107

Min: 933

Most Common Wellness Programs Offered

1. Whole Health Action Management: (WHAM)
2. Wellness Recovery Action Plan (WRAP)
3. Nutrition, Exercise, Wellness & Recovery (NEW-R)
4. Seeking Safety
5. Solutions for Wellness

(rank ordered)

Do you get paid for Wellness Programming?

10 Yes!

7 No...

...

Organizational Self-Assessment (OSA)

Part One:

- Integration Practice Assessment Tool (IPAT)

Part Two:

- Wellness Programming & Culture
- Population Health Management & Cost Analysis

Linking Your Org Self Assessment Scores to your IC Work Plan

The OSA was designed to provide new perspectives on the work you need to do to become more PHM capable.

Unpacking your scores can lead to a clear steps your organization needs to take to develop and execute a work plan.

Work Plan Development

Every IC member must develop a work plan targeting 1-3 goals that are achievable by August of 2016.

Using a SMART approach to setting goals is a useful approach.



Common Work Plan Components

1. Charge from Leadership
2. Goals/Objectives/Tasks
3. Responsible Lead Staff
4. Supporting Staff
5. Measurable Target Outcome(s)
6. Timeline & Due Date/Completion Date
7. Resources Required

Sample Work Plan Elements

1. **Goal:** Profit/loss for the Whatever Wellness Program
2. **Objective1:** Determine availability of Wellness data
3. **Tasks:** Sally R & Fred J to meet with billing specialist and wellness coordinator to identify and collect wellness data
4. **Responsible Lead Staff:** Fred J.
5. **Supporting Staff:** Sally R., Jim J., Erika P.
6. **Outcome(s):** Aggregation of wellness related billing and expense data into report describing profit/loss
7. **Date/Completion Date:** March 1st
8. **Resources Required:** 3 hrs of IC team staff time; 15 hrs of finance dept. staff time

What we will be doing for the next 9 Months!

- Monthly Webinars
- Individual & Group Coaching Calls
- Homework Assignments
- Participant IC Presenting
- Evaluation Activities

Homework

- Complete Readiness Assessment
- Define your Sustaining IH Wellness Charge
- Choose/Convene Core Implementation Team
- Begin Developing Work Plan

Questions/Discussion

