Are we Ready to Prevent Metabolic Syndrome?

Jeff Capobianco
Sr. Consultant National Council for Behavioral Health
Setting the Stage:
Today’s Moderator

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Slides for today’s webinar will be available on the CIHS website:

www.integration.samhsa.gov

Under About Us/
Innovation Communities 2017
To participate

Use the chat box to communicate with other attendees

Use the question box to send a question directly to Jeff
Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), the Health Resources and Services Administration (HRSA), or the U.S. Department of Health and Human Services (HHS).
Setting the Stage

Jeff Capobianco
Sr. Consultant National Council for Behavioral Health
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
What is an Innovation Community?

• Intensive seven month rapid improvement process

• Distance-learning infrastructure:
  • Webinars
  • Conference Calls
  • List Serve
  • Website

• Subject matter & peer-based learning approach
IC Learning Objectives

• Understand how to implement a care pathway for MetS
• Successfully develop and implement a work plan specific to the need areas identified in your organizational self-assessment findings
• Learn best practice approaches to creating organizational change including Cont. Quality Improvement
• Develop work plan to achieve 1-3 goals
Metabolic Syndrome (MetS)

Metabolic syndrome is defined by a constellation of interconnected physiological, biochemical, clinical, and metabolic factors that directly increases the risk of cardiovascular disease, type 2 diabetes mellitus, and all cause mortality.

Metabolic Syndrome & Mental Illness

People with schizophrenia, bipolar disorder and major depressive disorder are at significantly increased risk of diabetes. Much of the increase in Cardio Vascular Disease and Metabolic Syndrome appears to be related to anti-psychotic medication and unhealthy lifestyle factors.

Getting to Know Each Other!

- Which States are Represented?
- What kind of Market Urban/Suburban/Rural/Frontier?
- What Services are Provided?
- Who is being Serving?
- Aggregate MetS Organizational Self Assessment Scores?
States Represented

1. AZ (1)
2. CA (1)
3. DC (1)
4. FL (1)
5. IL (1)
6. MI (1)
7. OH (1)
8. SC (1)
9. WA (1)
Areas Served

7 Urban
2 Suburban
0 Rural
0 Frontier
<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults Mental Health</td>
<td>9</td>
</tr>
<tr>
<td>Adults Substance Use</td>
<td>9</td>
</tr>
<tr>
<td>Children Mental Health</td>
<td>8</td>
</tr>
<tr>
<td>Children Substance Use</td>
<td>5</td>
</tr>
</tbody>
</table>
Who Are you serving?

38% White
33% African American
17% Hispanic/Latino
4% Asian/Pacific Islander
3% Other
2% American Indian/Native Alaskan

(Percentages represent all IC members combined)
Organizational Self-Assessment (OSA)

0 – We don’t meet this standard at all
1 – We minimally meet this standard
2 - We partially meet this standard
3 - We mostly meet this standard
4 - We are exemplary in meeting this standard
Use of EBP for MetS
All staff trained in MetS
All staff trained in MI
Wellness programming
Wellness programming align w/ change readiness
Measure svs penetration
Use PHM for MetS
Avg svs cost of calc
Dashboards
All staff proficient in CQI

Org Self Assessment Findings (n=9)
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 capable in detecting and managing Metabolic Syndrome.

• Unpacking your scores can lead to clear steps your organization can 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 2017.

Using a Stretch & SMART approach to setting goals is a useful approach.
Common Work Plan Components

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

1. **Goal:** Implement Pop Man approach for screening & treatment of Metabolic Syndrome

2. **Objective1:** Determine which MetS data to use

3. **Tasks:** Sally R & Fred J to meet with Med. Dir., & IT specialist staff to identify, collect & dashboard report data

4. **Responsible Lead Staff:** Fred J.

5. **Supporting Staff:** Sally R., Jim J., Erika P.

6. **Outcome(s):** MetS Dashboard & asso. reporting structure

7. **Date/Completion Date:** June 1

8. **Resources Required:** 3 hrs of IC team staff time; 8 hrs of ITdept. staff time; 1 hr Med. Dir
What we will be doing for the next 9 Months!

- Monthly Webinars
- Coaching Calls
- Homework Assignments
- Participant IC Report Out
- Evaluation Activities
Webinar Schedule

Date/Time: Friday March 24th 3-4:30pm EST
Presenter: Dr. Cunningham, UCFS
Topic: MetS Etiology & Tx Care Pathway Components for Identification & Treatment of MetS

Date/Time: Tuesday April 11th 3-4:30pm EST
Presenter: Dr. Jeff Capobianco, The National Council
Topic: The Design of Efficient & Effective Care Pathways

Date/Time: May 26th 3-4:30pm EST
Presenter: Dr. Steiner, Duke Uni.
Topic: Population Health Management for the treatment of Metabolic Syndrome System level requirements to insure robust data collection and use (e.g., registry, CQI processes, etc.)
Webinar Schedule

Date/Time: June TBD
Presenter: Dr. Kotwicki, Emory Uni. & Skyland Trail CMHC
Topic: Example of an Effective MetS Program Implementation

Date/Time: July TBD
Presenter: Dr. Capobianco, The National Council & Innovation Community Sites
Topic: Strategies for sustaining the adoption of the innovation. Begin report out by sites

Date/Time: August TBD
Presenter: Innovation Community Sites & Dr. Capobianco, The National Council
Topic: Report out by sites
Homework

• Convene Core Implementation Team

• Finalize Work Plan for Submission/Discussion on Coaching Call

• Required Reading Assignments:
  • AHA Metabolic Syndrome Fact Sheet
  • USF Monitoring Physical Health & Side-Effects of Psychotherapeutic Medications in Adults and Children: An Integrated Approach

• Optional Reading Assignment:
  • Amer. College Endo. Metabolic Syndrome Treatment Guidelines

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Questions?
Thank you for joining us today. Please take a moment to provide your feedback by completing the survey at the end of today’s webinar.

If you have additional questions/comments please send them to:

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