Integrating Behavioral Health in a Primary Care Setting
Innovation Community
Webinar #4
March 20, 2015
Today’s Agenda

• Implementation Planning
• Hear from colleagues
• CIHS Resources
In February

Maureen Neal & David Pullen, The Daily Planet

- Integration lessons learned
- Clinical, structural, financial changes
- Being resourceful is critical
**Implementation Plans**

**Implementation Objective #1:**

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<th>Action Steps</th>
<th>Champion</th>
<th>Timeline</th>
<th>Learnings, challenges &amp; opportunities</th>
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You Said…

Staffing
- New team members
- Training
- Communication

Protocols & Workflows
- Clinical decision making
- Follow-up
- Usual care vs integrated care

Financing
- Billable services
- Sustaining BH services in primary care
What are we trying to accomplish?

How will we know that a change is an improvement?

What change can we make that will result in improvement?

Act

Plan

Study

Do
Hearing from Colleagues

Stan Sorensen & Nicole Martin
Bartz—Altadonna Community Health Center
Lancaster, CA

Michelle Holmberg
Screening for Mental Health, Inc.
Wellesley Hills, MA
ABOVE AND BEYOND

With one FTE
Our Services

- Primary Care
- HIV Care
- Hepatitis C Care
- Women's Health
- Reproductive Health and Family Planning
- Mental Health Care
History

• HIV & Medical Clinic
• Healing Center, 2009
• FQHC, 2012
• Intern Model
Collaboration with outside agencies

Health Fairs
Hosting Groups – Project Return the Next Step
Group Activities

Art Therapy
Mindfulness
Phototherapy
Equine Therapy
Grief and Loss Group
Co-Dependency
Drug and Alcohol Dependency
Creative Quilting
DBT Skills Groups
Brunch Club
Movement Therapy
Healing Workshops
Art Therapy
Quilting

Creating stories with cloth

Deconstruction/Reconstruction
Phototherapy

“Photographs are footprints of our minds, mirrors of our lives, reflections from our hearts, frozen memories that we can hold in silent stillness in our hands—forever if we wish. They document not only where we have been, but also point the way to where we might perhaps be heading…”

– Judy Weiser, R.Psych. A.T.R, Founder/Director of the PhotoTherapy Centre

Projective Techniques

Could include: family photos, photos taken by the client, metaphorical or abstract projects
Mindfulness

- Stress Reduction
- Relaxation
- Healing
Mindful Field Trip to Lake Shrine Temple
DBT Team Approach - Building a Life Worth Living

Geared toward challenging populations
Individual & co-therapy
Team support for therapists
Skills groups
Equine Growth & Learning Workshops

• EAGALA Model
• Bimonthly, 2011
Healing Workshops

- Growth & Transition
- Grief & Loss
- Drum Circle
- Visualization of future
Phototherapy: Family Sculpting Example
Thank you.

For more information visit www.bartz-altadonna-chc.org/ or call 661.874.4239

Stan Sorensen, MFT
Nicole Martin MFT Trainee
MindKare®

Mental Health Screening Kiosks

Presented by:
Michelle D. Holmberg, MA
Director of Programs
Screening for Mental Health, Inc.
Who We Are

Screening for Mental Health, Inc. (SMH)

- Pioneered the concept of large-scale mental health screenings to the public with National Depression Screening Day® in 1991.
- We provide innovative mental health and substance use resources, linking those in need with quality treatment options.
- We envision a world where mental health is viewed and treated with the same gravity as physical health.
Problem statement: The 2013-2014 Design Challenge is exploring the most effective avenue to integrate mental health care into retail clinics. An American Heart Association (AHA) report stated to improve the quality of mental health care in the United States actions must be taken, which includes:

1. Improving public awareness of effective treatment
2. Making it easier to find the care needed and access to it
3. Reducing the financial barriers to treatment
Pilot Site: QCare

Brief, mental health assessments
MHFA Trainings
Located near:
- Retail clinic
- Blood pressure cuff
- Pharmacy
Challenges of Pilot Site

Daily maintenance of kiosk
Hardware issues
Communication
Technology issues
Transitioned to new screening platform
Successes of Pilot Site

Fostered new partnerships
Launched the first ever mental health screening kiosk in US
Promotion and marketing support
Identified local resources for community members
Troubleshooting support
Offering trainings to new audiences
Initial Lessons Learned

Understanding “Readiness”

- Creating processes for determining readiness
- Advancing the technology
Readiness Processes

What we are asking from sites:

- Letter of commitment
- Readiness checklist
- Agreement
Readiness Checklist

- **Utilization:** foot traffic
- **Logistics:** WiFi vs. hard routed
- **Staffing:** daily maintenance
- **Launch:** plan for getting word out
Technology

- Remote access for ease with troubleshooting
- Ability to lock in program/website
- Computer embedded within physical kiosk
- Printer built into kiosk
Next Steps

Survey existing healthcare-related clients

- How are you currently using screening platform?
- Additional instruments?
- What does success look like, re: integration?

Host webinar(s)

- Continue Kiosk Learning Collaborative
Contact Info

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Featured CIHS Resources

State Billing Worksheets
http://www.integration.samhsa.gov/financing/billing-tools

Screening Tools

Workforce Recruitment and Retention
http://www.integration.samhsa.gov/workforce/recruitment-retention
Next Steps

• Late March – Early April: Small group calls
  Max: 7 attendees each

• April 15 3-4pm EST: Webinar #5
  Hearing from colleagues
Slides for today’s webinar are available on the CIHS website at:

www.Integration.samhsa.gov

under About Us/Innovation Communities
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.