

BHI COLLABORATIVE PRESENTS:

OVERCOMING OBSTACLES WEBINAR SERIES

Sustaining behavioral health care in your practice

September 24, 2020



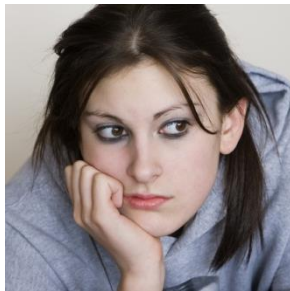
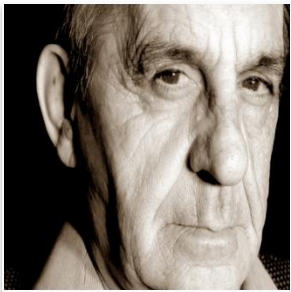
WHO Definition of Health

*Health is a state of complete **physical, mental and social well-being** and not merely the absence of disease or infirmity (1948).*



Who gets treatment?

No Treatment



Primary Care Provider



Mental Health Provider



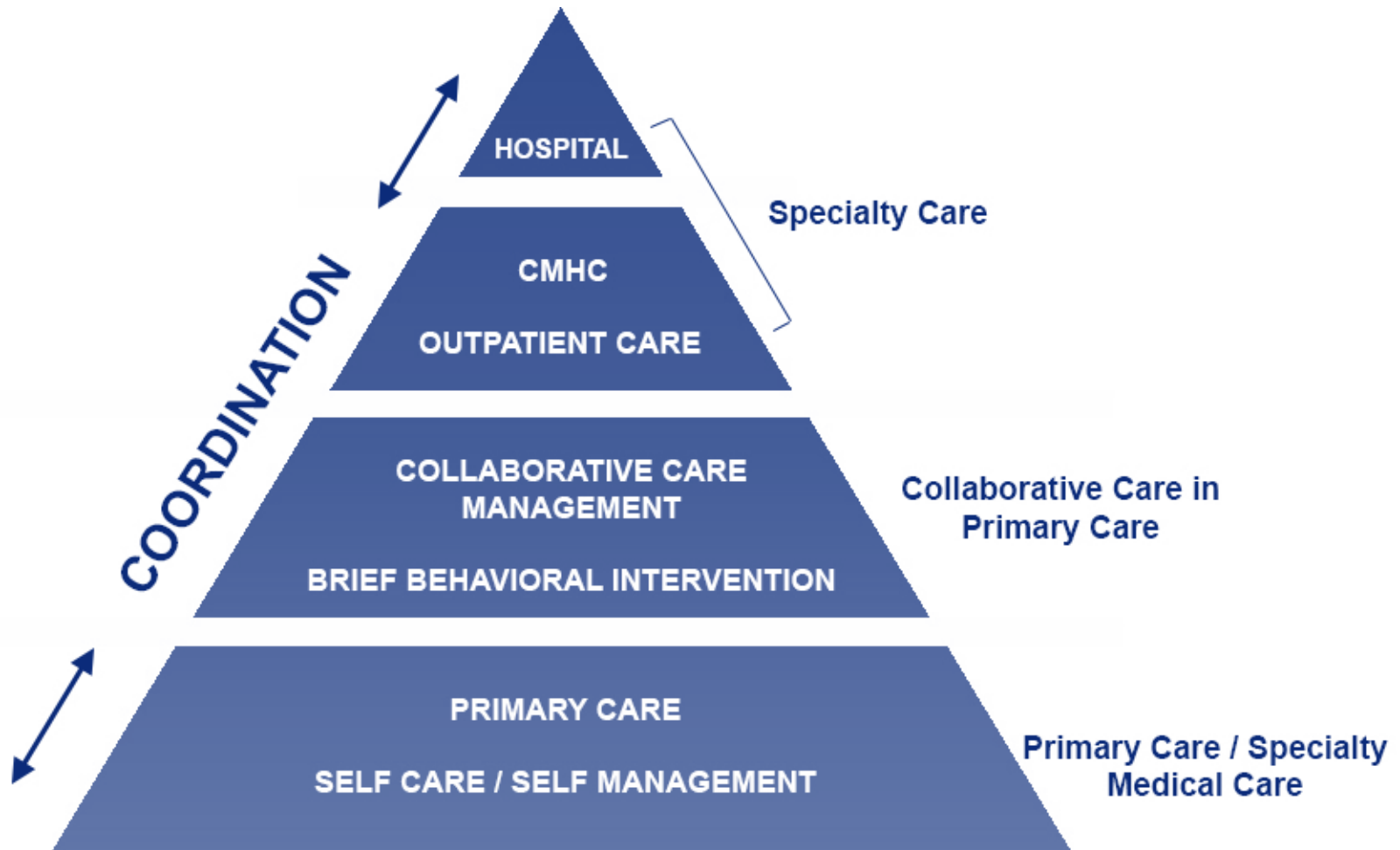
Why now? Increased Behavioral Health Burden Due to COVID-19

Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020

- **When comparing June 2020 to second quarter of 2019:**
 - 3X symptoms of anxiety disorder (25.5% versus 8.1%)
 - 4X prevalence of depressive disorder (24.3% versus 6.5%)
 - ~25% respondents reported symptoms of a TSRD related to the pandemic,
 - ~10% started or increased substance use because of COVID-19
- **When comparing to 2018 data:**
 - 2X respondents reported serious consideration of suicide in the previous 30 days (10.7% versus 4.3%)

Source: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

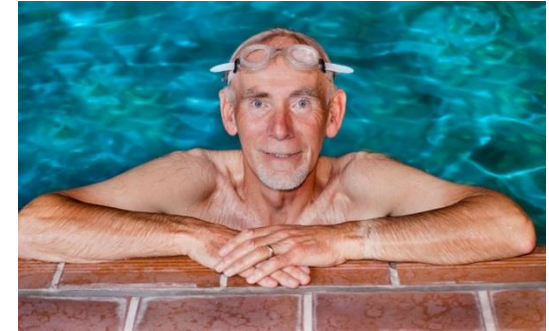
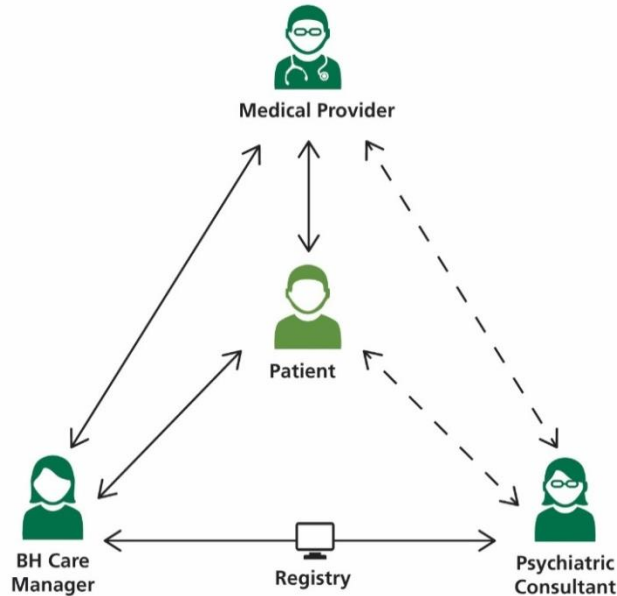
Opportunity: Build Spectrum of Behavioral Health Care



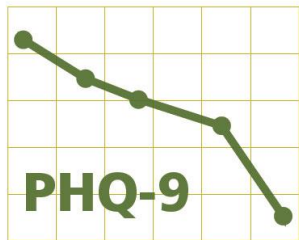
Evidence-Based Care: IMPACT Study



Prepared, Pro-active Practice Team



Informed, Active Patient



Measurement Based Treat to Target

[ACTIVE PATIENTS]						
Plan	[Patient ID]	[Name]	[Encounter Date]	Stat	[Metric]	[Metric Assessment]
			Date		Date	Prog
	0001	Test, Test	2/8/2013	[T]	8/24/2013	
	0008	Test, Suzy	4/2/2013	[T]	5/23/2013	12
	0010	Test, Test	4/17/2012	[T]	4/25/2013	18
	0035	Test, Rpt Reminder	1/10/2013	[T]	1/10/2013	
	0038	Test Patient, Mhcc	1/23/2014	[T]	1/23/2014	22
	0041	Test, Test	3/4/2014	[T]	3/4/2014	
	0042	Test, Test	3/7/2014	[T]	3/7/2014	

Population Registry

Problem Solving Treatment (PST)
Behavioral Activation (BA)
Motivational Interviewing (MI)
Medications

Full Range of Evidence-Based Treatment

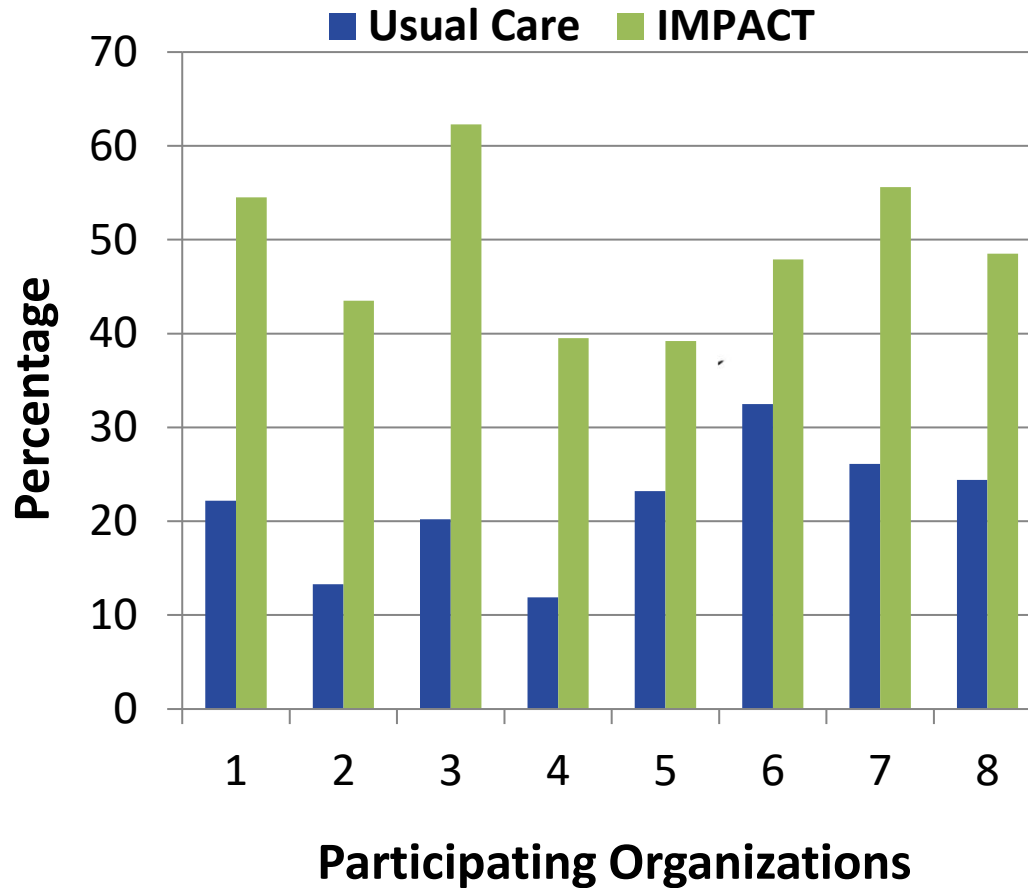


Leverage Psychiatric Consultation



Twice as Many People Improve

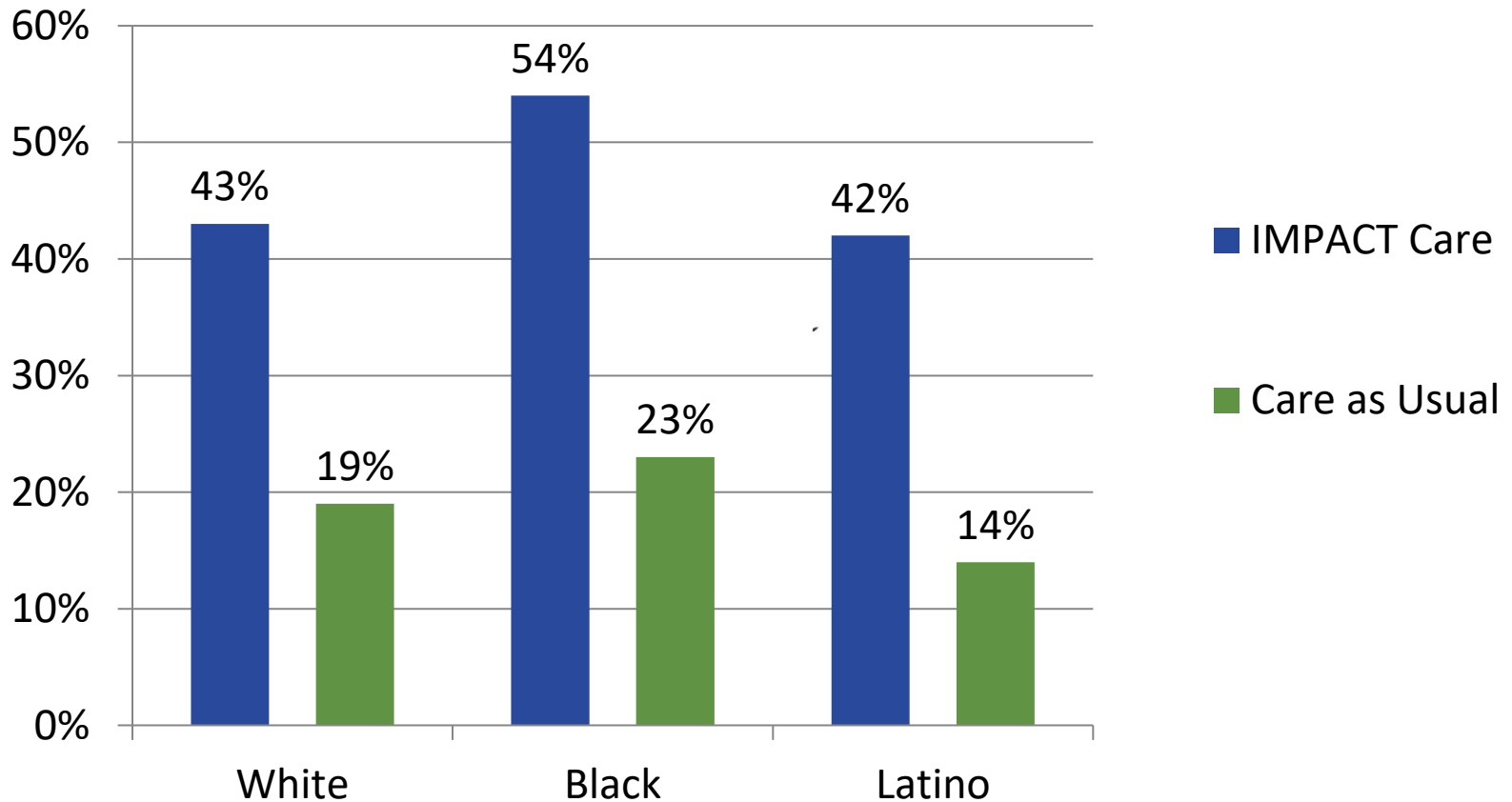
50 % or greater improvement in depression at 12 months





Collaborative Care for Disparity Populations

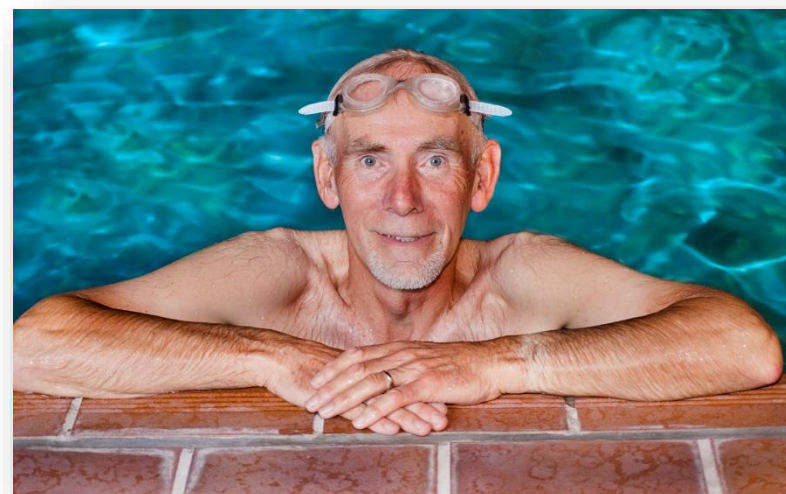
50 % or greater improvement in depression at 12 months





IMPACT: Summary

- **Improved Outcomes**
 - Less depression
 - Less physical pain
 - Better functioning
 - Higher quality of life
- **Greater patient and provider satisfaction**
- **Reduced healthcare costs**



“I got my life back”

THE TRIPLE AIM



Starting the Journey: Building a Culture of Collaboration

