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

Wang et al 2005
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](https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm)
Opportunity: Build Spectrum of Behavioral Health Care

- Primary Care / Self Care / Self Management
- Brief Behavioral Intervention
- Collaborative Care Management
- Outpatient Care
- CMHC
- Hospital

COORDINATION

Specialty Care

Collaborative Care in Primary Care

Primary Care / Specialty Medical Care

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Evidence-Based Care: IMPACT Study

- Prepared, Pro-active Practice Team
- Informed, Active Patient

**Medical Provider**
- **Patient**
- **BH Care Manager**
- **Registry**
- **Psychiatric Consultant**

**PHQ-9**
- Measurement Based
- Treat to Target

**Active Patients**

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

**Full Range of Evidence-Based Treatment**

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<th>Leverage Psychiatric Consultation</th>
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Twice as Many People Improve

50% or greater improvement in depression at 12 months

- Usual Care
- IMPACT

Unützer et al., 2002, 2004
Collaborative Care for Disparity Populations

50% or greater improvement in depression at 12 months

- White: IMPACT Care 43%, Care as Usual 19%
- Black: IMPACT Care 54%, Care as Usual 23%
- Latino: IMPACT Care 42%, Care as Usual 14%

Arean et al. Medical Care, 2005
IMPACT: Summary

• Improved Outcomes
  – Less depression
  – Less physical pain
  – Better functioning
  – Higher quality of life

• Greater patient and provider satisfaction

• Reduced healthcare costs

“\textit{I got my life back}”

THE TRIPLE AIM
Starting the Journey: Building a Culture of Collaboration

- Identify Goals
- Buy-In
- Practice Change