BHI COLLABORATIVE PRESENTS

OVERCOMING OBSTACLES WEBINAR SERIES

Sustaining behavioral health care in your practice

March 18, 2021
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Overcoming Obstacles Webinar Series

This series is focused on enabling physicians to sustain a collaborative, integrated, whole-person, and equitable approach to physical and behavioral health care in their practices during the COVID-19 pandemic and beyond.
The BHI Collaborative was established by several of the nation’s leading physician organizations** to catalyze effective and sustainable integration of behavioral and mental health care into physician practices.

With an initial focus on primary care, the Collaborative is committed to ensuring a professionally satisfying, sustainable physician practice experience and will act as a trusted partner to help them overcome the obstacles that stand in the way of meeting their patients’ mental and behavioral health needs.

TODAY’S TOPIC: Advancing Health Equity through BHI in Primary Care
TODAY’S SPEAKERS

Patrice A. Harris, MD, MA
Immediate Past President
American Medical Association

Nathalie Moise, MD, MS
Florence Irving Assistant Professor of Medicine/Director of Implementation Science Research, Center for Behavioral Cardiovascular Health, Columbia University Irving Medical Center

Melvin Oatis, MD
Child & Adolescent Psychiatrist
Private Practice/NYU Langone Child Study Center Voluntary Faculty/American Academy of Child and Adolescent Psychiatry Assembly Chair of Delegates
Advancing Health Equity through BHI in Primary Care

Patrice A. Harris, MD, MA
Immediate Past President
American Medical Association

March 2021
Mental health inequities and COVID-19

• The COVID-19 pandemic is precipitating higher prevalence rates of depression across all severity levels.
• Depressive symptoms are more pronounced for certain populations.
• Racial and ethnic minorities were top of list in experiencing poor mental health, increased substance use, and elevated suicidal ideation.
What creates health?

**Upstream:** Everyone in all communities should have these conditions

**Midstream:** Move people from conditions that decrease health & well-being to conditions that support them

**Downstream:** Act to change behaviors or conditions causing stress & poor health

- **Pro-Equity Policies**
  - Affordable Housing

- **Safe Neighborhoods**

- **Fair Standards of Living**
  - No Racism
  - Healthy Environment

- **Access to Healthcare**
  - Access to Transportation

- **Incarceration**
  - Social Services (e.g., education, employment)

- **Obesity**
  - Physical Health

- **Individual/Family**
  - Behavioral Health
  - Public Health

- **Food & Nutrition**

- **Housing**

**Need action at Societal Level**

**Need action at Community Level**

**Need action at Individual and Family Level**
INVERT THE BURDEN OF NAVIGATION AWAY FROM INDIVIDUAL TO THE SYSTEM

Infrastructure to Drive Equity

MEET PEOPLE WHERE THEY ARE

- Patients
- Families and children
- Families and individuals in target communities or industry sectors

COORDINATE CARE

- Bi-directional data sharing
- Warm to “hot” hand offs
- CHW/navigator/care coordinator
- Clear governance structure and norms
- Impact tracking over time
- Aligned & mutually reinforcing incentives
  - every organization has a “win”
Fully integrating mental health

AMA policy:

Supports parity of coverage for mental illness, alcoholism, substance use and eating disorders; (H-185.974)

Supports health care policies that ensure access to and payment for integrated medical, surgical, and psychiatric care regardless of the clinical setting; (H-345.983)

Supports increasing public awareness, reducing stigma and expanding patient access to quality care for depression and other mental illnesses; (H-345.984)

Encourages all physicians to acquire the knowledge and skills to recognize, diagnose and treat depression and other mental illnesses; (H-345.984)

Supports competent mental health care and outreach for at-risk communities; (H-345.984)
**UPCOMING WEBINARS**

**Bolstering Chronic Care Management with Behavioral Health Integration**
April 22, 2021 1-2pm CT

In this webinar, physician experts will share how they have used behavioral health integration within their practices to improve their management of key chronic conditions and provide whole person care to patients. This webinar will highlight the relationship between physical and behavioral health, the role it plays in the overall health of the patient, and how practices can use BHI to help manage, treat, and address acute and chronic conditions.
BHI Collaborative “On Demand” Webinars

• The Value of Collaboration and Shared Culture in BHI
• Behavioral Health Billing & Coding 101: How to Get Paid
• Implementation Strategies for Virtual BHI
• Financial Planning: Quantifying the Impact of BHI
• Physicians Leading the Charge: Dismantling Stigma around Behavioral Health Conditions & Treatment
• Privacy & Security: Know the Rules for Communication of Behavioral Health Information
• Effective BHI Strategies for Independent Practices

Watch these webinars on the Overcoming Obstacles YouTube playlist now!
New Resource – **BHI Compendium**

The **BHI Compendium** serves as a tool to learn about behavioral health integration and how to make it effective for your practice and patients.
Thank you for joining!