

Behavioral Health Integration Collaborative



“Integrating Psychopharmacology into Primary Care: When and How”

November 17, 2022

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About the BHI Collaborative

*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.

***American Academy of Child & Adolescent Psychiatry, American Academy of Family Physicians, American Academy of Pediatrics, American College of Obstetricians and Gynecologists, American College of Physicians, American Medical Association, American Osteopathic Association, and the American Psychiatric Association.*

TODAY'S SPEAKERS



Dr. John Kern, MD

Clinical Professor of Psychiatry and
Behavioral Science

University of Washington AIMS Center



Dr. Ryan Laschober, MD

Program Director
Waco Family Medicine Residency

Integrating Psychopharmacology: *Psychiatric Perspective*

John S. Kern MD

Psychiatric Consultant Perspective

In some ways, primary care is the BEST place to do psychiatry.

Labs, available appointments, organization, experience with treating chronic disease.

The best primary care psychiatry:

DO SIMPLE THINGS WELL

For example, prescribe standard meds, assess and change on time.

Psychopharm not the only choice

- If people want something else or are not ready, follow them
- This does not mean do whatever they prefer, e.g., benzos, sleepers, ADHD diagnosis on the fly.
- Brief behavioral interventions: sleep hygiene, deep breathing, relaxation – these are simple and can work.

Assessment

Rating scales and team-based approach make primary care mental health possible.

Presumptive treatment is appropriate, as it is for HTN.

Treatment

Basic treatments work

Changes on time and adequate dosing.

Measurement-based care a key to success

Complications

Complex disorders (e.g. bipolar) are hard to treat **ALONE**...

...and **IDEALLY** involve a team of primary care, psychiatry, and other behavioral health colleagues.



Integrating Psychopharmacology: *Primary Care Perspective*

Ryan Laschober, MD
Waco Family Medicine



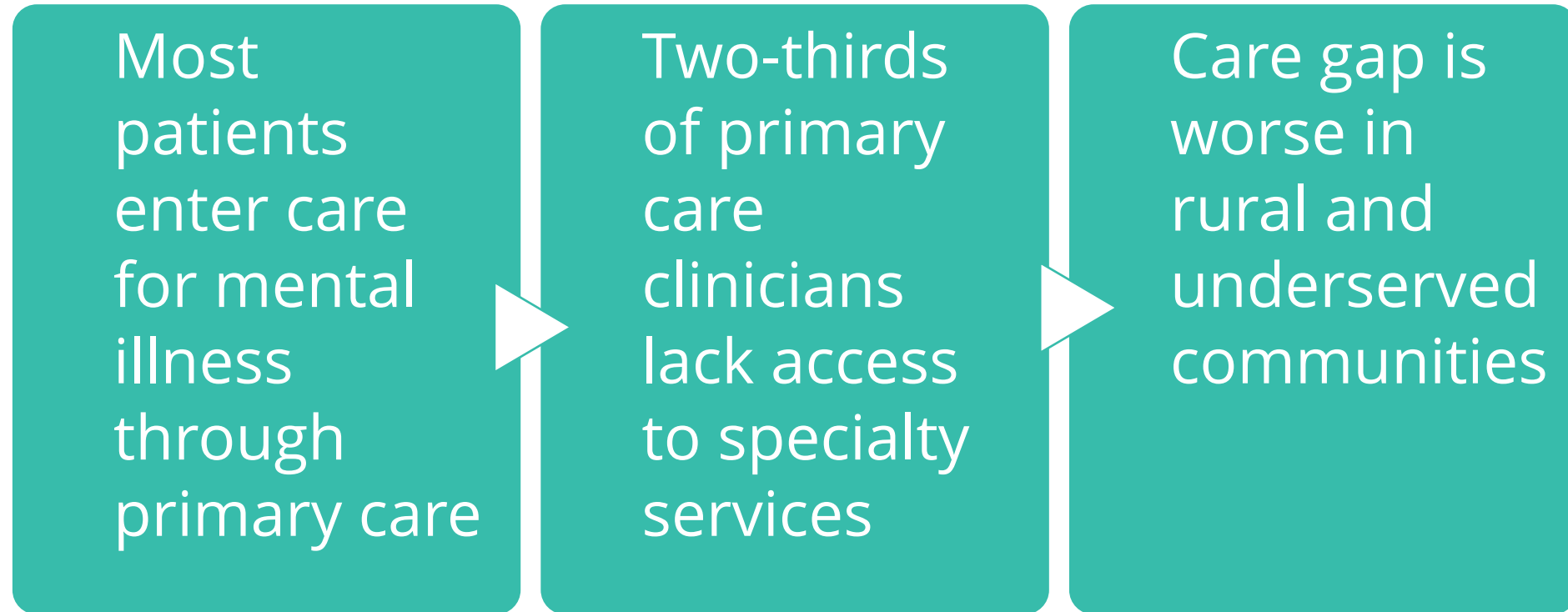
Introduction



Ryan Laschober, MD

- Family Medicine Physician
- Program Director- Waco Family Medicine Residency
- Waco Guide to Psychopharmacology in Primary Care: Editor-in-Chief

Challenge and Opportunity

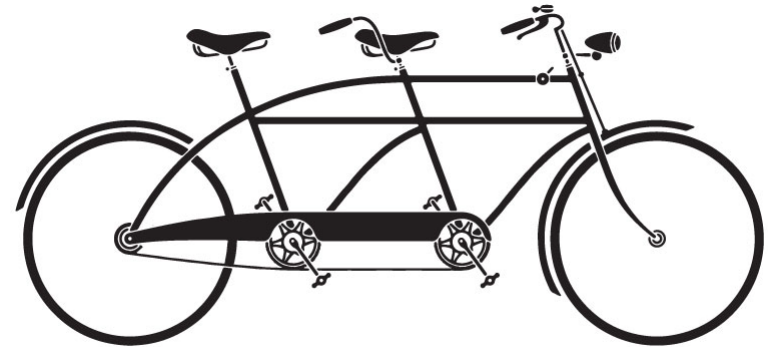


Cunningham PJ. *Health affairs*. 2009;28(Suppl1):w490-w501.

Xierali IM, Tong ST, et al., *The Journal of the American Board of Family Medicine*. 2013;26(2):114-115.

Integrated Behavioral Health and Detection Rates

- Access to care and improving detection rates of mental disorders are important contributions of integrated primary care
- As detection rates increase, the treatment burden also increases for primary care teams to offer evidence-based treatment



This is challenging...

Primary care clinicians may feel less comfortable with BH treatment

Guidelines are not written for primary care clinicians

Proficiency of prescribing may be lower for primary care clinicians

Kilbourne AM, Goodrich D, et al. *Psychiatric Services*. 2010;61(5):500-507.

Rettew DC, Greenblatt J, et al. *Pediatrics*. 2015;135(4):658-665.

Sansone RA, McDonald S, et al. *Int J Psychiatry Med*. 2006;36(1):85-92.

How can we provide high-quality care for behavioral health disorders in the primary care context?



Clinical Decision Support

- Tools used at the point of care to provide high-yield treatment recommendations.
- Guidelines only become effective when integrated into the fabric of care



Components of Decision Support Tools





Reliable: Combines top level evidence and expert opinion with real world primary care experience



Succinct: without compromising quality



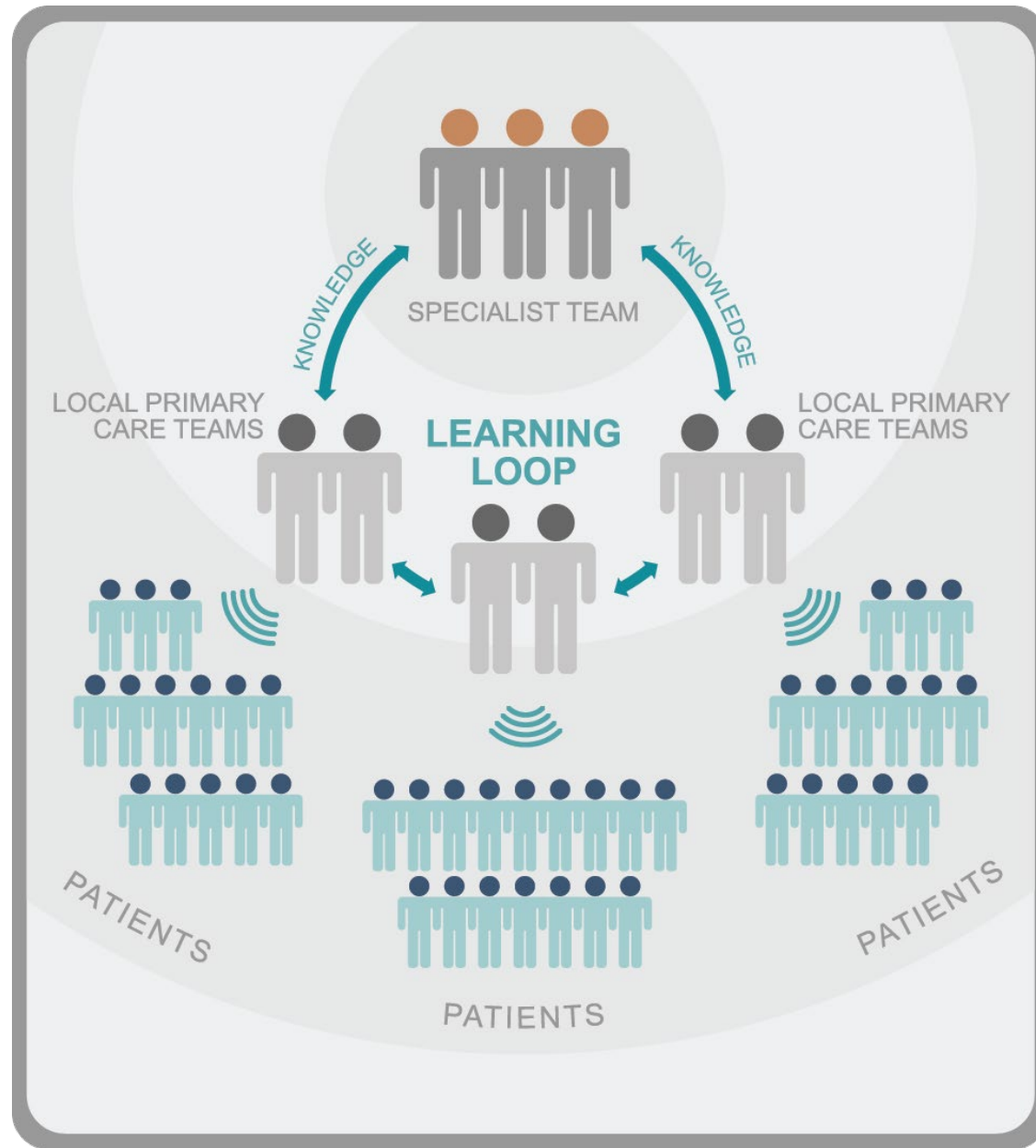
Cost: Respect to cost and funding sources



Scope: Adult, pediatric, and perinatal psychopharmacology



Ethical: not industry funded





MASSACHUSETTS
GENERAL HOSPITAL

PSYCHIATRY ACADEMY



WACO
FAMILY
MEDICINE



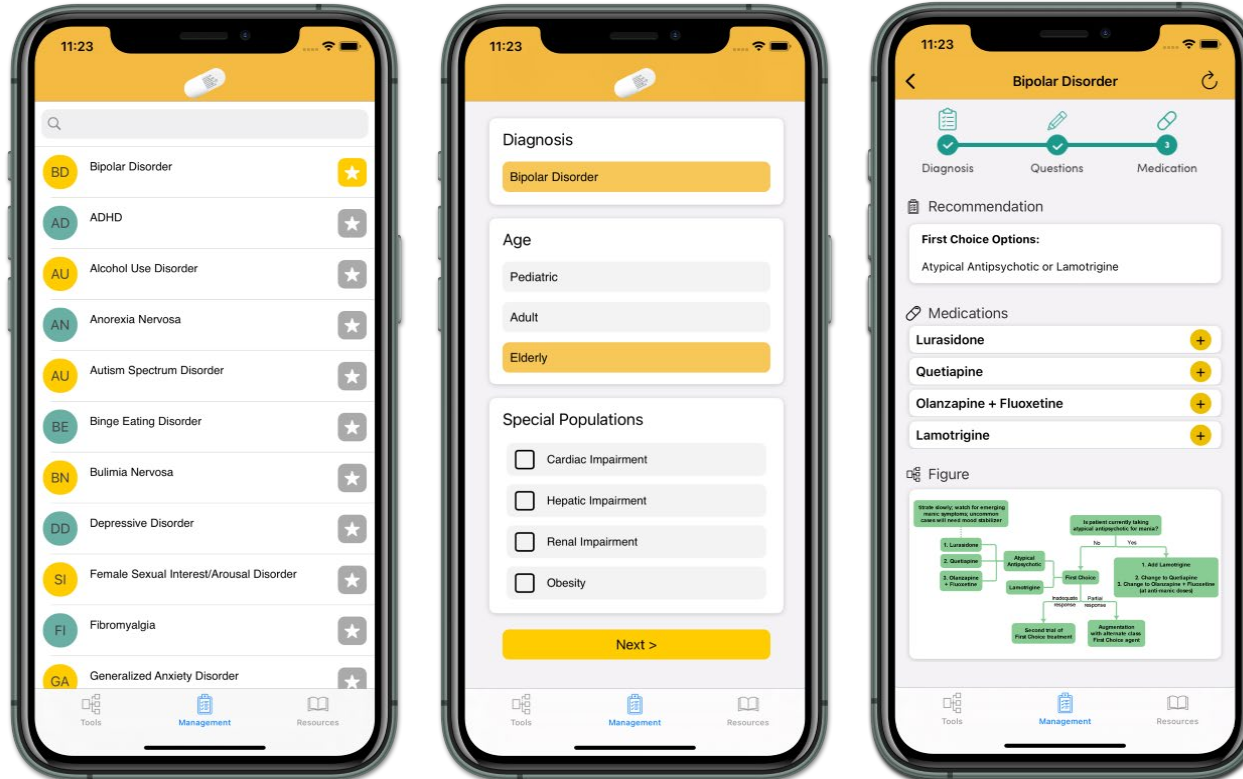
The Waco Guide To Psychopharmacology in Primary Care



Collection of 60+
decision support tools

<https://wacoguide.org/>

Waco Guide- Psychopharmacology App



iOS App

Android app to be released soon

DISCUSSION

BHI Collaborative “On Demand” Webinars

Check out other webinars from the **Overcoming Obstacles** series such as:

- Advancing Health Equity through Behavioral Health Integration
- Addressing Behavioral Health in Primary Care: Non-Pharmacological Services & Treatments
- Beating Physician Burnout with Behavioral Health Integration

Watch all these webinars and more on the [Overcoming Obstacles YouTube playlist](#) now!

Collaborative 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.



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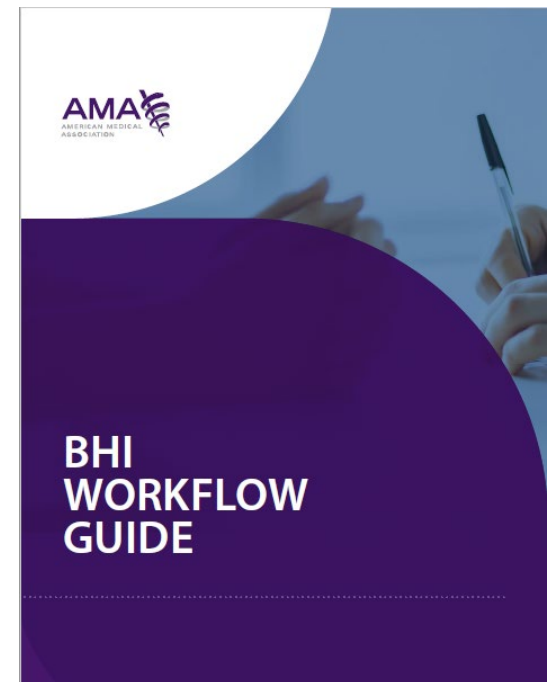
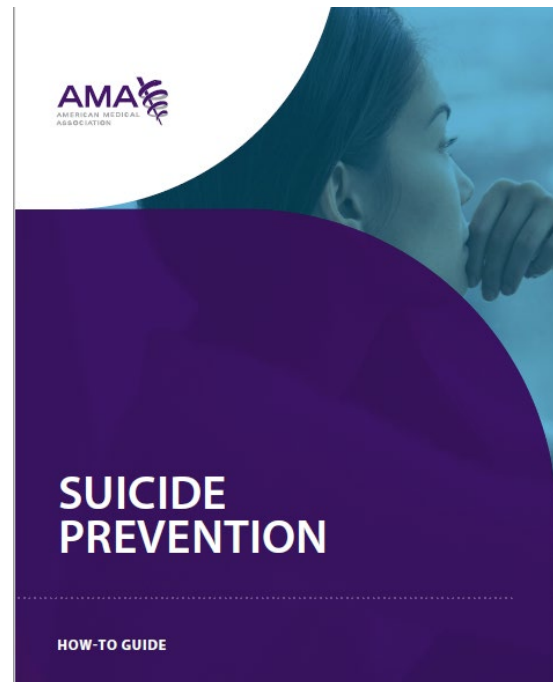
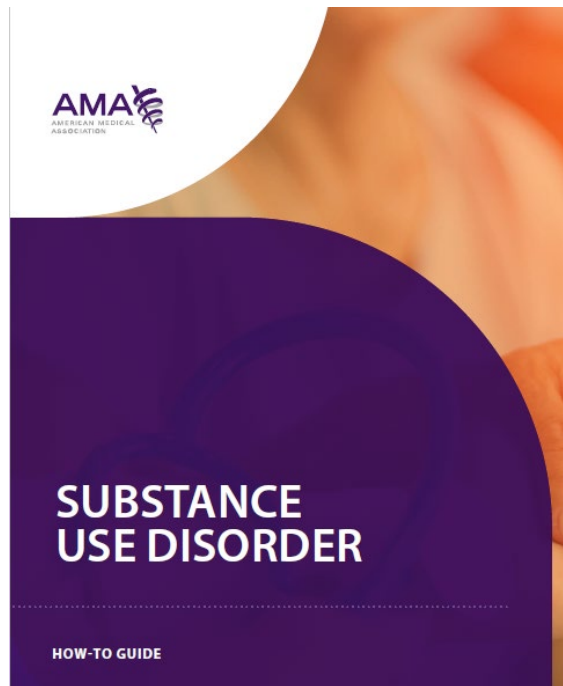
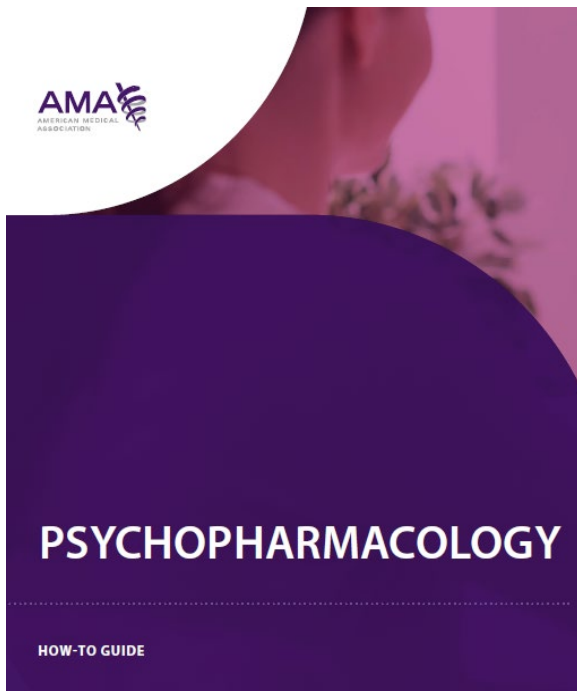
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[Download Now](#)

to learn how to make the best decisions for the mental health of your patients.

AMA Resources – How-To Guides

Access AMA's BHI practice guides for practical strategies, actionable steps and evidence-based resources on four specific areas of effective integrated care: [pharmacological treatment](#), [substance use disorder](#), [suicide prevention](#), and [workflow design](#).





Thank you for joining!