The Reappearing Doctor: Constant Changes in Primary Care

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Learning Objectives

- Give details of a community medical residency program
- Describe integrated care
- Explain how a behavioral health specialist enhances primary care
- Share one example of how integrated behavioral health impacts upstream care
Three year AOA accredited postdoctoral training program in metro Detroit

Medical residents receive their diploma from MSU College of Osteopathic Medicine

Community focused and at the grassroots level

Affiliated with the Detroit Wayne County Health Authority

Training experience helps meet the health needs of the underserved populations
Residency program funded by the Health Resources Services Administration (HRSA)

Created in anticipation of the Medicaid Expansion in 2014

Residents must complete a required population health certification program provided by the University of Michigan School of Public Health

Residents experience challenges of caring for people with complex medical problems, complicated by social determinants
Strengthens the health network for underserved populations by promoting health insurance enrollment and navigation

Engages in primary care expansion

Supports workforce development

Links existing health resources

Fills gaps with programs and services
Integrated Behavioral Health: What’s That All About
Integrated behavioral health care blends care in one setting for medical conditions and related behavioral health factors that affect health and well-being.

Integrated behavioral health care, a part of “whole-person care,” is a rapidly emerging shift in the practice of high-quality health care.

It is a core function of the “patient centered medical home.”
Why Integrated Behavioral Health

- Prevalence of behavioral health problems in primary care
- Unmet behavioral health needs in primary care
- Cost of unmet behavioral health needs
- Lower cost of care when behavioral health needs are met
- Better health outcomes
- Improved patient and physician satisfaction

PCPCC
Top Five Conditions Driving Overall Health Cost

- Depression
- Obesity
- Arthritis
- Back/Neck Pain
- Anxiety

1. Merikangas et al., Arch Gen Psychiatry. 2007;64:1180-1188
2. Original source data is the U.S. Dept of HHS the 2002 and 2003 MEPS. AHRQ as cited in Petterson et al. “why there must be room for mental health in the medical home Graham Center One-Pager)
Behavioral Health and Physical Health are Inseparable

- 84% of the time, the 14 most common physical complaints have no identifiable organic etiology.
- 80% with a behavioral health disorder will visit primary care at least one time in a calendar year.
- 50% of all behavioral health disorders are treated in primary care.
- 48% of the appointments for all psychotropic agents are with a non-psychiatric primary care provider.
Care in PCMH
Integrated Team-based

Usual Care
Fragmented (silenced)
Not coordinated

Behavioral health care
- mental health
- substance abuse

Specialist care
Primary care
- Prevention
- Acute Care
- Chronic Care

Other care

Coordination
Collaboration
Communication

Care in PCMH
Integrated Team-based

Delivery System Transformation and Practice Redesign

PCMH Team
PCP
BH Specialists
Specialists
Other licensed health care providers
Introducing The Judson Center

- First an orphanage in 1924
- Committed to serving children and families
Serve 31 countries with one statewide program

Offices in Genesee, Macomb, Oakland, Washtenaw and Wayne

Four core areas of service

• Autism
• Child and Family Services
• Disability Services
• Behavioral Health Services
Since 2005, Judson Center has taken a comprehensive family approach designed to embrace the needs of all family members affected by an autism spectrum disorder diagnosis.

- **Continuum of Services**
  - Social Skills Groups
  - Behavioral Consultations in school and home
  - Applied Behavioral Analysis
  - Counseling Services
  - Independent Living Skills for teens
Since 1924 Judson Center has been providing family preservation, foster care and adoption services

Service Continuum

• Prevention and Family Preservation
• Foster Care and Adoption
• Family Reunification and Post-Adoption Support
• Michigan Adoption Resource Exchange
• Early Head Start
Since 1986, Judson Center has changed the lives of individuals with disabilities by providing services and support needed to live as independently as possible and find autonomy through employment.

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<thead>
<tr>
<th>SERVICES OFFERED</th>
<th>ROYAL OAK</th>
<th>REDFORD &amp; WAYNE</th>
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<td>Lahser Children’s Respite Home</td>
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In 1996, Judson Center began offering Behavioral Health Services with the belief that every individual diagnosed with a mental, behavioral, or emotional disorder deserves high-quality treatment in a safe environment and free of judgment or stigma.

Behavioral health team is comprised of:

- 1 program director
- 3 psychiatrists
- 15 therapists
- 2 care managers
25% of patients do not have or do not routinely see a PCP

76% felt they would have better mental and physical health if there was a “one stop shop”

No one know who I was seeing PCP or psychiatrist

54% had been to the ED 1-2 times over the prior 12 months (double the national average)
Barriers to Better Health

- Difficult for many patients to navigate the complex health care system, keep appointments, prioritize health care
- Most PCPs are not sensitive to patients with behavioral health needs or patients’ trauma – not sensitivity trained
- Fear of the “doctor’s office”
- Lack of transportation and child care
- Poverty – a key social determinant of health
PCPs rarely address behavioral health or work with behavioral health care specialists

Most people with behavioral health issues who seek care in ED or Urgent Care Clinics leave without addressing psychosocial needs
Strong Correlation Between Mental and Physical Health

- Most Behavioral Health Specialists treat behavioral health issues only – or collaborate with PCPs but with little response.

- Some individuals with mental health disorders have life expectancy of 25 years less than the general population.

- Vast majority of these deaths due to coexisting, chronic medical conditions such as cardiovascular, respiratory and infectious diseases, diabetes, hypertension.
Introducing: Judson Center Family Health Clinic

- Grant funded
- Primary care
- Behavioral health
- Patients are seen by PCP and Behavioral Health Specialist
- Services by Care Team are billable
  - Care Team comprised of RN, Behavioral Health Specialist, Dietitian, Community Health Worker and Medical Assistant
Judson Center Family Health Clinic

- Offers integrated care
- One of the first integrated clinics in southeast Michigan
- Follows the PCMH model
- BHC specialist partners with the PCP to coordinate and manage patient’s whole health – including comorbid behavioral and physical health
Expected Outcomes

- Improved health outcomes while receiving integrated care
- Improved physical health outcomes when choosing the integrated clinic
- Better access to PCP
- Reduced overall healthcare costs by reduced ED visits
- Reduced readmission rates due to care managers onsite
Questions