

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

Authority Health

- ❖ 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

Authority Health

- ❖ 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: Definition

- ❖ **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

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)

3. Loeppke et al., J Occup Environ Med. 2009;51:411-428.

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

Mapping Care

Usual Care

Fragmented (silos)
Not coordinated

Behavioral health care

- mental health
- substance abuse

Specialist care

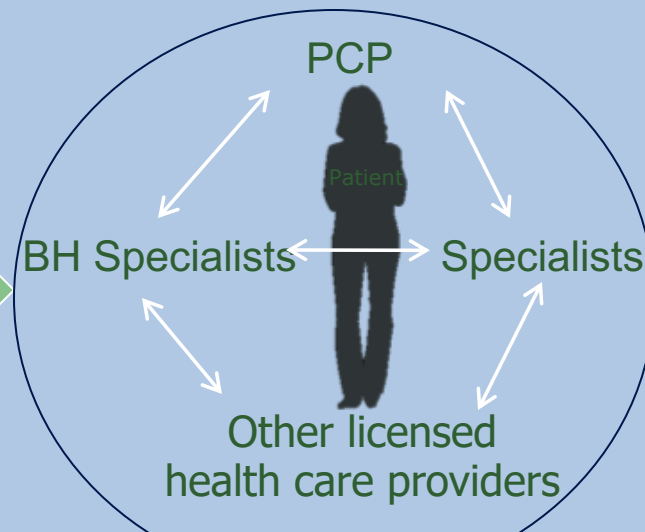
Other care

Primary care

- Prevention
- Acute Care
- Chronic Care

Delivery System Transformation and Practice Redesign

PCMH Team



Coordination
Collaboration
Communication

Care in PCMH

Integrated
Team-based

Introducing The Judson Center

- ❖ First an orphanage in 1924
- ❖ Committed to serving children and families



Judson Center Services

- ❖ Serve 31 counties 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

PCP Needed: Autism 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



PCP Needed: Disability Services

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



SERVICES OFFERED	ROYAL OAK	REDFORD & WAYNE	GROSSE POINTE
Vocational Skill Building Services	X	X	X
Supported Employment	X	X	X
Soft Skills Training	X	X	X
Customized Employment	X	X	X
Summer Work Experiences	X		
Non-Vocational Skill Building Services	X		
Lahser Children's Respite Home	X		

PCP Needed: Behavioral Health Services

- ❖ 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



What We Learned from Judson Patients

- ❖ 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

Strong Correlation Between Mental and Physical 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

