

PSYCHOLOGISTS and COMMUNITY HEALTH CENTERS: Opportunities for Training and Service

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Blending Behavioral Health into Primary Care at
Cherokee Health Systems •National Register of Health
Service Providers in Psychology, Fall 2007

**Evolving Models
of Behavioral
Health Integration
in Primary Care**

•Millbank Memorial Fund, 2010

Integrated Care Update

• CareIntegra, Feb. 2007

**A Tale of Two Systems: A
Look at State Efforts to
Integrate Primary Care and
Behavioral Health in Safety
Net Settings** • National Academy
for State Health Policy, May 2010

**Integrating Mental Health Treatment Into
the Patient Centered Medical Home**

•AHRQ, June 2010

Integrating Behavioral & Primary Care

• Community Health Forum, Sept./Oct. 2005

INTEGRATION OF MENTAL HEALTH/SUBSTANCE ABUSE AND PRIMARY CARE

•Evidence Report/Technology Assessment, No. 173, AHRQ, October 2008

**How Healthcare Reform
Can End the Stepchild
Status of Primary Care
and Behavioral Health**

•Dr. Ted Epperly, Behavioral
Health Central, January 2010

**Can Primary Care Docs and
Behavioral Specialists Work
Together?**

•Behavioral Healthcare Tomorrow, April 2004

Primary Care and Behavioral Health Integration: Forces, Vectors and Trends

- Widespread acceptance of the “concept” of integration
 - Tantalizing outcome studies are beginning to appear
- Increased appreciation of behavioral factors in chronic disease management
 - Concept of the Patient-Centered Healthcare Home
 - Diminished scope of CMHC’s
 - Expansion of the FQHC system



Behavioral Health Services in FQHCs

- Health centers serve 19,500,000 patients a year.
- Depression is the third most common condition at health centers.
- 71% of health centers provide behavioral health services.
- Only 112 health centers employ a psychologist.
- Only 46 health centers train psychologists.
- Health centers are becoming the nation's community behavioral healthcare system.



Cherokee Health Systems

- A Safety Net Provider
- An Integrated Delivery System
 - Scope of Services
- Staffing -- 52 PCPs, 46 Psychologists
 - Training Mission



Blending Behavioral Health into the Patient Centered Medical Home

Cherokee Health Systems' Clinical Model



Blending Behavioral Health into Primary Care

Cherokee Health Systems' Clinical Model

Behaviorists on the Primary Team

The Behavioral Health Consultant (BHC) is an embedded, full-time member of the primary care team. Psychiatric consultation is available.

Service Description

The BHC provides brief, targeted, real-time assessments/interventions to address the behavioral health aspects of primary care.

Typical Service Scenario

The Primary Care Provider (PCP) determines that psychosocial factors underlie the patient's presenting complaints or are adversely impacting the response to treatment. During the visit the PCP "hands off" the patient to the BHC for assessment or intervention.



The Behavioral Health Consultant (BHC) in Primary Care

- Management of psychosocial aspects of chronic and acute diseases
- Application of behavioral principles to address lifestyle and health risk issues
- Emphasis on prevention, self-help, resiliency and personal responsibility
- Consultation and co-management in the treatment of mental disorders and psychosocial issues



Sample Consults 1-5 p.m.

- 12 yo male with abdominal pain (new)
- 40 yo male with chronic depression, DM, HTN (f/u)
- 50 yo female with fibromyalgia, insomnia (new)
- 44 yo female with chronic pain, suicide attempt (f/u)
- 50 yo male with post-MI, hx SA and meth lab (f/u)
- 59 yo female with HTN, DM, CAD, depression (new)
- 54 yo male with panic, obesity (f/u)
- 46 yo female with grief (new)
- 13 yo male with obesity, weight management (f/u)



Cherokee's Patient-Centered Healthcare Home

- Embedded Behavioral Health Consultant on the Primary Care Team
- Real time behavioral and psychiatric consultation available to PCP
 - Focused behavioral intervention in primary care
 - Behavioral medicine scope of practice
- Encourage patient responsibility for healthful living
 - A behaviorally enhanced Healthcare Home



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