



DCengage

HealthHIV.org


Behavioral Health Models for Integrated Care Handout

**Inaugural DC Engage
Harm Reduction Conference**
AUGUST 25, 2022

Behavioral Health Models for Integrated Care & Harm Reduction

Joseph A. DaSilva, MSW, MPH
WASHINGTON HEALTH INSTITUTE

Inaugural DC Engage Harm Reduction Conference
AUGUST 25, 2022





Learning Objectives:

At the end of the presentation, participants will be able to:

- Describe an Integrated Behavior Models

Inaugural DC Engage Harm Reduction Conference
AUGUST 25, 2022

What is Integrated Behavioral Care?

- The care that results from a practice team of primary care and behavioral health clinicians working together with patients and families, using systematic and cost-effective approach to provide patient-centered care for a defined population.

Academy of Health Research and Quality, 2013



Inaugural DC Engage Harm Reduction Conference
AUGUST 25, 2022




What is the role of behavioral health in primary care?

75% of primary care visits incorporate a behavioral health factor


Including:

- Chronic Disease Management
- Mental Health
- Substance Use
- Tobacco Use
- Stress-related challenges impacting physical health
- Exercise

Primary Care Providers are the front-line prescribers for most anti-depressants

Inaugural DC Engage Harm Reduction Conference AUGUST 25, 2022



Schrager, 2021

SAMHSA & HRSA DENOTE THREE TYPES INTEGRATED BEHAVIORAL HEALTH MODELS

COORDINATED	CO-LOCATED	INTEGRATED
<ul style="list-style-type: none"> • Communication between each other. • Work in separate facilities. • Have separate EMR systems • Discuss cases rarely. • PCP refers patient for offsite therapy. • Usually Clinician has no experience working in primary care settings. 	<ul style="list-style-type: none"> • Basic Onsite Collaboration. • Physical Proximity • In the same facility, may or may not be in the same offices. • Share some scheduling & medical records. • Clinician may not be available for same day access. 	<ul style="list-style-type: none"> • Practice Change. • Full collaboration. • Clinician is given 'warm hand-offs' from providers in real time & completes short term therapy. • Clinician drafts workflows for BH screenings and follow-up. • Clinician participates in daily huddles. • Clinician uses the same physical space, including exam rooms. • Unrestricted access to EMR.

Inaugural DC Engage Harm Reduction Conference AUGUST 25, 2022

The Benefits of Integrated Behavioral Health

- Provides a "One Stop Shop" for medical/behavioral health services for patients.
- Benefits patients, providers, and caregivers.
- Improves quality of care and lowers overall health care expenditures.
- Integrates short-interventions, or rapid referrals, to address behavioral problems early.
- Enhances communication and coordination between care team.

Inaugural DC Engage Harm Reduction Conference AUGUST 25, 2022




Washington Health Institute's
Current Model

Inaugural DC Engage
Harm Reduction Conference
AUGUST 25, 2022

ccengage

HealthHIV

Early Intervention Services

- Implements Hi-V Model
 - Find Em, Teach Em, Test Em, Link Em, Keep Em
- Community/ Clinic Outreach
- HIV/HCV rapid testing
- Risk and Barrier Assessments
 - Harm risk reduction plan
 - Needs Assessment

Inaugural DC Engage
Harm Reduction Conference
AUGUST 25, 2022

ccengage

HealthHIV

Outpatient Ambulatory Health Services

- Patient Registration
 - COVID & Monkeypox Screening
- Ryan White Eligibility Screening and/or verification
- PH-Q4
 - Feeling nervous, anxiety, on edge?
 - Uncontrolled worrying
 - Feeling depressed
 - Little interest or pleasure
- Vital Signs and Nurse Visit

Inaugural DC Engage
Harm Reduction Conference
AUGUST 25, 2022

ccengage

HealthHIV

Outpatient Ambulatory Health Services (cont.)

Medical Evaluation/Visit

- PH-Q9, should they score higher than 3 on the PH-Q4
- PCP conducts warm hand off to Behavioral Health Provider, within this visit

Integrated Behavioral Health Therapist initiates MH/SA assessment

Referral to Ryan White Services

- Medical Case Management, Non-Medical Case Management, Psychosocial Support Services, Substance Abuse Services and Ron Simmons Wellness.

Inaugural DC Engage Harm Reduction Conference AUGUST 25, 2022

ccengage

HealthHIV

Integrated Behavioral Health

Use evidenced based assessment tools:

- PH-Q4/9, GAD, CAGE-AID, Diagnostic Assessments

Brief therapy

- 6-8 sessions
- 15-30 min

Behavioral Health Session can be performed in doctor's office.

- (Typically, we'll have the initial visit in the MD office and subsequent are held in therapist office.)

Inaugural DC Engage Harm Reduction Conference AUGUST 25, 2022

ccengage

HealthHIV

Supportive Services

Retention Calls

- Monthly report highlighting patients who have not seen their provider in over 6 months

Viral Load Suppression List

- Monthly report highlighting all patients with a detectable viral load since their last visit

Inaugural DC Engage Harm Reduction Conference AUGUST 25, 2022

ccengage

HealthHIV

Washington Health Institute Services

The Washington Health Institute (WHI) was founded with the mission to improve the health of our community by providing exceptional Primary and Infectious Diseases Specialty care services. We approach the unique needs of each patient by providing holistic care support and patient education while participating in innovative research that advances the quality of life for our patients.

- Primary Care
- Infectious Diseases Care
- COVID-19 Testing
- Telemedicine
- Preventative Care
- On-Site Phlebotomy
- Behavioral Health
- Peer Support Groups
- Ryan White Holistic Care Program
 - Medical & Non-Medical Case Management
 - Mental Health/Substance Abuse Peer Recovery Specialist
 - Integrated Behavioral Health Therapist
 - Patient Health Navigators: Status Neutral
 - Ron Simmons Wellness Program

Inaugural DC Engage
Harm Reduction Conference
AUGUST 25, 2022

HealthHIV

Questions

Washington Health Institute
1140 Varnum Street Northeast
Providence Medical Building – Suite 203
Washington, DC 20017
www.DC-WHI.org

202-525-5175

@WashingtonHealthInstitute
www.Facebook.com/DCWHI

Inaugural DC Engage
Harm Reduction Conference
AUGUST 25, 2022

HealthHIV
