



From Fragmentation Though Integration To Health Promotion

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Goals for the Presentation

- Review some of the current work in evidence-based approaches to integrated care
- Explore the challenges & opportunities associated with extending that work into additional areas
- Raise some of the challenges as health care reform moves to a more population and prevention/health promotion orientation



The Evidence Base for Integrated Care

- Over 27% 12 month prevalence for all behavioral disorders
 - 45-50 million individuals with depression
 - 15-20 million with substance abuse
 - 60 million with anxiety disorder
- 50% of treated depressive episodes are treated ONLY in the primary care sector
- Only 30% of those treated in primary care show significant improvement
- Integrated approaches can roughly double those results



Evidence-based Interventions

- “Measured care”
- Readily accessible behavioral health clinical support
- Access to specialty support and referrals
- “Stepped care”
- Care management function



The Carter Center Primary Care Initiative

- Goal – to identify and act upon policy levers to scale up evidence-based approaches to integrated care
- Process
 - Formation of Steering Group
 - Brainstorming
 - Prioritization
 - Task-specific work groups
- Current projects
 - DTC educational/empowerment campaign
 - Medical Home summit



The Patient-Centered Medical Home

- Endorsed in 2007 by 4 major primary care specialty organizations
- Core concept – team-based care that provides both care management and support for self-care
- No specific references to behavioral health care or prevention/health promotion
- The Carter Center Medical Home Summit – June 2009
 - Goals
 - To facilitate discussion among representatives of the three fields
 - To identify challenges and opportunities to build patient-centered health home



Integrative Care – An Emerging Concept

- Integrative care takes the broadest view of the health of the individual
- Incorporates the best of evidence-based diagnostic and therapeutic interventions
- Also seeks to apply the latest advances in predictive, preventive, and personalized health care
- “Healing is always possible, even when curing is not” –

Tracey Gaudet, M.D., Director, Duke Integrative Medicine



The Opportunities & Challenges for Behavioral Health Care

■ Opportunities

- Long-standing focus on recovery and “a life in the community for all”
- Training in behavioral and social sciences
- Extensive experience in the public sector with issues of support systems

■ Challenges

- A disease focus
- Growing influence of prevention & occupational medicine in the field of health promotion



Integrating Care: Examples and Possibilities

Michael Boyle
Fayette Companies

The Power of Words:

Co-location

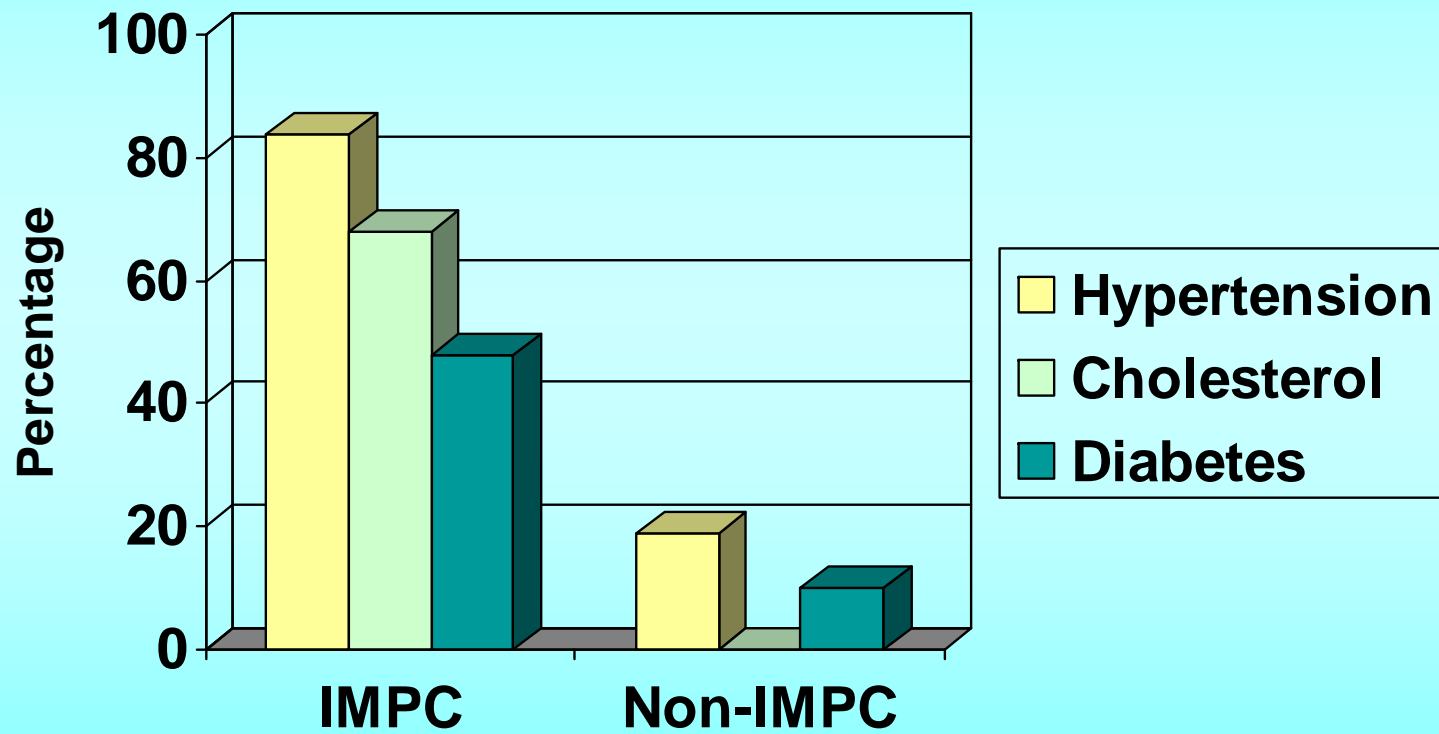
Or

Integration

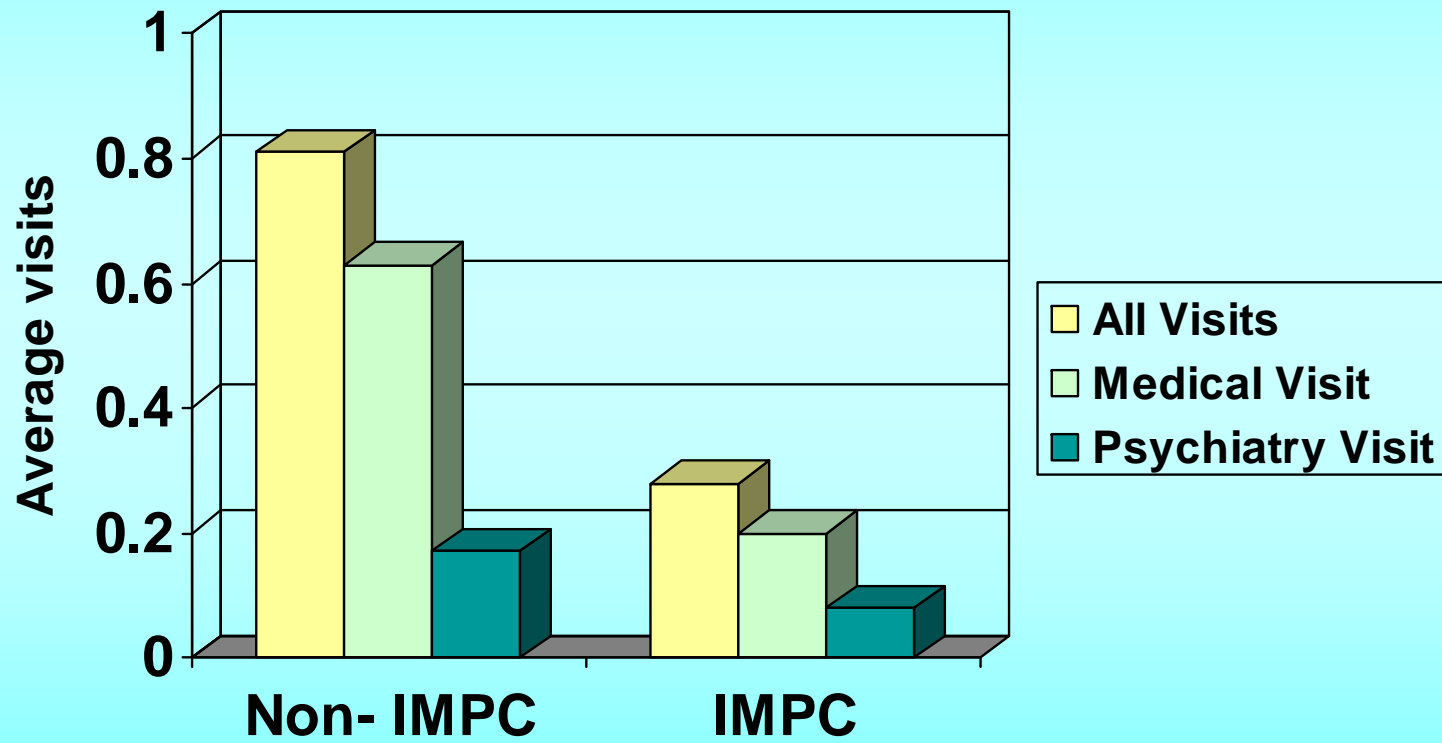
Two Experiences



Proportion of Patients Screened for Disease



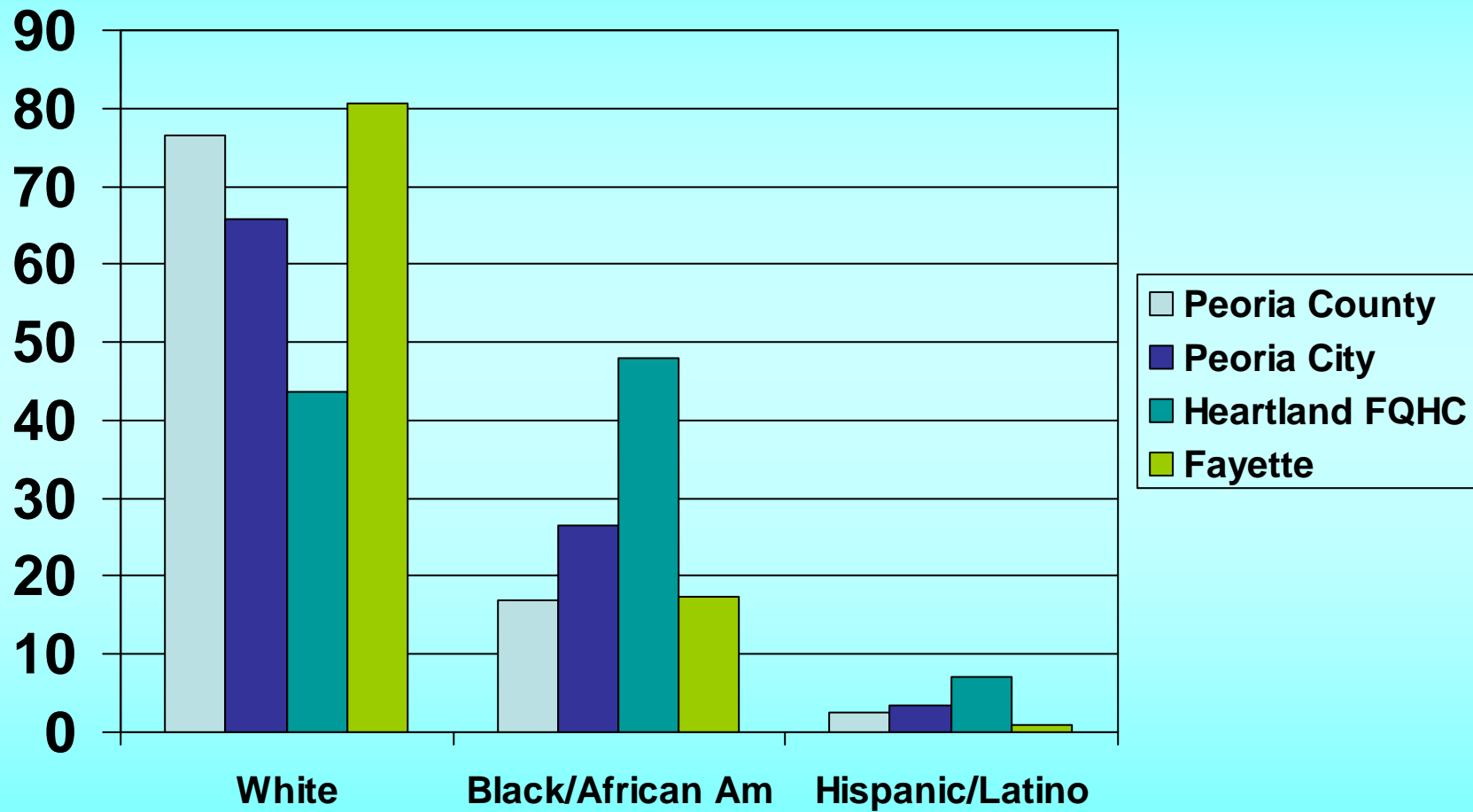
Average ED visits per patient



The business case for FQHCs integrating
with CMHCs: Persons with SMI have
desirable insurance coverage



Comparative Demographics



**Next steps: Integrated crisis center
and linkage to primary care and BH**



What could we teach to primary care to improve their services?

- Motivational Interviewing
- Cognitive Behavioral Techniques
- Contingency Management / Use of Motivational Incentives
- Community Based Services Approaches

Technology may be more than
an electronic medical record

CHES

Center for Health
Enhancement
Systems Studies

Self Determination Theory:

Increasing competence, relatedness
and autonomy results in improved
quality of life

Proximal Outcomes:

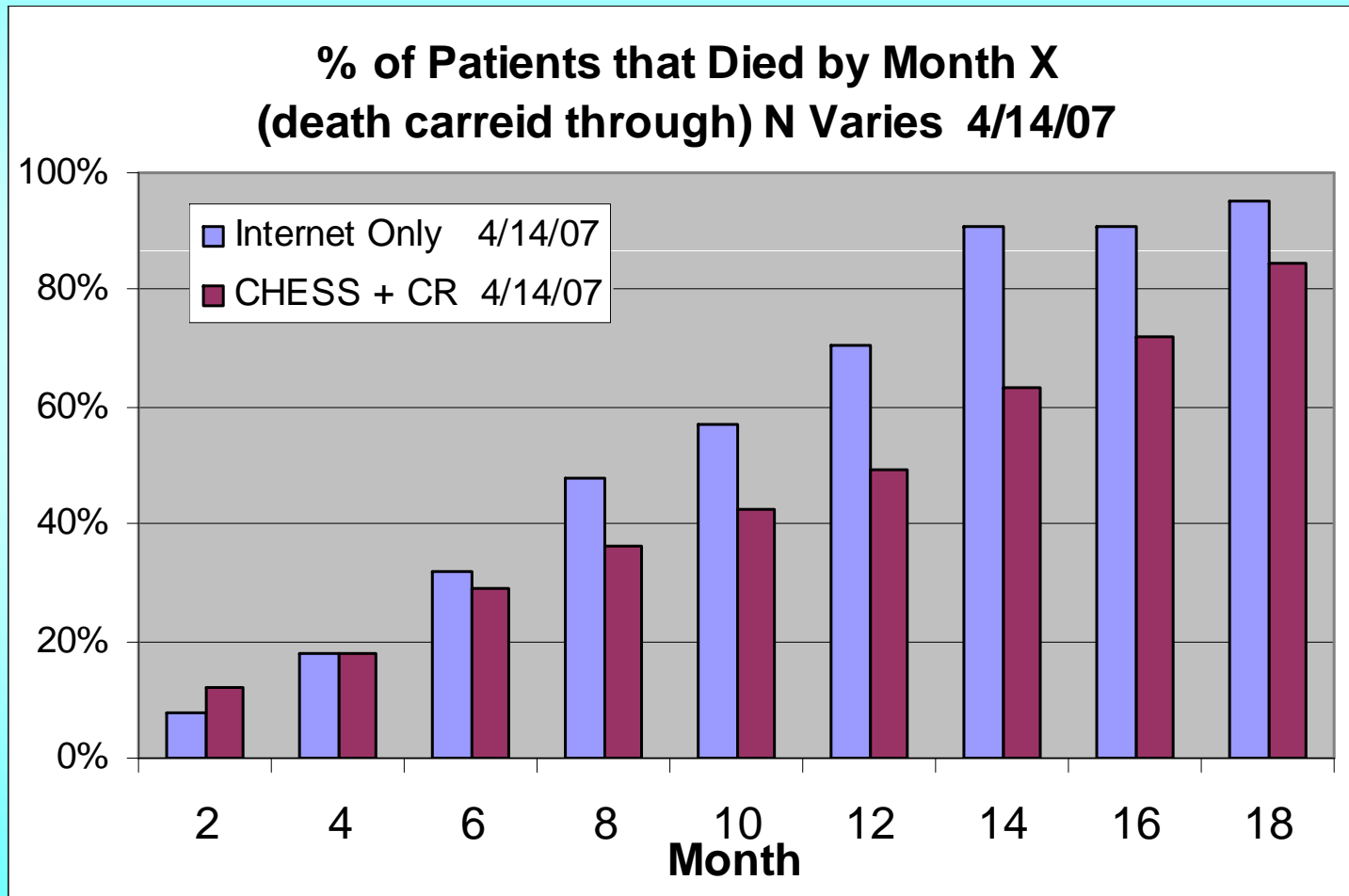
- Social Connectiveness
- Increased skills
- Clarification of goals and values
- Hope

These lead to increased competence,
relatedness and autonomy

Autonomy and competence are necessary for self-management

Relatedness to healthcare professionals is necessary for efficient use of the healthcare system

Chess lung cancer study: An unexpected finding



MCHESSE/ACHESSE



CHES could be used as a
foundation for integrating the
address of health and wellness.
The potential is unlimited.