PRACTICALINTEGRATION: EXPANDINGINTEGRATEDMEDICINE FROM PRIMARY CARE TO SPECIALTY CARE

Ryan Jackman, MD; Jessica Stephen Premo, PhD, LMFT; Amy Davis, MD; Alicia Gutierrez, MSW; Lucy Graham, PhD, MPH, RN; Marie Collier, MD; and Candace Henrikson, AMFT

Objectives

Upon completion of this workshop, you will be able to:

- Discuss various models of integrated care in specialty care settings, and recognize practical actions that were taken in the implementation of each of these models
- Describe approaches that have been utilized to address barriers to integrated care implementation, including:
 - Distinct approaches for reimbursement of services, including development of a proforma
 - Ways in which specialty medicine clinics such as HIV, Addiction, and Integrative medicine can benefit from integrated behavioral health
 - Delineate individual and organizational goals for expanding integrated behavioral health within one's appointed organizations

Disclosures

We have no disclosures to report.

Workshop Schedule

Timeline

- Introduction
- Breakout #1: 45 minutes
 - Round table style
- Break: 15 minutes
- Breakout #2: 45 minutes
 - Round table style
- Panel Discussion: 35 minutes
 - With the entire team



Western Colorado HIV Specialty Care Clinic

2000-2019

Alicia Gutierrez, MSW, LSW

Behavioral Health Provider

St. Mary's Family Medicine

Lucy Graham PhD, MPH, RN

Director of Nursing Education Programs

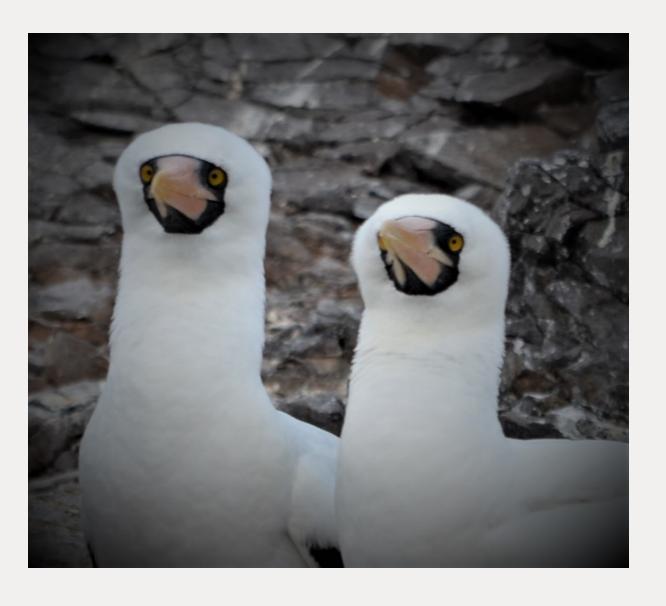
Colorado Mesa University

Amy L. Davis, M.D., MPH

Medical Director Western Colorado HIV Specialty Care Clinic

St. Mary's Family Medicine Residency





Health Team:

- RN Project Manager
- MOA
- Behavioral Health Provider
- Grant Accountant
- Family Physician
- University of Colorado HIV ID physician
- WestCap case managers and prevention specialists (Ryan White Part B)





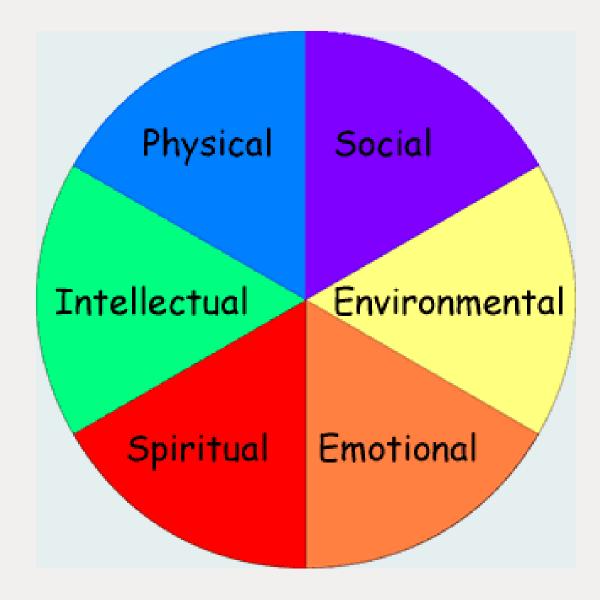


1 in 6 new diagnoses in the U.S. were in people aged 50 and older

In 2017: 270 unduplicated clients for the 22 counties in the Western Colorado catchment area.

- 72% male, 26% female, 2% transgender
- 66% white, 25% Hispanic, 9% other races
- 82% live below 200% of poverty
- 90% are insured. This will likely change in the year to come.
- 38% Heterosexual, 53% MSM, 11% IVDU
- 40% HIV +, not AIDS 50% AIDS diagnosis









Breakout Session #1

Professional Development and Satisfaction for Integrated Team Wellness:

Participants will experience our model for integrated care that promotes continued skill
development, job satisfaction and better patient outcomes. The audience will be encouraged to
adapt what has worked for us to optimize their own teams.

Breakout Session #2

HIV Behavioral Health Cross-Pollination:

• In this session we will show how behavioral health interventions can be made part of the workflow and skill set of an entire team.

NEUROLOGY & INTEGRATED BEHAVIORAL HEALTH



Dr. Marie Collier, MD

Board certified neurologist and epileptologist

Fellowship trained integrative medicine doctor

200 hr RYT

Candace Henrikson

Medical Family Therapist, AMFT

MS from California State University, Chico

Certified Yin Yoga Instructor

Focused therapeutic approaches:
Narrative, Solution-Focused,
Mindfulness



- Dr. Collier has welcomed IBH interns to complete a rotation in Neurology clinic for the last 2 years
- Interns have gained education and instruction on collaboration with specialty providers and tx of patients with complex neuro disorders
- Opportunity to provide care in clinic and in the EMU
- This team approach to care allowed patients to have increased awareness about mental health and consideration of their holistic health

Our Work Together



Breakout Session 1:

Integrative Medicine and Integrated Behavioral Health:

- Insight of how specialty providers and IBH professionals offer care as a team
- Understanding of behavioral health's role in a subspecialty clinic, such as Neurology
- Realize the unique challenges of providers meeting with patients with complex, chronic illnesses

Breakout Session 2:

Wellness and Resilience

- Up-to-date and accurate definitions of Burnout for both providers and behavioral health professionals
- Learn the warning signs and costs of Burnout
- Effective coping and preventative strategies
 - Interactive engagement in stress relief methods

ST. MARY'S INTEGRATED ADDICTION MEDICINE & BEHAVIORAL HEALTH CLINIC

Jessica Stephen Premo, PhD, LMFT

Director of Behavioral Health

St. Mary's Integrated Addiction Medicine

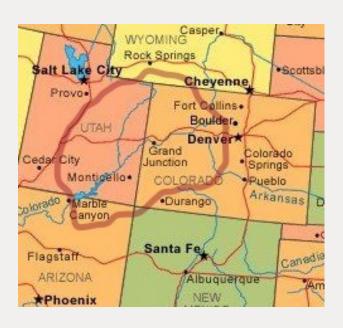
Ryan Jackman, MD

Medical Director Integrated Addiction Medicine

St. Mary's Family Medicine Residency



Addressing Addiction in Western Colorado



- St. Mary's Integrated Addiction Medicine is the only program of its kind in Western Colorado, Eastern Utah, and Northern Arizona and New Mexico
 - No board certified addiction medicine physician for > 200 miles in any direction
 - No outpatient program that cares for substance use disorder in multiple specialty populations under the same roof
 - No outpatient program that offers the above services, in addition to outpatient behavioral health services
- Since May 2019
 - 97 incoming referrals
 - 62% with appointment available < 7 days
 - 94 unique patients seen
 - Average age 38 y/o
 - 57% female, 43% male
 - 70% Medicaid, 15% private insurance, 8% Medicare,
 7% self pay
 - 10 pregnant/post-partum



Our Team

- Board-certified Addiction Medicine Physician
- Licensed Marriage and Family Therapist (PhD)
- Psychiatric and Family Nurse Practitioner
- Nurse Program Coordinator (MSN)
- Medical Assistant

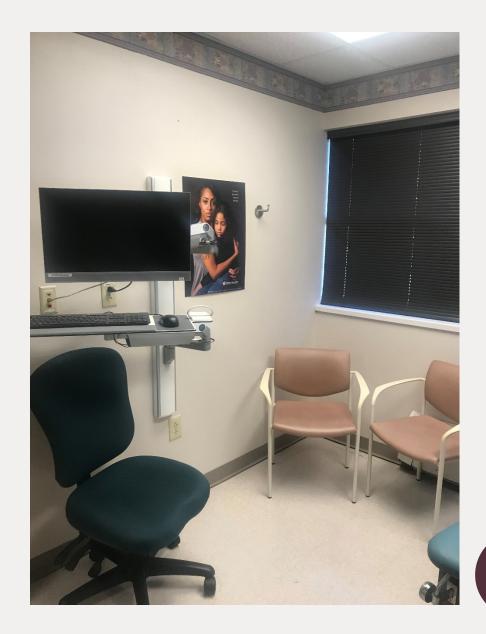
AIM Program Services

Medical Assessment and Treatment for:

- Substance Use Disorders
- Process Addictions
- Co-Occurring Mental Health Conditions
- Medication-Assisted Treatment (MAT)
- Outpatient Detoxification
- Individual and Group Therapy
- Family-Centered Education and Therapy
- EMDR Therapy
- Intensive Outpatient Program (IOP)
- Coming in 2020: Multi-family groups and Extended,
 Outpatient Programs

Focus Populations:

- Pregnant and Mothering Women
- Adolescents
- Chronic Pain with Opioid Dependence and Concern for Opioid Use Disorder



Breakout Session #1

How can I pay for this? Developing a proforma for new integrated services:

 This session will provide attendees the opportunity to discuss and work on key components of a proforma. Using St. Mary's Integrated Addiction Medicine Clinic as a model, participants will learn where to access pertinent data, and utilize that data to make cost and reimbursement estimates that are specific to their clinic.

Breakout Session #2

Role of Behavioral Health in MAT and Addiction Medicine:

- Identify barriers to expanding integrated behavioral health services into specialty care (funding, clinical workflows, training etc.) and explore potential solutions.
- Attendees will establish what makes an effective specialty care team by identifying collaborative goals, conduct a needs assessment, and discuss finding the "right fit" in order for integration to be successful at both micro and macro levels.

$Contact\\Information$

Dr. Ryan Jackman

- ryan.jackman@sclhealth.org
- Clinic phone: 970-298-3801

Jessica Stephen Premo

- <u>Jessica.stephenpremo@sclhealth.org</u>
- Clinic phone: 970-298-3805

Breakout Sessions Options

Breakout #1

- Professional Development and Satisfaction for Integrated Team Wellness
- Integrative Medicine and Integrated Behavioral Health
- 3. How can I pay for this? Developing a proforma for new integrated services:

Breakout #2

- 1. HIV Behavioral Health Cross-Pollination:
- 2. Wellness and Resilience
- 3. Role of Behavioral Health in MAT and Addiction Medicine