

Addressing Tobacco Cessation in Rural Minnesota with Integrated Behavioral Tele-Health

Helpful Links

Follow the link below to learn more about the Health Resources and Services Administration (HRSA), an agency of the U.S. Department of Health and Human Services, is the primary federal agency for improving healthcare to people who are geographically isolated, economically, or medically vulnerable.

<https://www.hrsa.gov/>

Follow the link below to learn more about mental health services in rural Minnesota

<https://www.ruralmn.org/mental-health-services-in-greater-minnesota/>

Follow the link below to learn more about mental health crisis in rural Minnesota

<https://www.minnpost.com/community-voices/2018/03/mental-health-crisis-rural-minnesota-ways-start-addressing-it/>

Follow the link below for more information about QuitPlan smoking cessation treatment

www.quitplan.com

Follow the link below for more information about using CBT to support smoking cessation

<https://www.mindunderstandingitself.com/2018/10/15/cognitive-behavioral-therapy-for-quitting-smoking-a-case-example/>

Follow the link below to watch a video about motivational interviewing to support smoking cessation

https://www.youtube.com/watch?v=T_iBbEr5e4M

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Central Minnesota Telebehavioral Health Rural Access to Mental Health Providers (RAMP)

Grant Abstract

Evidence-Based Tele-Behavioral Health Network Program. FON: HRSA-18-032

Project Title: Central Minnesota Telebehavioral Health Rural Access to Mental Health Providers (RAMP). **Applicant Organization:** CentraCare Health. Address: 1900 Centracare Cir, Ste 2475, Saint Cloud, MN 56303.

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Abstract

The Central Minnesota Telebehavioral Health Rural Access to Mental Health Providers (RAMP) project is an integrated behavioral health (IBH) care model that will use telebehavioral health (TBH) services at rural ambulatory outpatient healthcare clinics. The goal is to improve access to mental health experts as part of an IBH team to improve outcomes for patients and to increase mental health resources for the providers who care for them. Without these Tele-IBH services, these services might not otherwise be available given limited resources as a result of geography and regional mental health providers as demonstrated in this proposal. The RAMP project team will expand the use of CCH's existing IBH care model through the use of telehealth technology. The study of the use of technology in IBH has not been effectively studied and represents a significant gap in evidence-based TBH models. RAMP will use the above evidence-based practices to contribute to an understanding of the effectiveness of TBH in supporting an IBH model of care. The RAMP project will improve and increase rural access for primary health care providers and patients to members of CentraCare Health's mental health (MH) team. The RAMP project will promote and expand patient and caregiver access using the following approaches: (1) A member(s) of the mental health team will work with a patient directly in assessment and treatment through telehealth; (2) The MH team member(s) will provide treatment recommendations directly to the providers/nurses/etc. working with the patient after discussing the case with the patient's team before or following review of the electronic medical record of a patient; and, (3) A patient might be evaluated through telehealth by one MH team member, who in turn may collaborate directly with another MH team member to determine a treatment plan for the patient. RAMP will serve the needs of more than 12,000 patients in the rural communities served by CCHMelrose, CCH-Paynesville-Belgrade Clinic CCH-Paynesville, CCH- Paynesville-Eden Valley Clinic, CentraCare Health CCH-Paynesville, CCH-Long Prairie, CCH-Long Prairie-Eagle Valley Clinic, CentraCare Health Paynesville- Richmond Clinic, Clearwater Medical Clinic, SCMG-Cold Spring Clinic. All are ambulatory care outpatient clinics. The project team will build on the IBH care model by exploring whether patients with multiple chronic conditions, working with a mental health team, can achieve better patient outcomes. Following an initial Primary Care Provider (PCP)-to-patient consultation, the PCP at each RAMP site will assess whether a patient should schedule an appointment with the RAMP mental health team. This strategy will enable the RAMP project team to assess the traditional IBH model against the Tele-IBH model. The effectiveness of these services can be compared between sites and across all sites.

Resources and References

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