

# Integrated Care:

## A psychiatrist's perspective

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# Overview

- Why bother with integration?
- What is it?
- What does it look like?
- Does it work? Why?
- What does the future hold?

# Medical Illness & Mental Illness

- People with serious mental illness are more likely to
  - Have medical problems
  - Get them at a younger age
  - Die sooner once they have them

# Serious Mental Illness and Early Death

Average age of death of a  
Department of Mental Health Client?

**52**

# Serious Mental Illness and Early Death

Most (60%) of these early deaths are from?

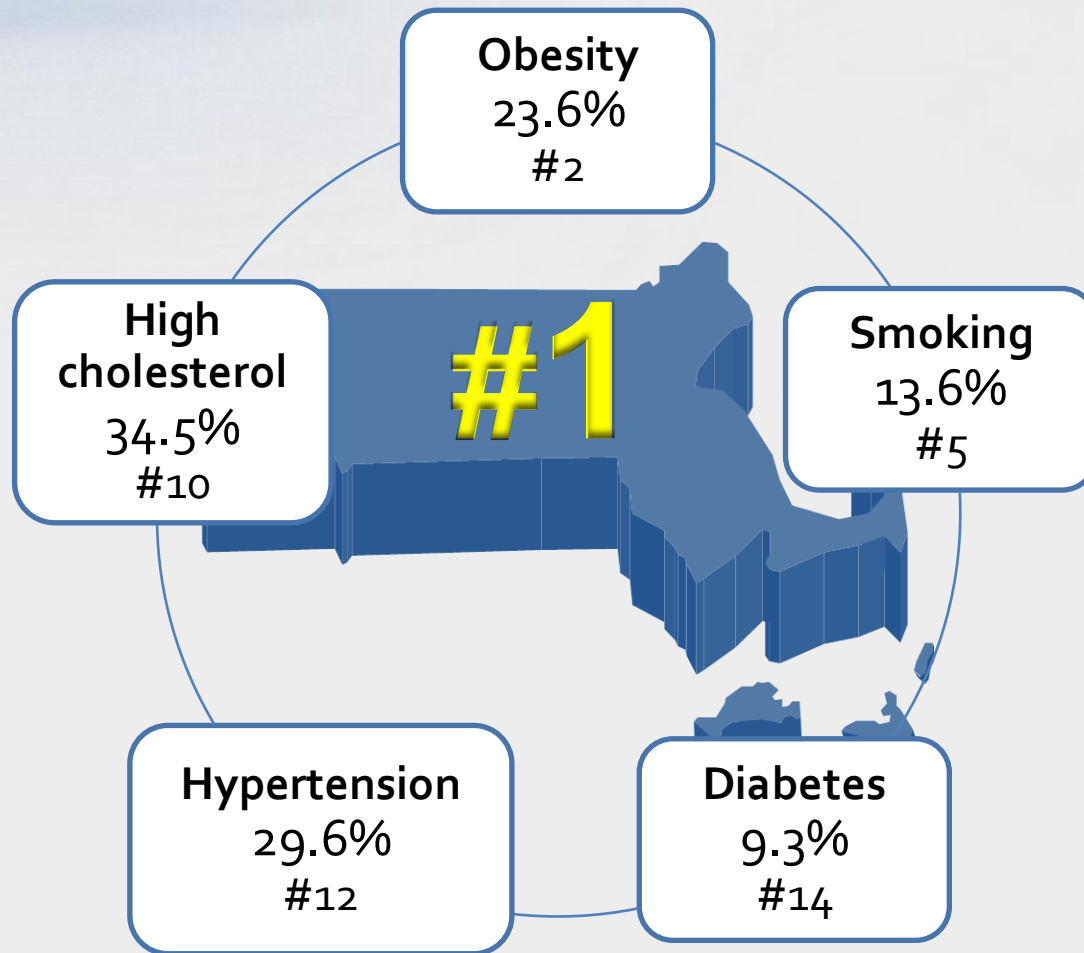
**Medical Illness**

The #1 cause of death?

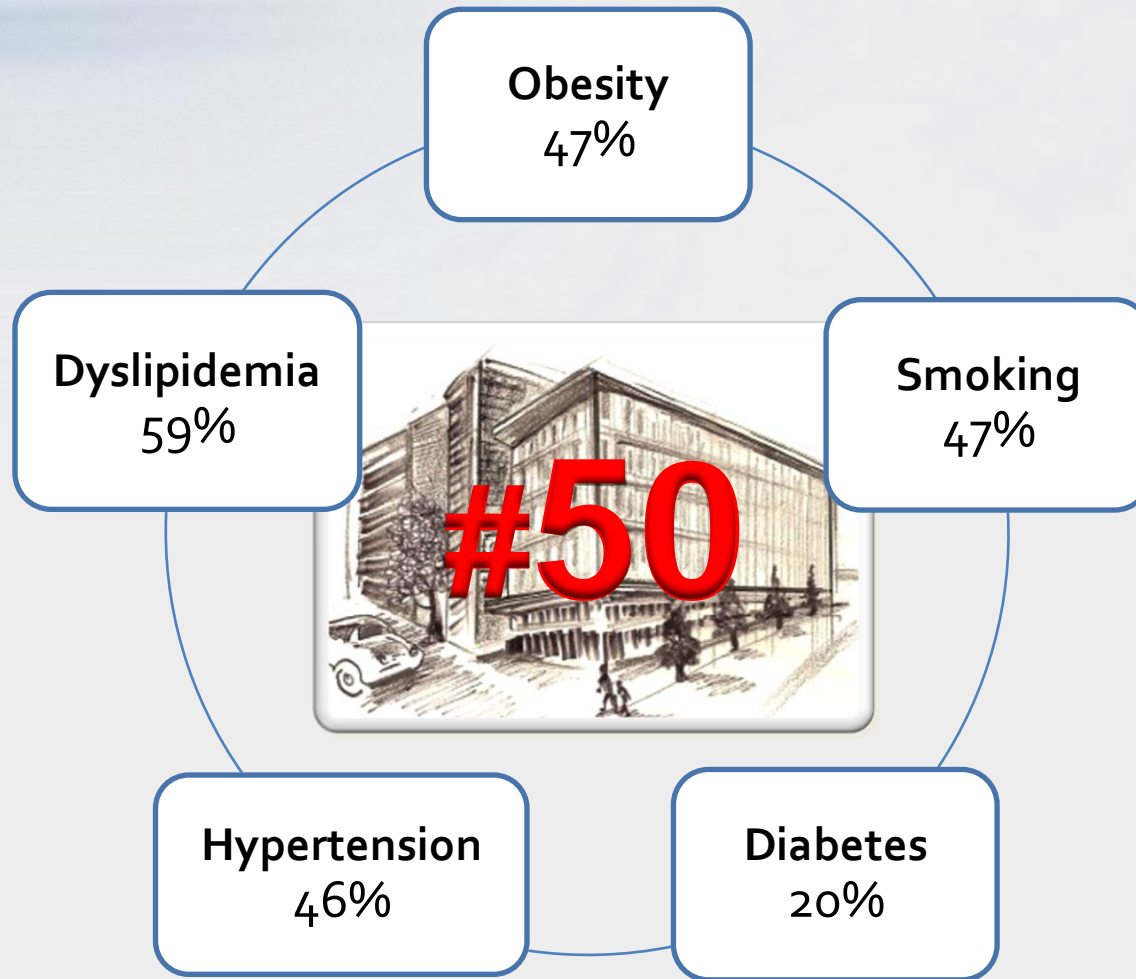
**Heart Disease**



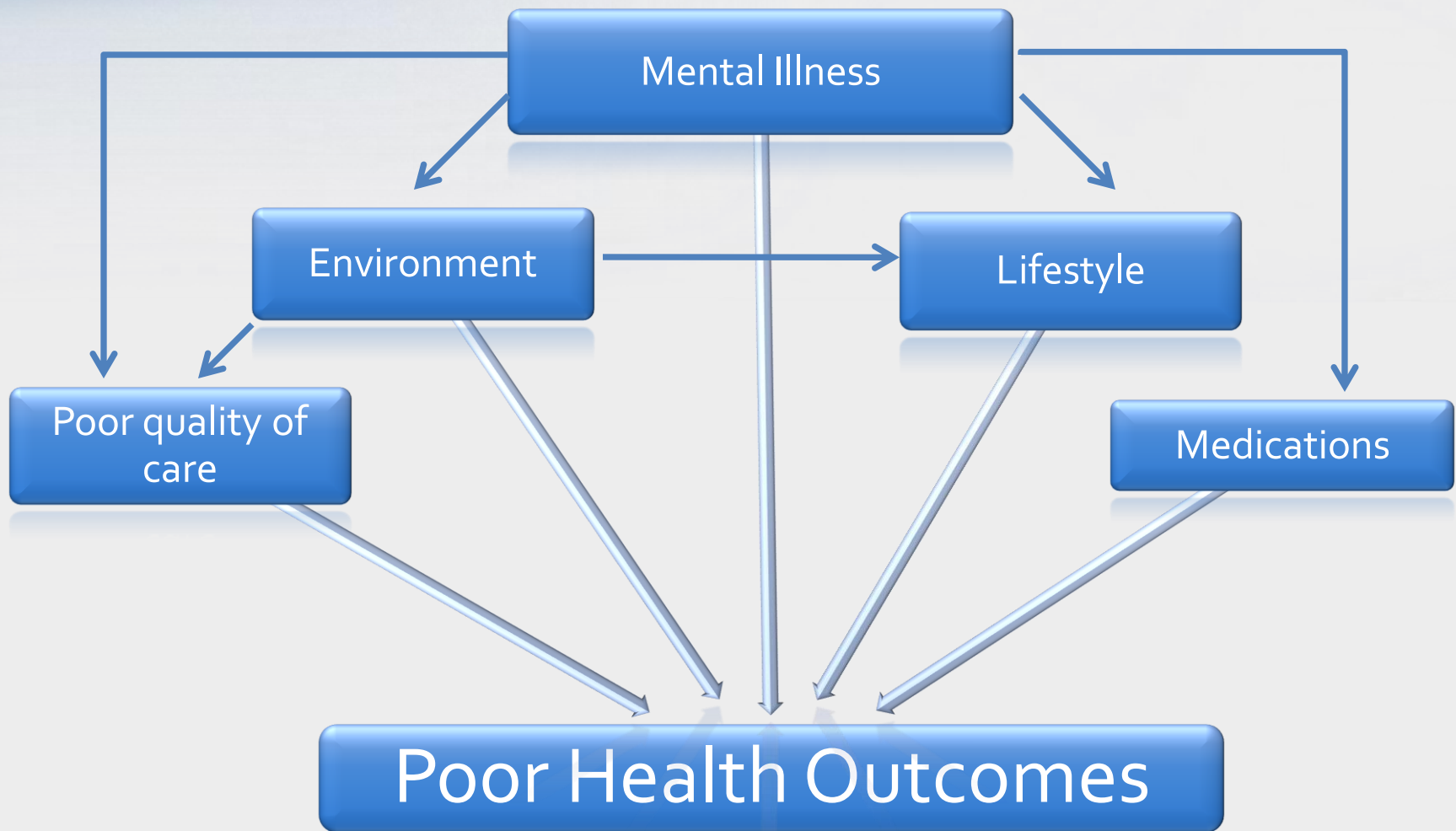
# How healthy is Massachusetts?



# How healthy is MMHC?

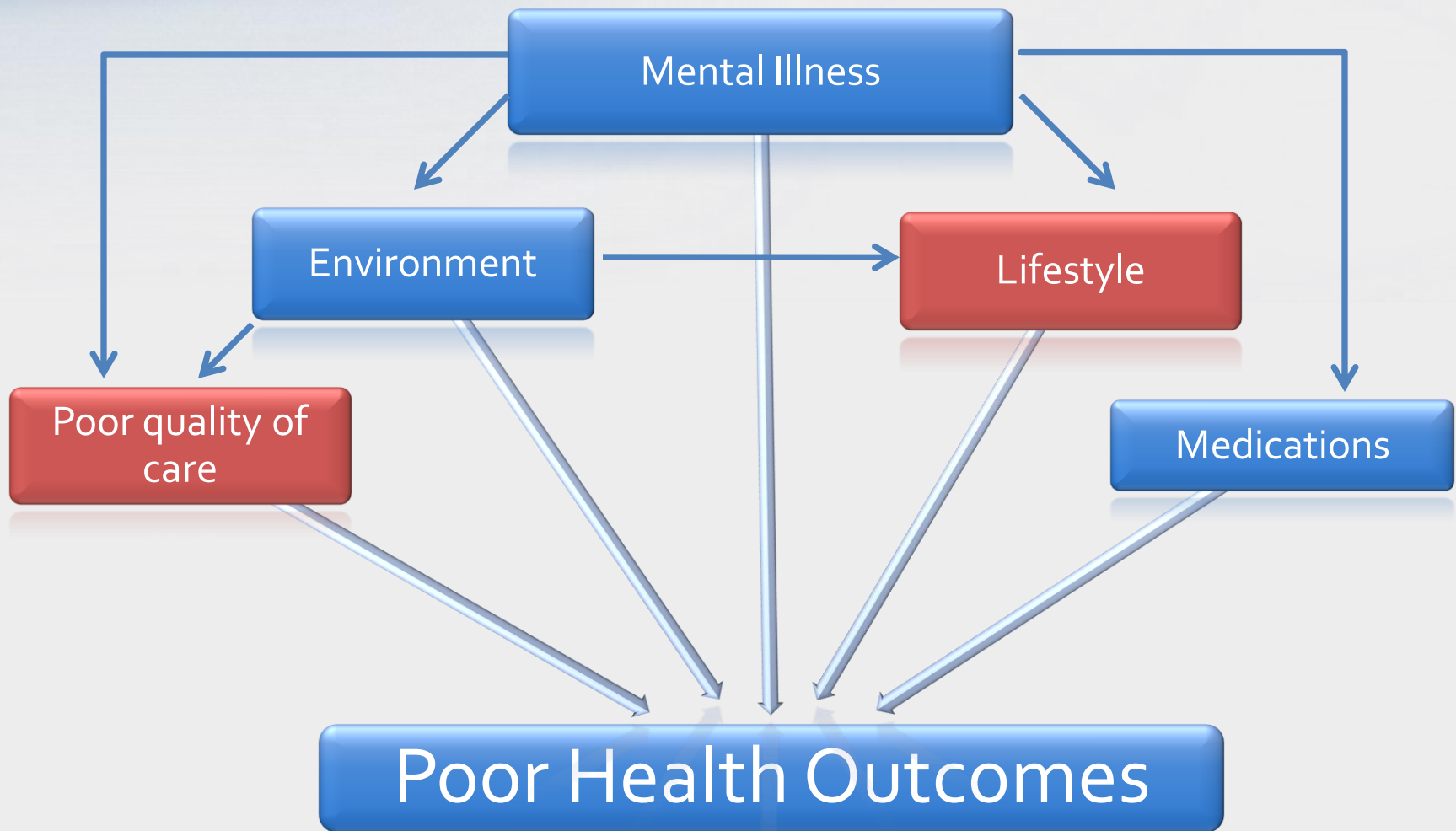


# What Causes the Poor Health of People with Mental Illness?



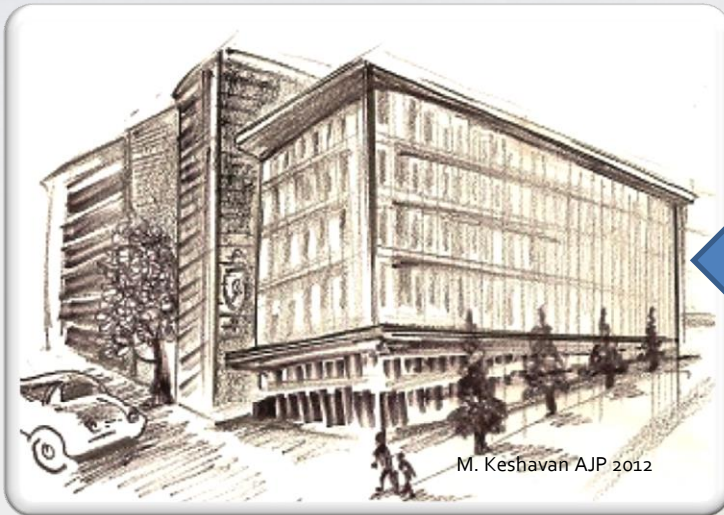


# What Causes the Poor Health of People with Mental Illness?

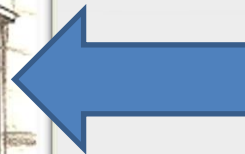


# Integrated Care

## MENTAL HEALTH



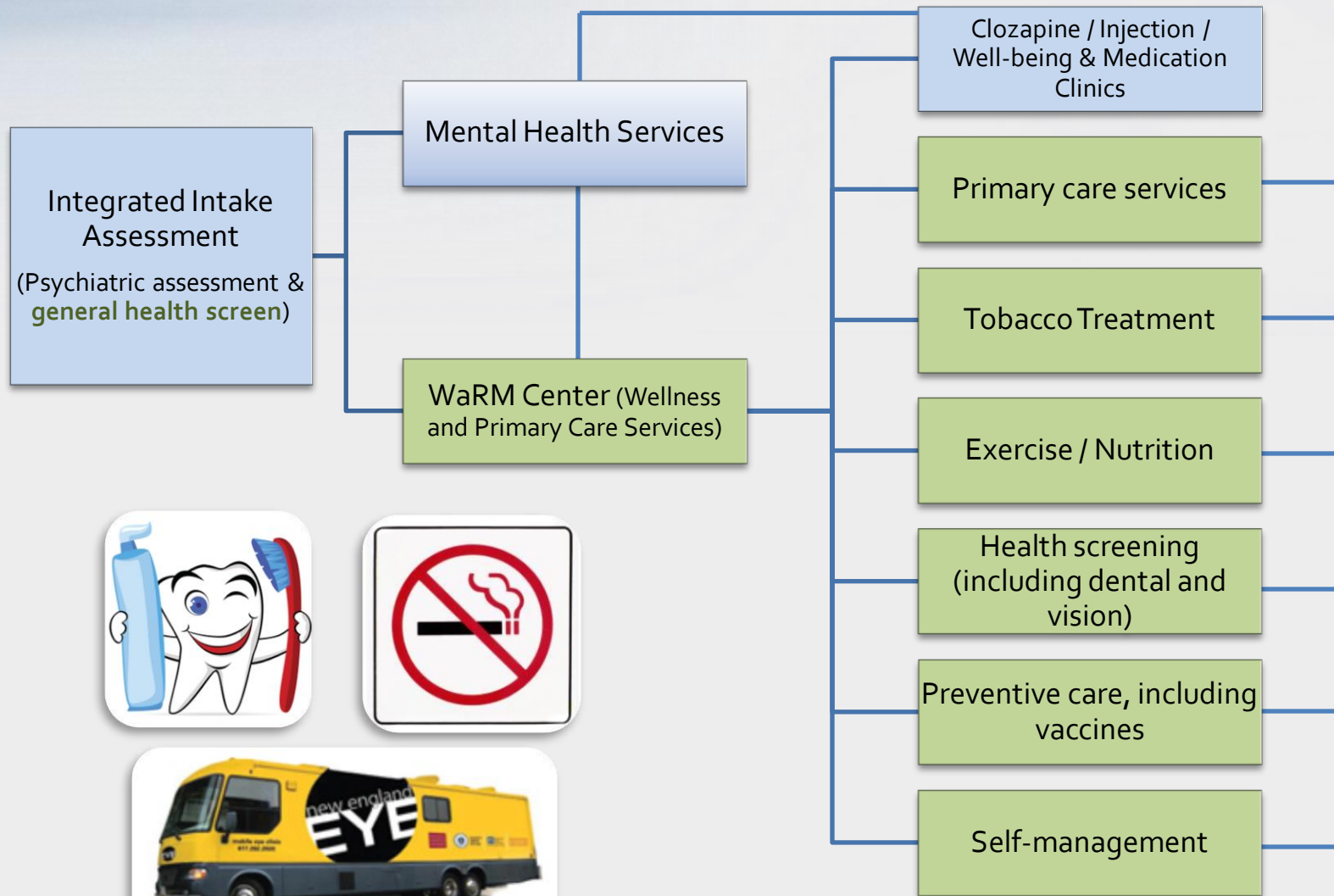
## PRIMARY CARE





# The WaRM Center

Wellness & Recovery Medicine @ MMHC



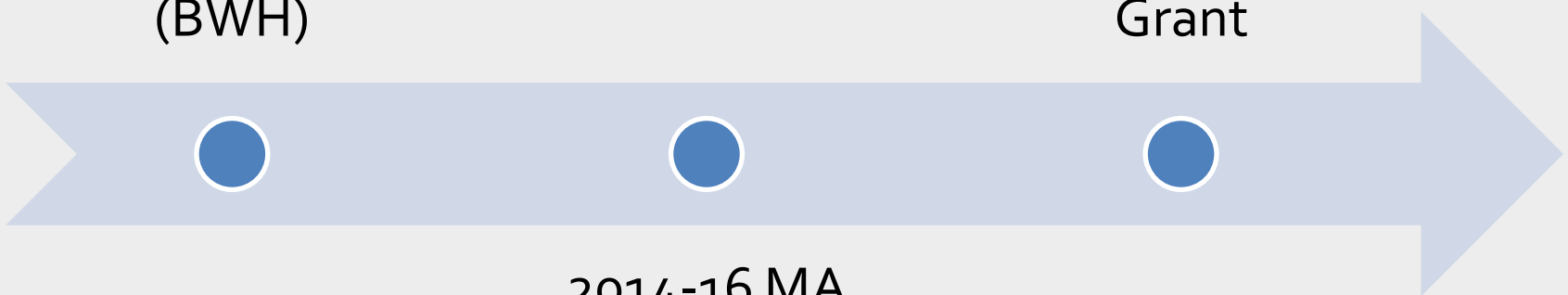


## Milestones in WaRM Center development

2011 Onsite  
Primary Care  
(BWH)

2015-19  
SAMHSA PBHCI  
Grant

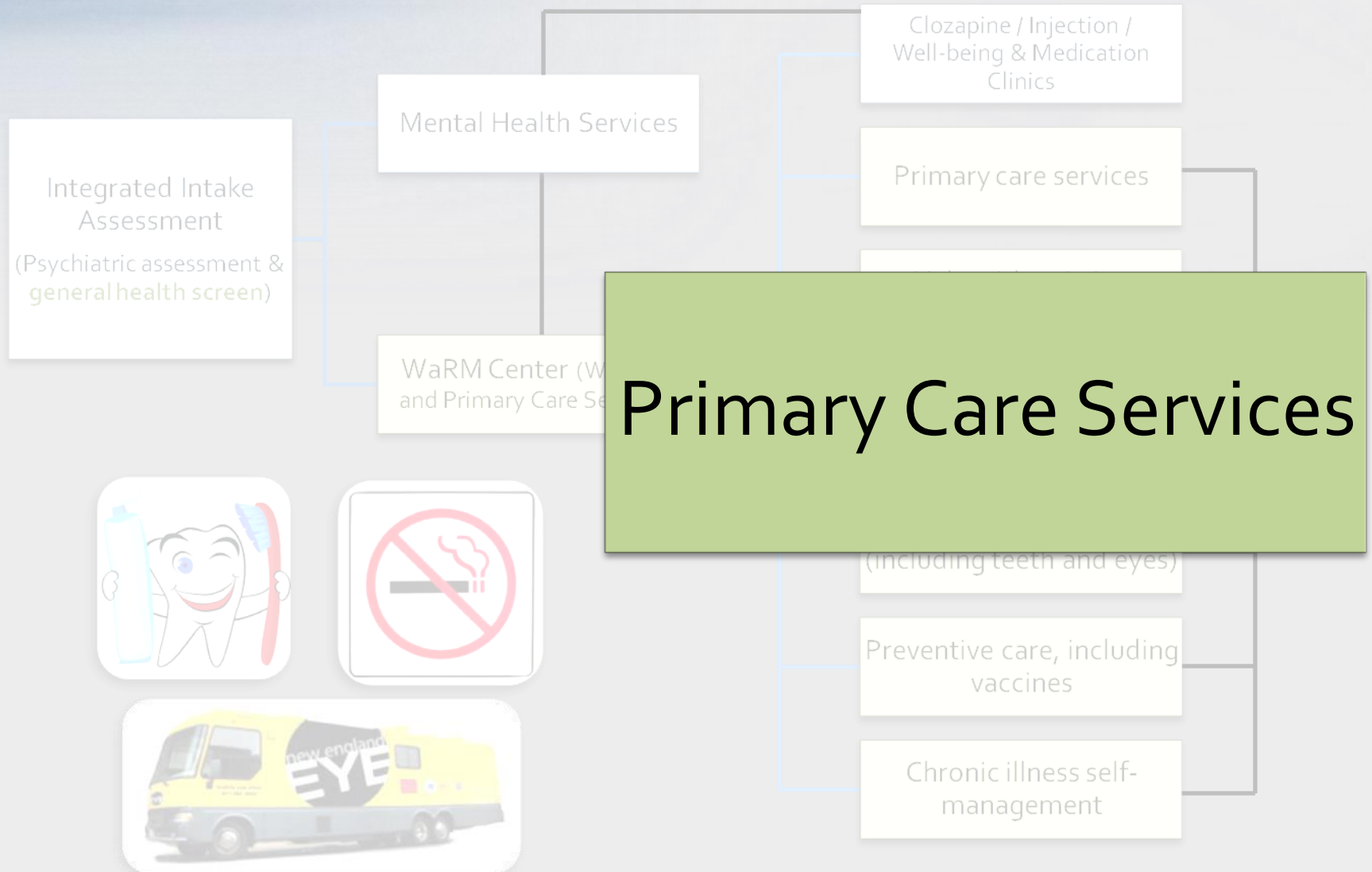
2014-16 MA  
AGO Behavioral  
Health Grant





# The WaRM Center

Wellness & Recovery Medicine @ MMHC







# The WaRM Center

Wellness & Recovery Medicine @ MMHC



# WaRM Center Wellness Services

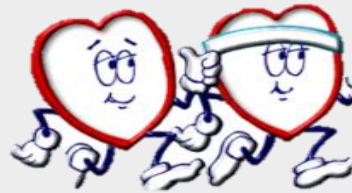
Fitness, nutrition, tobacco cessation, self-management



Smoke Free Program



Nutrition group



Get Fit Together



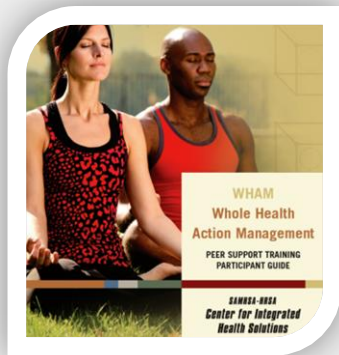
ZUMBA®



Wellness Check-in

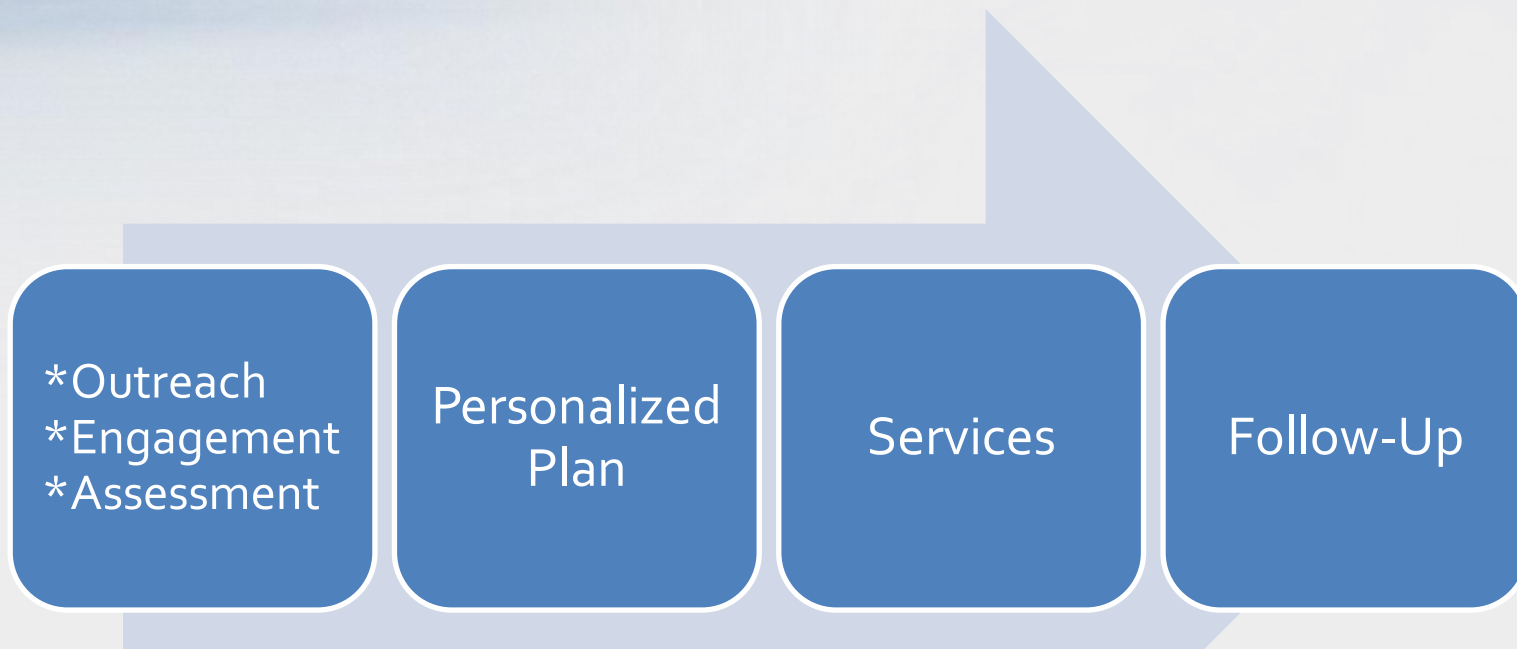


Yoga



Whole Health Action Management

# WaRM Center Smoke Free Program



1, 3, 6, 9, 12 months

- Smoking status
- Breath carbon monoxide
- Service use
- Barriers encountered
- Provider updates



# Smoke Free Program Services

## Education



## Peer coaching



## 1:1 Cessation Counseling

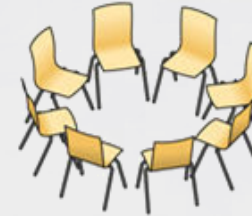
## Care Coordination



## Cessation medications



## Quitline referrals



## Groups

- *Learning about Healthy Living*
- *Stop Smoking Group*



- Text messaging
- Smartphone Apps
- Online programs



## Let's Talk about Smoking Website

# Tobacco treatment for people with serious mental illness (SMI)

An opportunity to close the mortality gap



Massachusetts Mental  
Health Center

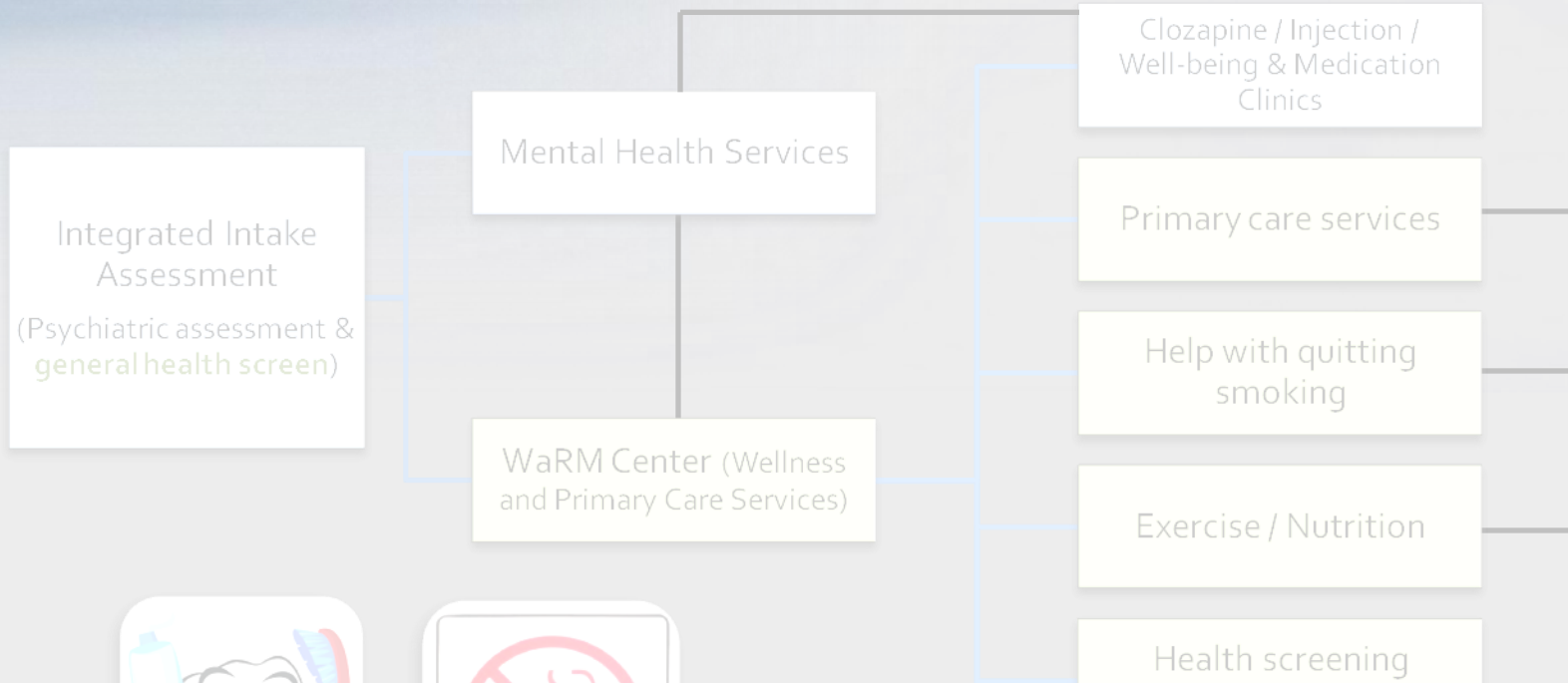


National Resource Center for  
Academic Detailing



# The WaRM Center

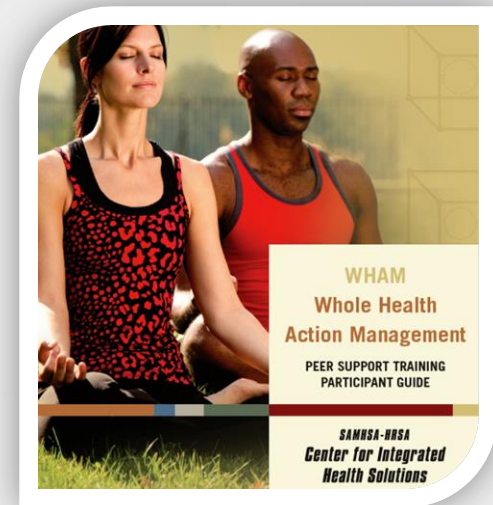
Wellness & Recovery Medicine @ MMHC



# Self-Management

# Whole Health Action Management

- Informed by people with lived experience & based on principles from existing evidence-based disease self-management programs
- Goal: teach skills to better self-manage physical and mental health conditions
- Individual and group settings





# The WaRM Center

Wellness & Recovery Medicine @ MMHC





# InSHAPE

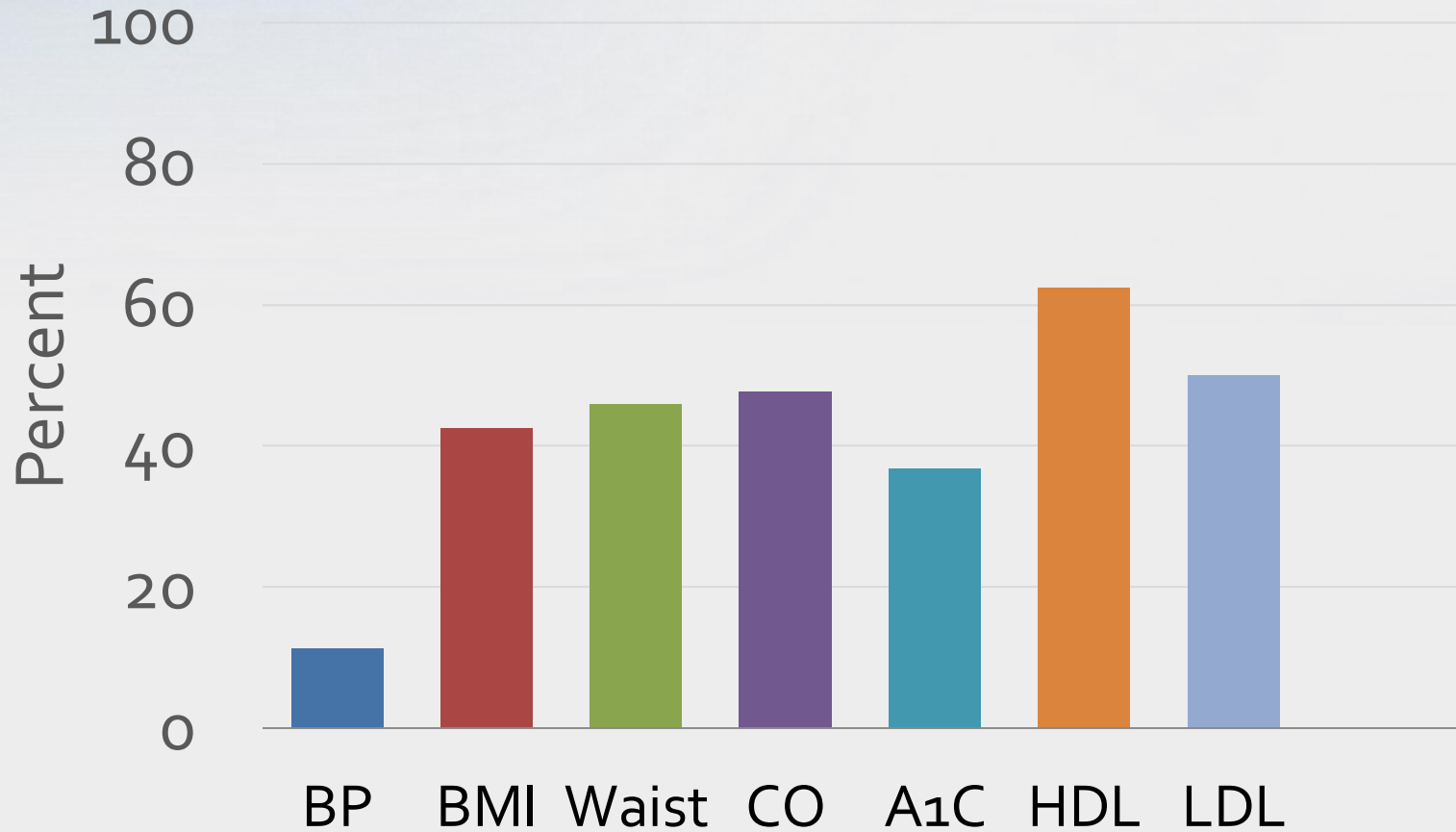


- Health mentors: certified fitness trainers who accompany participants on activities chosen by the participant
  - Facilitated access to fitness activities
  - Nutrition counseling and education
-

# WaRM Center Outcomes



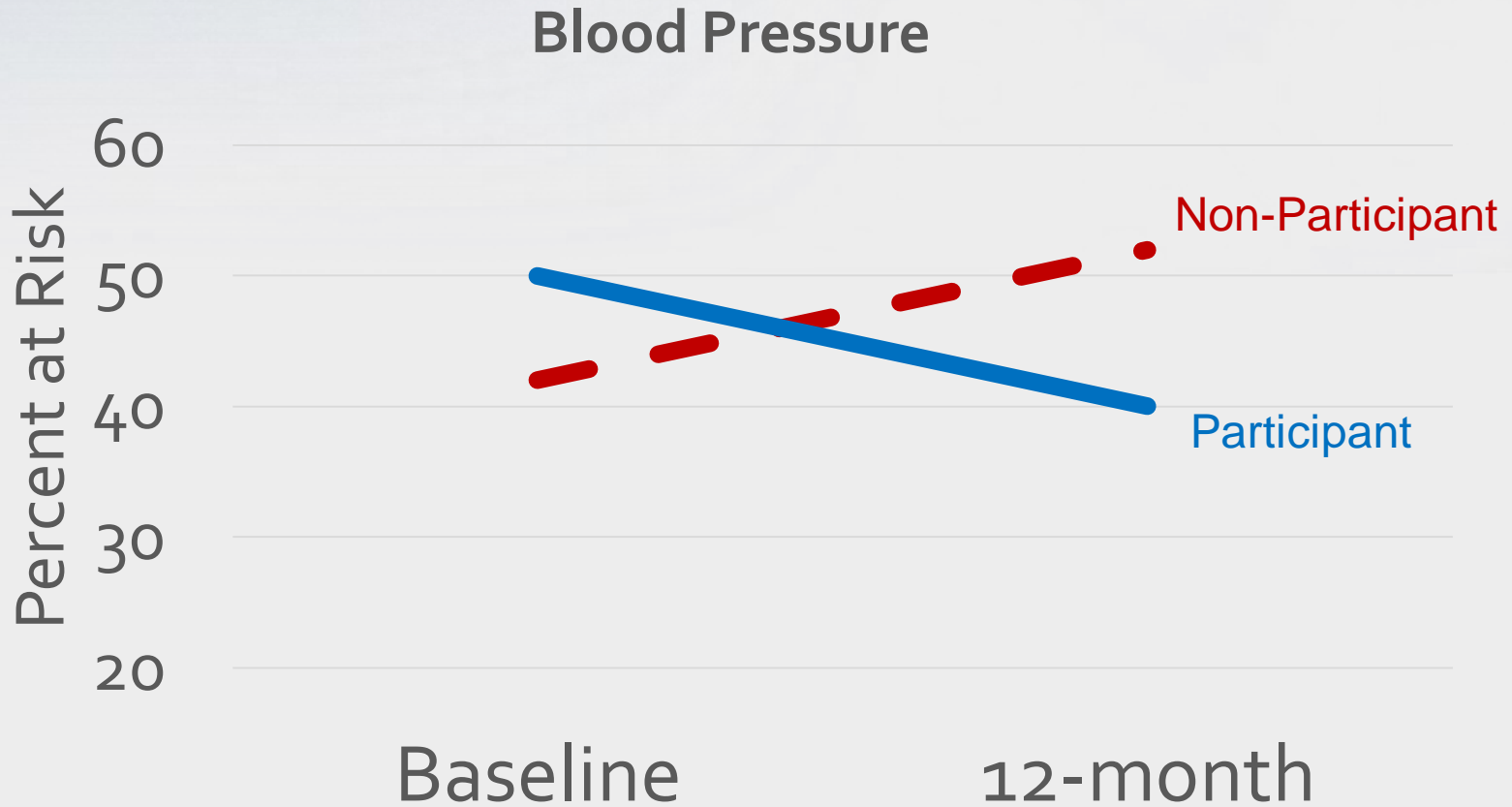
# Health Indicators Improved





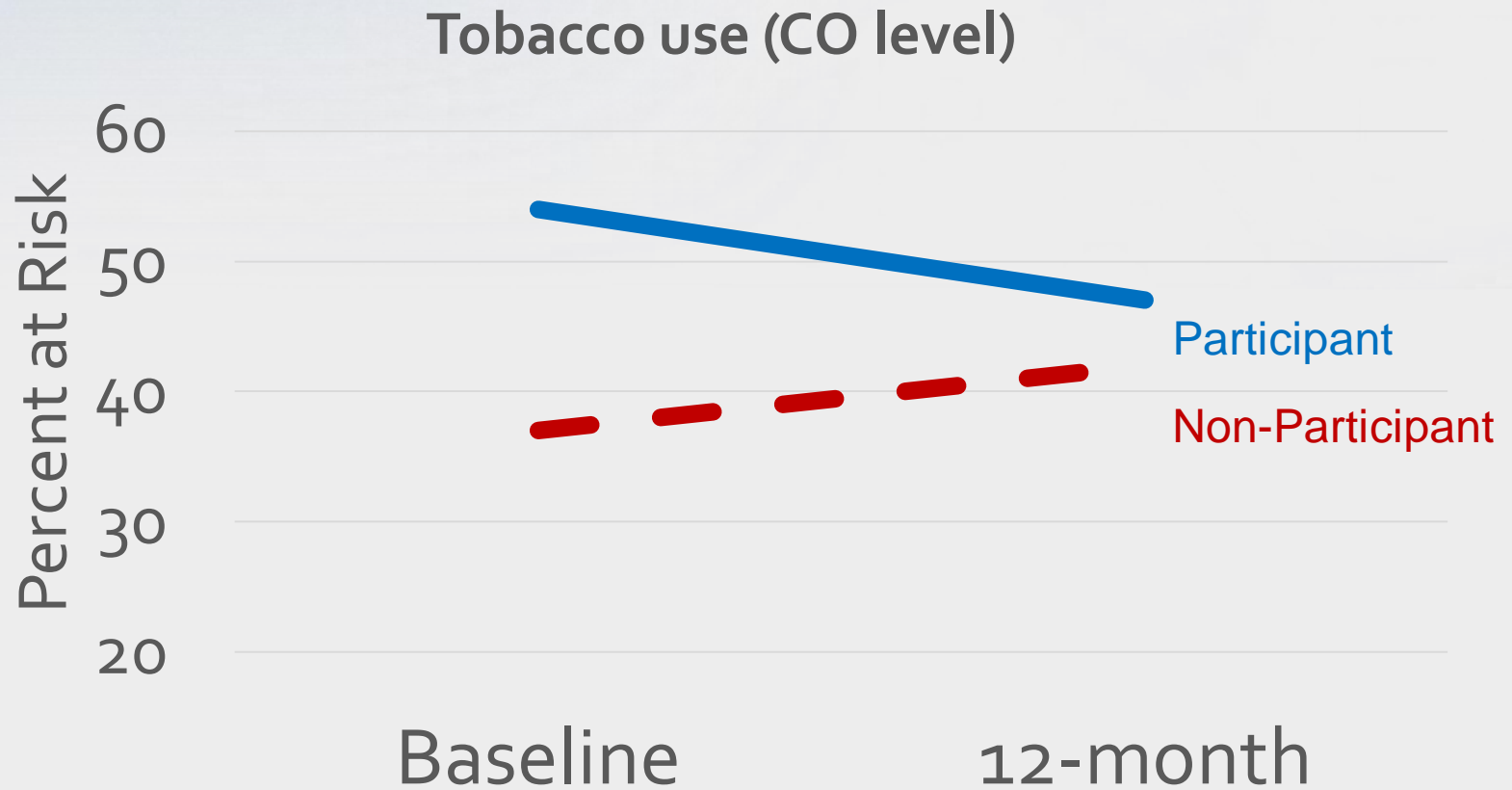
# Better engagement = Better outcomes

## Wellness participants vs non-participants



# Better engagement = Better outcomes

## Wellness participants vs non-participants



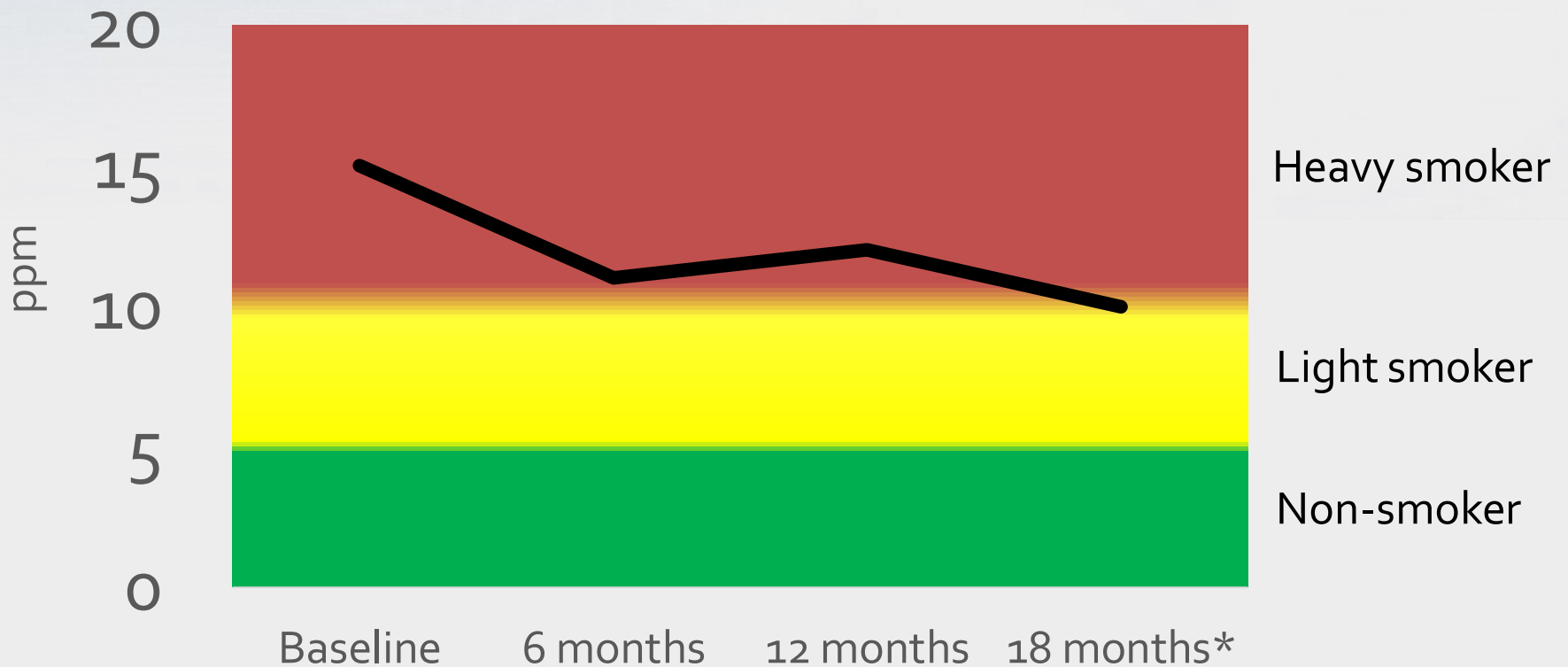
# Success! (It can take a while)

Average daily use of cigarettes: group mean



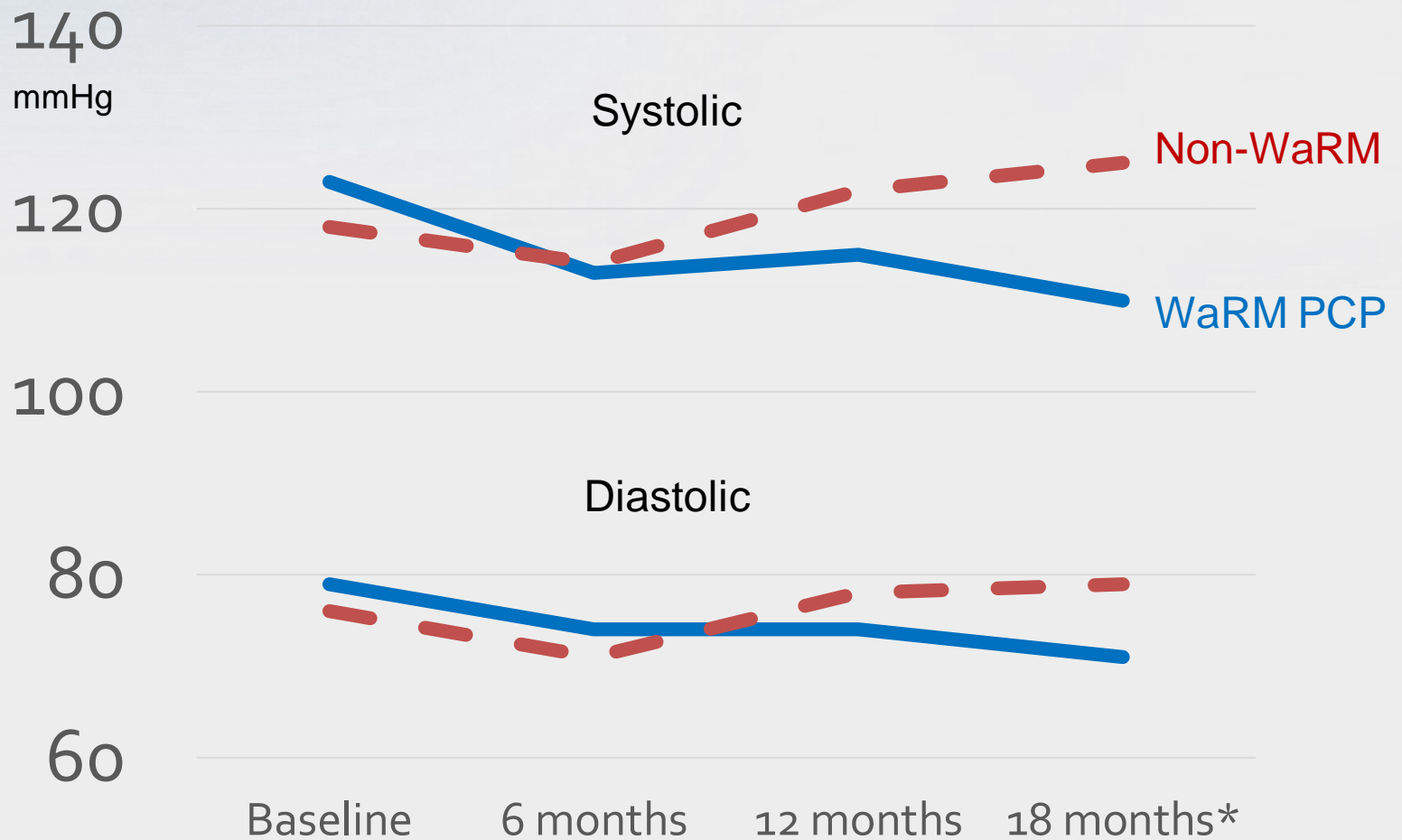
# Better care = Better outcomes

## Carbon Monoxide Levels in Primary Care



# Better care = Better outcomes

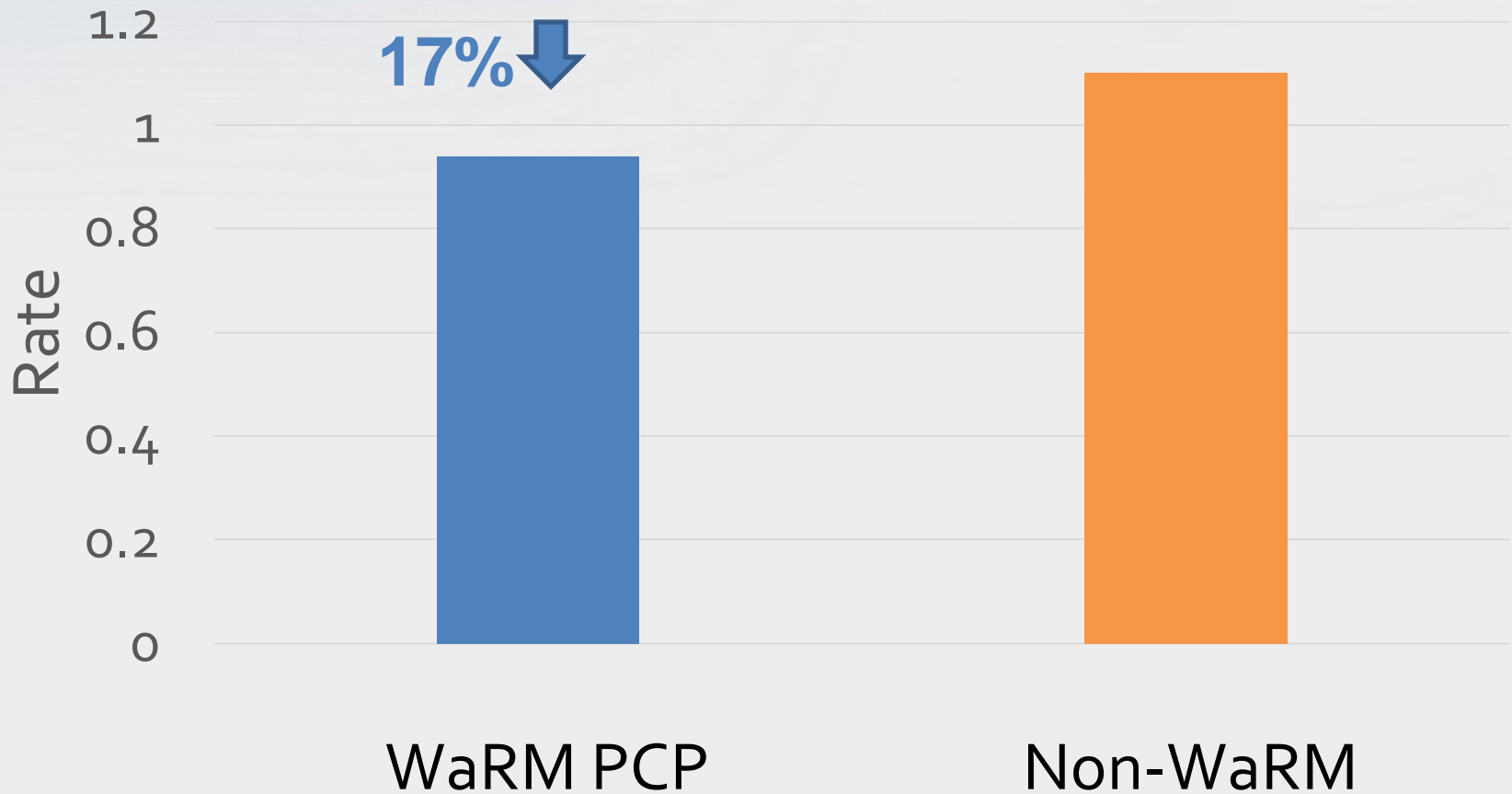
## Blood Pressure



# Better care = Better outcomes

## Medical Hospitalizations

Hospitalizations per person per year



# What does integration require?

It's all about systems...

But more so...

# People!



# Integration





# Complex Integration



“Getting Better Together”

# What does integration require?

- Relationships, relationships, relationships
- Coordination
- Team meetings
- Flexibility / accommodation
- Sustainability

# Relationships

- MMHC clients *not* receiving WaRM primary care:
  - **60%** had seen a Primary Care doctor within the last 6 months
- MMCH clients receiving WaRM primary care:
  - **88%** had seen a Primary Care doctor within the last 6 months

# The future of integration?

- ACOs, BHCPs, ACCS
  - There are reasons for optimism!
- But...to coordinate care, you need care to coordinate
  - State-wide initiatives to improve infrastructure and workforce capacity with DSRIP funding

# ACO Behavioral Health Community Partners (BHCP)

- Outreach and Active Engagement
- Comprehensive Assessment and Person-Centered Treatment Planning
  - #18 of 21: Food security, **nutrition, wellness, and exercise**
- Care Coordination and Care Management
- Care Transitions
- Medication Reconciliation
- **Health and Wellness Coaching**
- Connection to Community and Social Services

# ACO Behavioral Health Community Partners (BHCP)

- Health and Wellness Coaching activities may include, but are not limited to:
  - Providing **health education, coaching** and symptom management
  - **Education on how to reduce high risk behaviors** and health risk factors, such as smoking, inadequate nutrition, and infrequent exercise
  - Assistance in **linking to health promotion activities** such as smoking cessation and weight loss
  - Assistance in **setting health and wellness goals**

# Adult Community Clinical Services

- **Deliver interventions to improve overall health and well-being** including, but not limited to, **healthy eating, physical activity** and relaxation techniques
- Have **strategies for addressing modifiable risk factors for early morbidity and mortality**, including **smoking, nutrition and physical activity**, such as standardized **screening and assessment tools, MI, SoC, WHAM**, and/or other **evidence-based interventions**



# Accountability?

## Relevant proposed quality/performance measures

### ACOs

- Tobacco Use: Screening and Intervention
- BMI assessment
- Hypertension
- Diabetes
- Utilization of BHCPs
- Care Plan Collaboration
- Preventable ED Visits

### BHCPs

- Admissions for diabetes
- Annual primary care visit

### ACCS

- Annual primary care visit



# Integration Missteps

- An “intensive care management program” working for weeks with a patient before connecting with primary team
- Inpatient units not coordinating with outpatient treaters
- PCP refusal form

# The future of integration?

- Will these services make a difference?
- Are we ensuring the right kind of services?
- Who will provide wellness services appropriate for our population?
- Are we training the current/next generation?
- Will we commit to sustaining beneficial services?

# Why does this matter?

Average age of death of a  
Department of Mental Health Client?

**52**