# Integrated Behavioral Health & the Patient-Centered Medical Home

A PANEL DISCUSSION

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Clinical Psychologist, Hana Health

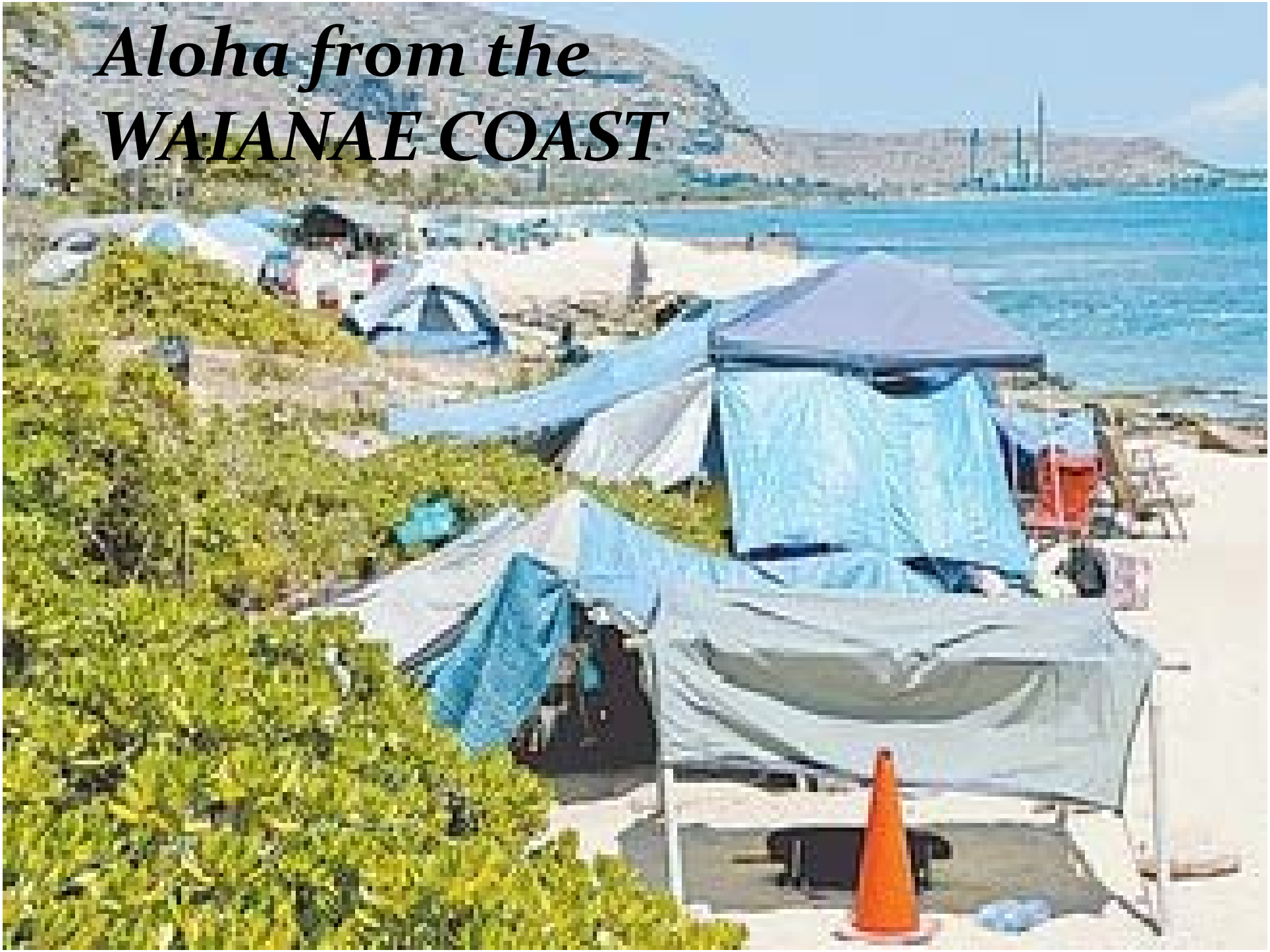
# PANEL DISCUSSION OUTLINE

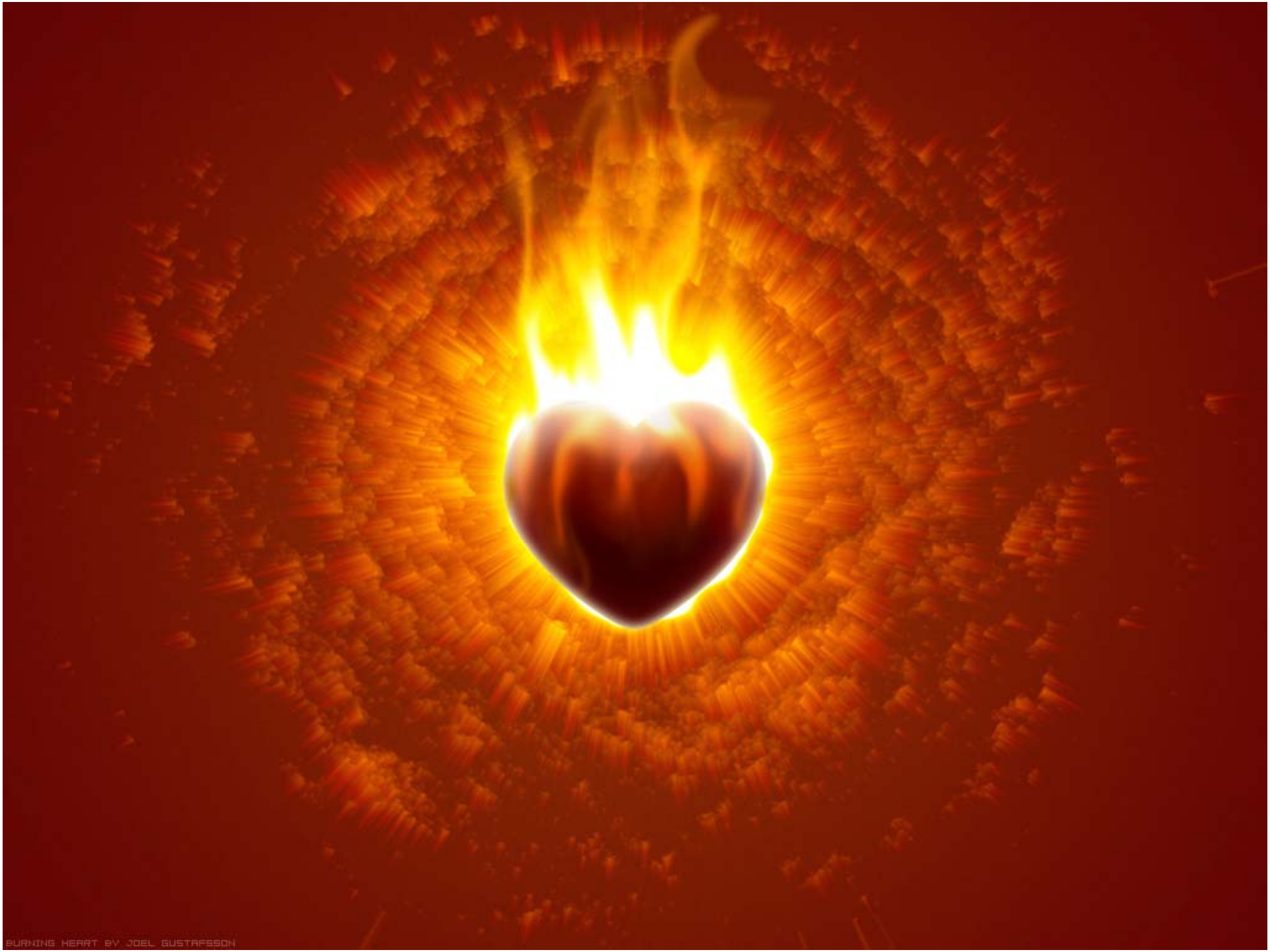
- Introduction and Relevance
- Outcome Data on integrated BH and cost effectiveness
- Systemic/Organizational Example- Waianae Coast Comprehensive Health Center
- Case Example-Chronic Pain Management
- Wrap up- Q & A

# INTRODUCTION AND RELEVANCE

Ricardo C. Custodio, MD, MPH

- Medical Director, Waianae Coast Comprehensive Health Center
- Associate Professor; A. T. Stills University School of Osteopathic Medicine
- Director of Medical Education, Waianae Community Campus


Aloha from the
WAIANAE COAST


BURNING HEART BY JOEL GUSTAFSSON

Charles

# Outcome Data on integrated BH and cost effectiveness

**Rachelle Sorci, Psy.D.**

- Licensed Clinical Psychologist
- Director of Behavioral Health at Ho'ola Lahui Hawaii Kauai Community Health Center

# Financial Feasibility of the Patient Centered Medical Home Model

- Medical Cost Offset
  - The Hawaii Project
  - Hawaii Project II Study

# Applying Theory into CHC Practice

- At Ho’ola Lahui Hawaii – Kauai Community Health Center
  - Program Structure
  - Case Examples

# Systemic/Organizational Example- Waianae Coast Comprehensive Health Center

- **Robert S.Y. Young**, **MD**: Director of Behavioral Health
- **Stephen P. Bradley, MD**: Associate Director of Behavioral Health, Associate Medical Director, Medical Director of Integrative Health at WCCHC
- **John Myhre, Psy.D, CSAC**: Director of Psychology Services, Associate Director of Behavioral Health

# Behavioral Health and Primary Care Integration at WCCHC

*A healing partnership*

# Native Hawaiian Physical Health Disparities

- Stroke/cerebrovascular conditions
- Hypertension
- Obesity
- Diabetes
  - five times more likely than non-Hawaiians to have diabetes between the ages of 19 and 35.
  - 2nd highest rate of diabetes in the nation next to Pima Indians of New Mexico.

# Mental Health Disparities

- Highest concentration of homeless living on beaches in the State.
- High unemployment underemployment
- Breakdown of the ohana
- Breakdown of education
- Breakdown of hope
- Highest concentration of Severely Mentally Ill in the State.

# Substance Abuse Disparities

- 1/3 rd of adults have tried methamphetamine to get “high.”
- Most chase meth with alcohol or cannabis to come “down.”
- 70% of behavioral health patients have some sort of comorbid substance abuse issue.

# Wai'anae Coast Comprehensive Health Center

- Serves entire coast, 5 homesteads
- 50% Hawaiians; 44% < 19y
- Provide integrated health services & Native Hawaiian traditional healing services
- Policies & procedures: kupuna established & board ratified

# *CHCs & Native Hawaiians*

Native Hawaiians

- make up 29% CHC patient population
  - (HPCA Annual Report, 2000)
- make up 21% of uninsured in Hawai‘i
  - (Office of Health Status Monitoring, Hawai‘i DOH)
  - CHC’s serve 17% of all Native Hawaiians in Hawai‘i
  - (HPCA Annual Report 2001)
  - Less than 1% of the Kauka are Hawaiian

# Waiana'e Coast Comprehensive Health Center

- Patient care is the Pole star that organizes our delivery of service.

- INTEGRATION OF CARE IS ESSENTIAL:
- COOPERATION is the KEY to INTEGRATION
- Provider FLEXIBILITY is the Key to the delivery of services.

# Delivery of Service

- Services delivered

  . At the ER – Save hospitalizations – provide comfort

  . At Primary Care – Immediate care / phone consults (80% no show)

  . In Partnership with Traditional Healing

  . Mental Health- Traditional and Walk-in Services

# Training is the Cornerstone of Behavioral Health

- Hawaii's best and brightest students compete to

  train and provide services at WCCHC.
- UH, Argosy, Tripler, and VA -Currently 24 students training in psychology.
- WCCHC partners with AT Still School of Medicine – (10 BH meds students this year)
- Mental Health has grown from 2 providers to 14. The need is still unmet.

# Outstanding Results

- Beginnings in 2002 were about 2000 patient visits per year.
- In 2010 about 26,000 patient visits per year.

- HMSA data suggests our patients improve in about half of the time and at about 40 percent of the cost as compared to non-integrated services.

# Questions for Our Panel?

# Case Example-Chronic Pain Management

- **William Zwick, PhD**: Director of Behavioral Health at West Hawaii Community Health Center
- **Norman Goody, MD**: Pain Management Specialist at West Hawaii Community Health Center

# WRAP UP

- Questions and Answers for the panel