



***SAMHSA-HRSA  
Center for Integrated  
Health Solutions***

**Building Integrated Behavioral  
Health in a Primary Care Setting  
Introductory Webinar**

Pam Pietruszewski

Dec 16, 2014



# *SAMHSA-HRSA Center for Integrated Health Solutions*

**Slides for today's webinar are  
available on the CIHS website at:**

[www.Integration.samhsa.gov](http://www.Integration.samhsa.gov)

*under About Us/Innovation Communities*

**Setting the Stage:**  
**Today's Facilitator**



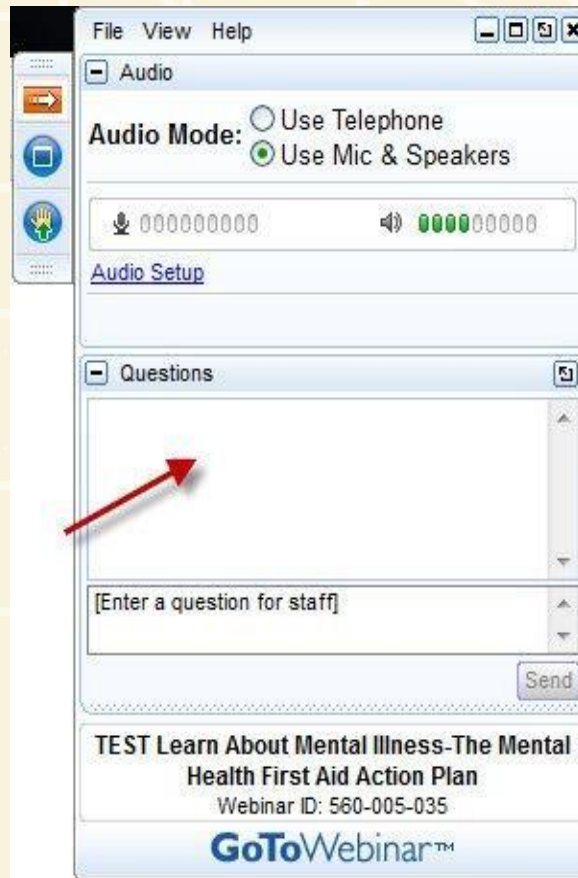
**Pam Pietruszewski, MA**  
**Integrated Health Consultant**  
**SAMHSA-HRSA Center for Integrated Health Solutions**

**Setting the Stage:  
Today's Moderator**



**Aaron Surma, MA**  
**Quality Assurance Associate**  
**SAMHSA-HRSA Center for Integrated Health Solutions**

## Our format...



### Structure

Short comments from experts  
Specifics from their point of view

### Polling You

Every 20-minutes  
Finding the “temperature” of the group

### Asking Questions

Watching for your written questions

### Follow-up and Evaluation

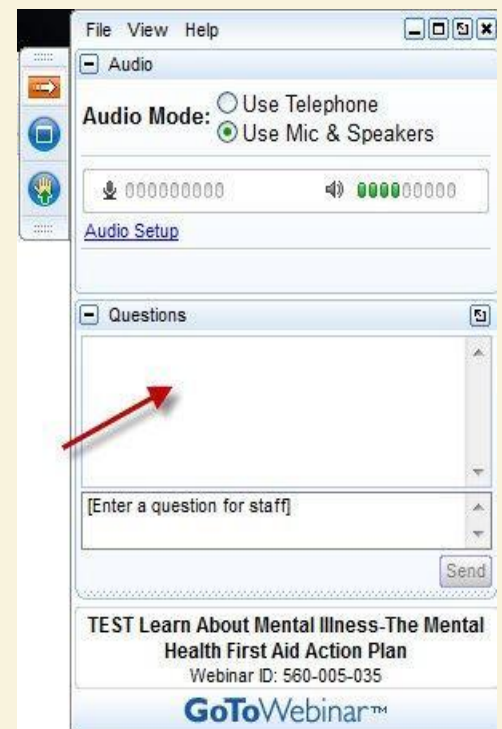
Ask for what YOU want or expect  
Ideas and examples added to the  
AOS Resource Center



# How to ask a question during the webinar



If you dialed in to this webinar on your phone please use the “raise your hand” button and we will open up your lines for you to ask your question to the group. **(left)**



If you are listening to this webinar from your computer speakers, please type your questions into the question box and we will address your questions. **(right)**

# Today's Purpose

- Welcome
- Overall Goal for the Innovation Communities
- Goal for Integrated Behavioral Health Innovation Community
- What to Expect
- Participant Key Tasks
- Next Steps



# Poll Question #1

Of the following, which is your favorite board game?

- a. Yahtzee
- b. Monopoly
- c. Scrabble
- d. Uno



# Innovation Communities

- Chronic Disease Self Management in Behavioral Health Settings
- Population Health Management in Behavioral Health Providers
- Who is Responsible for Care Coordination
- Developing High Functioning Primary Care Teams
- Building Integrated Behavioral Health in a Primary Care Setting

# Overall Goal for the Innovation Communities

To address three key components:

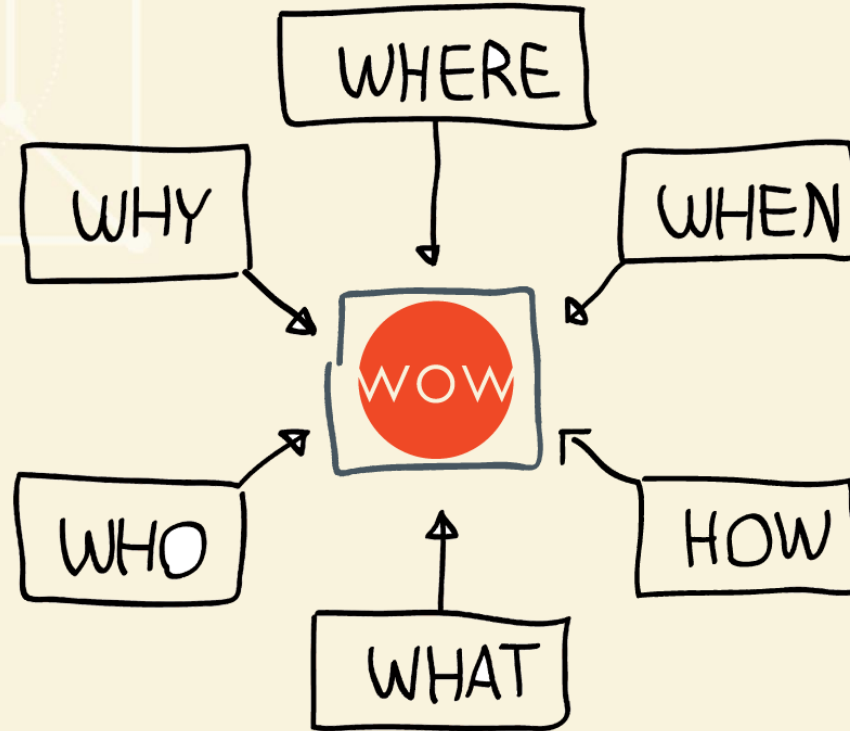
1. Topic-specific foundational information, knowledge and best practices
2. Innovation implementation planning
3. Adoption of the innovation and sustainability

# Goals for “Building Integrated Behavioral Health in a Primary Care Setting”

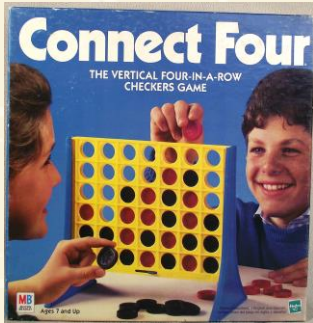
Address the core components for systems change including:

- Staffing
- Clinical services delivery design
- Billing/sustainability
- Quality metrics & improvement processes
- Health IT
- Staff/pt communication
- Services network agreements.

# What to Expect



# Connecting 4 Core Competencies



1. Screening & Assessment
2. Intervention
3. Cultural Competence and Adaptation
4. Practice-Based Learning and Quality Improvement

<http://www.integration.samhsa.gov/workforce/core-competencies-for-integrated-care>



# 1. Screening & Assessment

- Systematized
- Whole-person care
- Optimized team roles
- Hand-offs and coordination
- Key tools



## 2. Intervention

- Treat-to-target
- Self-management support
- MAT
- Prioritized treatment goals
- Team accountability to care plan



## 3. Cultural Competence & Adaptation

- Disparities
- Stigma
- Norms and preferences
- Workforce
- Fidelity vs local adaptations



## 4. Practice-Based Learning and Quality Improvement

- Workflows, small tests of change
- Process and outcome metrics
- Billing
- Embedded changes into policies & procedures
- Sustainability



## Poll Question #2

The Core Component that will be most useful to me toward meeting the goals of this Innovation Community is:

- a. Screening & Assessment
- b. Intervention
- c. Cultural Competence and Adaptation
- d. Practice-Based Learning and Quality Improvement



# Questions so far?



# Levels of Integration

Coordinated		Co-located		Integrated	
1	2	3	4	5	6
Minimal Collaboration	Basic Collaboration at a Distance	Basic Collaboration Onsite	Close Collaboration Onsite with some System Integration	Close Collaboration Approaching an Integrated Practice	Full Collaboration in a Transformed / Merged Integrated Practice

- **Integration is** a process that occurs over time in the *entire* organization.
- **More than** having a good referral partner, care capacity, or a co-located site.
- **More than** a particular tool (e.g., PHQ 9), diagnostic combination (e.g., depression and diabetes), process (e.g., SBIRT), or evidence-based program (e.g., IMPACT).
- **Never ending!** Always new populations, partners, challenges, opportunities.





Medical assistant

Project administrator

CEO



Surgeon

Community health worker

Receptionist

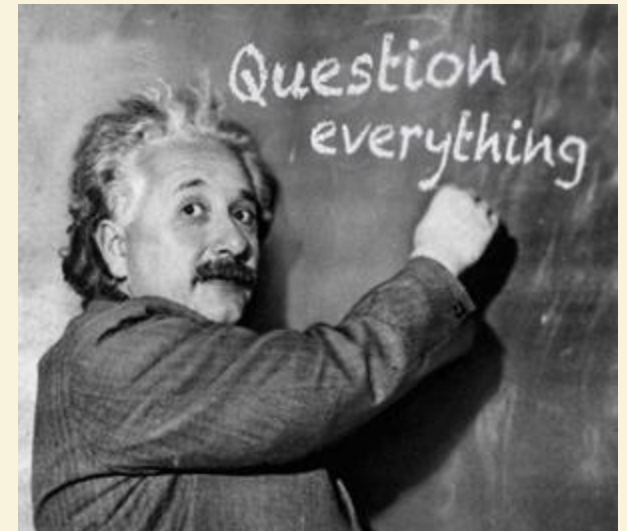
# Integrated Practice Assessment Tool (IPAT)

- 8 question decision tree
- Collaborative completion by 2+ people with strong knowledge of organization's operational practices
- Questions: Staff physical location, involvement in care, approach to care and practice design, resources, information sharing, screening and leadership

[http://www.integration.samhsa.gov/IPAT\\_integrated\\_practice\\_assessment\\_tool.pdf](http://www.integration.samhsa.gov/IPAT_integrated_practice_assessment_tool.pdf)



- What does it mean to be at a 4?
- How do we move from a 5 to a 6?
- What if we are only a 1?
- Are there any 6's out there?
- How can we increase our integration level within the 4 core components of this Innovation Community?
- What is the meaning of life?



# What to Expect

## Jan – Feb

- Deeper dive into 4 Core Components
- Subject matter experts describe integration experience
- IPAT Tool
- Coaching call following January webinar

# What to Expect

<b>Jan – Feb</b>	<ul style="list-style-type: none"><li>• Deeper dive into 4 Core Components</li><li>• Subject matter experts describe integration experience</li><li>• IPAT Tool</li></ul>
<b>Mar - Jun</b>	<ul style="list-style-type: none"><li>• Organizing your implementation plan</li><li>• Identifying first PDSA cycles</li><li>• Focus topics based on needs of the group</li><li>• Team presentations</li><li>• One hour coaching calls in March and June</li></ul>

# What to Expect

<b>Jan – Feb</b>	<ul style="list-style-type: none"><li>• Deeper dive into 4 Core Components</li><li>• Subject matter experts describe integration experience</li><li>• IPAT Tool</li></ul>
<b>Mar - Jun</b>	<ul style="list-style-type: none"><li>• Organizing your implementation plan</li><li>• Identifying first PDSA cycles</li><li>• Focus topics based on needs of the group</li><li>• Team presentations</li><li>• One hour coaching call in June</li></ul>
<b>Jul - Sept</b>	<ul style="list-style-type: none"><li>• Subject matter experts tailored to needs of the group</li><li>• Sustainability strategies &amp; lessons from the field</li><li>• IPAT Tool</li><li>• Small focus group calls in August</li><li>• Curated materials for dissemination in September</li></ul>

# Participant Key Tasks

1. Complete pre & post assessment
  - IPAT
2. Develop a detailed work plan for effective behavioral health integration
  - Goals, tasks, staff leads, timelines, deliverables

# About Your Support Team

Faculty - 2 CIHS staff and up to **3 subject matter experts** who will provide webinar content and coaching in collaboration with the CIHS staff.

- Faculty deliverables: Support participants with educational materials, supportive monitoring of participant progress toward achieving targets, and timely follow-up to questions raised, recorded as phone TA.
- Dedicated page on the [CIHS website](#)



## Next Steps



**Next scheduled webinar:** January 20, 3-4pm Eastern

**Homework:** IPAT- submit results to Hannah Mason at [hannahm@thenationalcouncil.org](mailto:hannahm@thenationalcouncil.org) by Wednesday, January 14, 2015

# Questions?



## For More Information

### **Pam Pietruszewski**

Integrated Health Consultant

[pamp@thenationalcouncil.org](mailto:pamp@thenationalcouncil.org)

202-684-7457, ext. 253

### **Hannah Mason**

Senior Associate

[hannahm@thenationalcouncil.org](mailto:hannahm@thenationalcouncil.org)

202-684-7457, ext. 255

### Questions?

**SAMHSA-HRSA Center for Integrated Health Solutions**

[integration@thenationalcouncil.org](mailto:integration@thenationalcouncil.org)



## ***SAMHSA-HRSA Center for Integrated Health Solutions***

**Thank you for joining us today.**

**Please take a moment to provide your feedback by completing the survey at the end of today's webinar.**