



SAMHSA-HRSA
CENTER for INTEGRATED
HEALTH SOLUTIONS

Your Value, Your Brand,
Your Practice

November 18, 2016

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

<http://www.integration.samhsa.gov/pbhci-learning-community/webinars>



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Got Questions?
Please type your questions into the question box and we will address them.



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Moderator

Emma Green, MPH

Training & Technical Assistance Coordinator,
SAMHSA-HRSA Center for Integrated Health Solutions



Today's Presenters

Heather Cobb

Senior Advisor, Marketing & Creative
National Council for Behavioral Health
heatherc@thenationalcouncil.org



Kathy M. Rogers, RN, NCM

HCH/PBHCI Program Director
Preferred Family Healthcare
Kirksville, MO
karogers@pfh.org



Jason Knorr

Integrated Systems Manager
DuPage County Health Department
Wheaton, IL
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Heather Cobb
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National Council for Behavioral Health



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Kathy M. Rogers, RN, NCM
HCH/PBHCI Program Director
Preferred Family Healthcare
Cohort VII



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Community Involvement

- Health Fair
 - Kirksville Preferred Family Health Employees
- Anger Management Classes
 - Adair County Probation and Parole Offices
- Trunk or Treat
 - Preferred Family Health Prevention Dept.



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Community Involvement

- MOU with Northeast Regional Medical Center & Samaritan Hospitals
- PBHCI Internships & Clinic Rotation RN Program
 - Truman State University
- Veteran Outreach
 - Gift baskets for clients (1st year)



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Community Outreach

- Callyn Heights
- Kirksville Heights Apartments
- Feld Arms Apartments
- Village 76



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Community Outreach

- Chronic Disease Self-Management Program & Diabetes Self-Management Program
- Memphis Health Department
- Enrollment at Off Sites
 - Jamison
 - Trenton
 - Blessing Center



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Community Resources Providing Education to PSR Day Group

- Steve Feeney- Kirksville Police/Fire Department
- Jeff Bergman- American Heart & Stroke Association
- Susan Dublin- Director of the Food Bank
- Hound Around Hotel
 - Pet Grooming & Pet Therapy
 - Responsibility of Pet Ownership



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Community Resources Providing Education to PSR

- Boone County Health Department
 - Sexually Transmitted Infections
- Kirksville Aquatic Center
 - Pool Passes
 - Water Safety
- ATSU School of Dentistry/Dental Hygiene & Donations



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Community Resources Providing Education to PSR

- Northeast Missouri Regional Arthritis Center
 - Chronic Pain
 - Doris Fountain- Arthritis Foundation Exercise Program
- MU Extension Center
 - Margo Myers- Cooking Matters
 - Gardening & Cost Effectiveness
- Gale Fraiser
 - NERMC Rehab Physical Fitness



Promotional Items

Preferred Family Healthcare
The Wellness Clinic
 is now open!

Initial Days: First Three Thursdays of the month

Hours: 9:00 am to 12:30 pm
 (M-F, 1st Thursdays of the month)

With or Without Insurance:
 All Adult Primary Care Services will be available including Women's Health & Men's Health Services.

With our Wellness during office hours or call **660-626-0443 ext 208** for the Primary Care Clinic to make an appointment.

Bringing you the best of both worlds

PHHCI Events

Every 1st day 11am-12pm in PSB

May 1st
 Heart Health Matters
 Guest: Dr. Michael J. Higgins
 Topics: Heart Health and Fitness
 Sign up for the 5K run/walk event at the Wellness Center

May 15th
 Mental Health Matters
 Guest: Dr. Michael J. Higgins
 Topics: Mental Health and Fitness
 Sign up for the 5K run/walk event at the Wellness Center

May 29th
 Cancer Matters
 Guest: Dr. Michael J. Higgins
 Topics: Cancer and Fitness
 Sign up for the 5K run/walk event at the Wellness Center

PHHCI Health & Wellness

THE WELLNESS CENTER

1001 S. Jefferson, 2nd Floor, 65217
 St. Louis, MO 63104
 Phone: 636-326-0443
 Fax: 636-326-0444
 Web Site: www.phhci.org

THE WELLNESS CENTER
 Integrating the best of both worlds

PRIMARY & BEHAVIORAL HEALTHCARE INTEGRATION



Promotion

- Business Card for Staff
- Integration Table at PFH/AO in August 2015
 - PBHCI magnetic clips



Branding and Marketing

Peer Education Specialist

- Dual Recovery—open to the public
- Dual Recovery Program—RCF @ PFH



Branding and Marketing

PBHCI

- Mascot Naming Competition
 - PSR clients submitted ideas
 - Wellness Wallaby—jumping into good health
- Logo for promotional items & classes
- Business cards with logo & name
- Appointment cards with logo & name



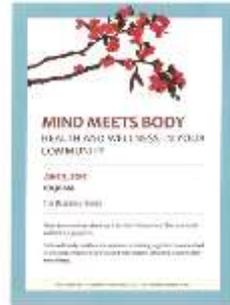
Marketing to RCF's

- Brookfield, Missouri (centrally located between our two locations, increases area served)
- Clients in outlying areas travel to Kirksville
- Small rural community—barriers to access healthcare



Marketing to RCF's

- Blessing Center (Edina, Missouri)
- Memphis Community Center
 - Lunch & learn to raise awareness about 8 Dimensions of Wellness
- Dual Recovery & Healthy Living Presentations (Trenton, Missouri)



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Community Engagement

- Classes & presentations at local community housing locations
 - Callyn Heights
 - Kirksville Heights
 - Village 76
- Community Involvement
 - Personal Hygiene Product Drive
 - NEMO Food Bank
 - Caring Sharing Tree
 - Trunk or Treat
 - Currently preparing for the Great American Smokeout



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Media Marketing and Your Program

- CPRC weekly staff meetings
- Publications
 - Kirksville Area Happenings
 - Monthly Calendars
 - Promotional Flyers
 - Qrtly Newsletters
- PFH website (program information and services)
 - <http://www.pfh.org/pbhci>



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Class Trainings and Qualifications

- Chronic Disease Self-Management Program/Diabetes Self-Management Program
- Arthritis Foundation Exercise Program
- Walk with Ease
- Tobacco Cessation/Freedom from Smoking
- Tobacco Treatment Specialist (Mayo Clinic)
- My Way to Health-Washington University, St. Louis



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Class Trainings and Qualifications

- ALERE Certification
- Trauma Informed Care (Hugh)
- PEER Specialist Training for Certification
- Mental Health First Aid Training, Adult & Youth
- Wellness Coach Class
- InSHAPE (training at the end of the month)



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Community Partnerships

- Kirksville Aquatic Center
- Macon County YMCA
- Northeast Regional Medical Center
- NEMO Health Council (FQHC)
- Truman State University
- Adair County Probation & Parole
- Adair County DUI & Drug Court



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Community Partnerships

- Local Prosecuting Attorneys & Adair County Circuit Court
- Northeast Missouri Regional Arthritis Center
- Lonestar Physique- Stephanie McGrew
- MO Million Hearts Campaign
- Area RCF's



**SAMHSA-HRSA
CENTER for INTEGRATED
HEALTH SOLUTIONS**

**Jason Knorr
Integrated Systems Manager**

**DuPage County Health Department
Wheaton, IL
PBHCI Cohort V**



Services will be coordinated based on client's needs.



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MYCARE

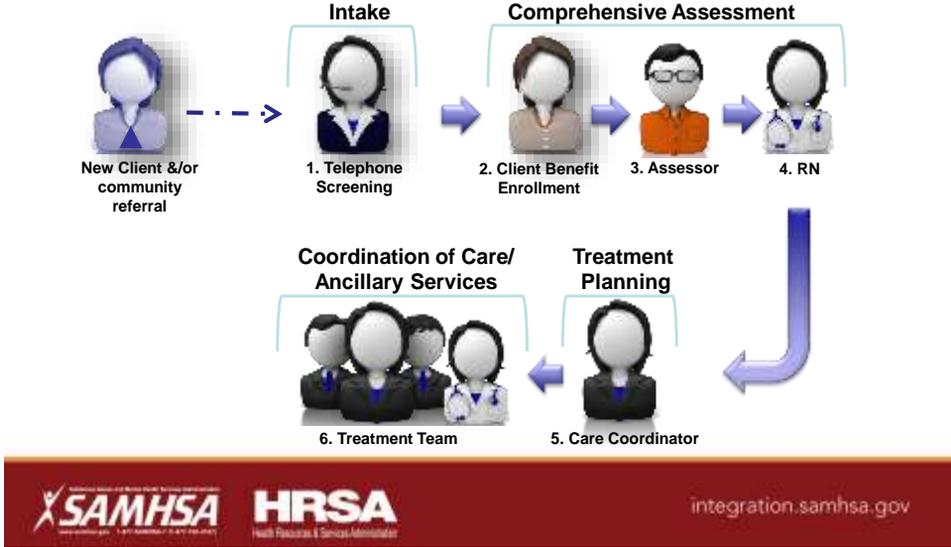
Through the MYCARE Integrated Services Program, The DuPage County Health Department (DCHD) and VNA Health Care, a Federal Qualified Health Center (FQHC) implement a Health Care Home.



The health care home provides co-located, integrated primary care and behavioral health services to adults with serious mental illnesses (SMI) who have or are at risk for co-occurring primary care conditions and chronic diseases.

MYCARE Health Home Model

MYCARE Health Home Model for New Clients



MYCARE Health Indicators

Enrollment in MYCARE can result in the possibility of improvements in the following key health indicators in the target population:

- Blood Pressure
- Body Mass Index
- Waist Circumference
- Breath CO
- Plasma Glucose (fasting) and /or HgbA1c
- Lipid Profile (HDL, LDL, Triglycerides)
- DLA-20

DCHD

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HOW DO CONSUMERS FEEL ABOUT INTEGRATED CARE?

People receiving integrated care services report higher quality of life and greater satisfaction with:

- Access
- Attention to their treatment preferences
- Courtesy
- Coordination & continuity of care
- Overall care

HOW DO I GET STARTED?

MYCARE Integrated Services can be provided at:

• Health and program

• For email us

CHD getwell.org



MYCARE

MY INTEGRATED HEALTH CARE

DUPAGE COUNTY HEALTH DEPARTMENT

7 ANNIVERSARY CELEBRATION

WHY Integrate Health Care?

Integrating physical and behavioral health services can improve patient outcomes, reduce costs, and increase patient satisfaction. It allows for a more holistic approach to care, addressing both the mind and the body. This leads to better health outcomes and a more efficient healthcare system.

MYCARE Program Services and Activities

- Case Management, Health Coaching, Health Plan
- Social Support, Behavioral Health, Substance Use, and Tobacco
- Clinical Support and Care Coordination
- Patient and Family Engagement
- Care Coordination and Case Management
- Patient and Family Engagement
- Care Coordination and Case Management

MYCARE PROGRAM INTEGRATED SERVICES GOALS AND OBJECTIVES

Improve behavioral health status of adults with chronic health conditions by providing integrated primary care services including MYCARE.

Reduce hospitalization rates and emergency department use by providing coordinated mental health services.

Provide self-management of physical and mental health conditions and optimize by providing evidence-based evidence-based services and interventions to community care settings.





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MYCARE QUICK GUIDE

PHYSICAL HEALTH INDICATORS

HEALTH MEASUREMENTS	TERM	"AT RISK" RANGES
blood pressure (systolic/diastolic)	mmHg	> 130 (S) / > 85 (D)
waist circumference	cm	> 102 (M) / > 88 (W)
body mass index	BMI	> 25
breath CO (carbon monoxide)	ppm	> 10
HDL cholesterol	mg/dL	< 40
LDL cholesterol	mg/dL	> 130
triglycerides	mg/dL	> 150

PHYSICAL HEALTH INDICATOR EXPLANATIONS

- BLOOD PRESSURE:** systolic blood pressure is measured after the heart contracts and is the top number; diastolic blood pressure is measured when the heart is at rest and is the bottom number.
- WAST CIRCUMFERENCE:** waist circumference measurement helps determine abdominal fat which is associated with an increased risk of heart disease, diabetes, some cancers and even early death.
- BODY MASS INDEX (BMI):** BMI is a number calculated using a person's weight and height and can be an indicator of body fatness. BMI does not measure fat directly, but is a screening tool to identify possible weight problems and to determine if there is excess weight (BMI > 30).
- BREATH CO (CARBON MONOXIDE):** carbon monoxide is a colorless, tasteless and odorless gas that is highly poisonous (cigarette smoke can contain high levels of CO). CO poisoning symptoms include fatigue, headaches, dizziness, weakness, nausea & vomiting.
- HDL CHOLESTEROL:** high-density lipoprotein (HDL) cholesterol is a combination of fats (lipids) and proteins in which lipids are transported in the blood. HDL cholesterol is the "good" cholesterol that may lower the risk of coronary artery disease.
- LDL CHOLESTEROL:** low-density lipoprotein cholesterol is referred to as the "bad" cholesterol because elevated levels of LDL are associated with increased risk of heart disease.
- TRIGLYCERIDES:** triglycerides are the main ingredient in vegetable oils and animal fats, and are also produced by low physical activity, cigarette smoking, being overweight, high carbohydrate diet and excess alcohol intake.

HOW CAN I LOWER MY RISK?

In general, maintaining a healthy weight, eating nutritious food, being physically active and not consuming tobacco all contribute to decreased risk of developing disease.





LIVE WELL DUPAGE!

SUMMERTIME WELLNESS EVENT

JUNE 23, 2015



FIRST FLOOR

JUNE 23

1 PM - 4 PM

Come to the Summertime Wellness Event. This event will allow you to learn about DuPage County Health Department services that can help you become an even healthier you. Have fun while exploring our services by participating in some interactive wellness activities giving great ideas for improving your overall wellness. You may be surprised by what we have to offer!

WELLNESS ACTIVITIES/INFORMATION

- Dental screenings and info
- Assistance with health care coverage
- Breast and cervical cancer prevention
- Smoking cessation info
- Heart health awareness
- Mental health awareness
- Water testing
- Taste healthy snacks

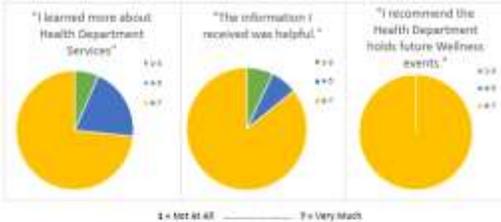
ENTER OUR FREE RAFFLE!



DUPAGE COUNTY HEALTH DEPARTMENT
111 N. County Farm Rd., Wheaton, Illinois

QUESTIONS?
Call: (630) 231-7040

OUTCOMES OF THE WELLNESS FAIR



WELLNESS FAIR STATS

- Approximately 25-30 clients participated in the fair and received the raffle
- Approximately 32 staff members participated in the fair
- 8 clients scheduled/received dental screenings (3 were urgent care)
- 5 people scheduled for hair styling
- 2 breast exams was completed
- 1 staff member signed up for CTO
- 4 clients signed up for NFA-R
- 3 clients expressed interest in Diabetes Education
- 22 people filled out evaluation cards from which we received high remarks in terms of satisfaction with the event

HEALTH AND WELLNESS REPORT - 2016

A. Blood Pressure (BP) - 120/80

*Systolic pressure that comes out of your heart when it beats, when heart contracts
 *Diastolic: when the heart rests between beats, resting pressure in vessels

*High blood pressure means your blood is moving through your arteries with a pressure that is higher than normal.

Health Status Category	Diastolic (mmHg) (lower is better)	Systolic (mmHg) (lower is better)
Normal	80-89	120-129
Elevated	90-95	130-139
Stage 1 (Mildly elevated)	95-109	140-159
Stage 2 (Moderately elevated)	110-129	160-179
Stage 3 (Severely elevated)	130-159	180-209

B. Body Mass Index (BMI) - 28.23

Category	BMI range - kg/m ²
Severely underweight	Less than 15.0
Underweight	From 15.0 to 18.5
Normal (healthy weight)	From 18.5 to 24.9
Overweight	From 25 to 29.9
Class I (Moderately obese)	From 30 to 34.9
Class II (Severely obese)	From 35 to 39.9
Class III (Very severely obese)	Over 40

C. Waist Circumference - 35.79

Category	Men	Women
High-risk	Greater than 40 in.	Greater than 35 in.

D. Cholesterol (mg/dL)

Category	Total Cholesterol	HDL ("good")	LDL ("bad")	Triglycerides
Heart Healthy	Less than 200	60 and above	Less than 100	Less than 150
Borderline High	200-239	40-59	100-159	150-199
High-Risk	240 and above	Less than 40	160 and above	200 and above

*High Cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke
 *Triglyceride is a form of fat made in the body
 *Smoking, being overweight and being sedentary can result in higher total cholesterol levels
 *LDL Cholesterol and Triglycerides can be lowered and HDL cholesterol raised if you:
 - Exercise regularly
 - Avoid tobacco, limit alcohol consumption
 - Engage in physical activity

E. Glucose - 92

Category of a person	Fasting Value		After eating meal
	Minimum Value	Maximum Value	Value 2 hours after consuming glucose
Normal	70	100	Less than 140
Early Diabetes	100	126	140 to 200
Advanced Diabetes	More than 126	-	More than 200

F. HgA1c - 6.6%



Diabetes: A1C is the best way to test average blood sugar over the year. You want your blood sugar to be <7%, according to ADA (American Diabetes Association) or <8.5% according to AACE (American Association of Endocrinologists).

Target goals when monitoring blood sugar:
 Before meals: 70-130 mg/dL
 2 hours after eating: less than 140-180mg/dL

G. Breath CO - 12

This is the amount of Carbon Dioxide (CO₂) in your lungs. CO₂ is exhaled as the % of red blood cells carrying CO₂ is low at night. CO₂ issues the following health problems: heart disease, Poor Circulation of blood and circulation of blood, in pregnant women it causes low fetal birth weight, birth defects with defects and causes infant death, sometimes after birth.

Category	Normal	Low	High	Very High	Very Low	Very High	Very Low
CO ₂ (mmHg)	35-45	30-35	45-55	55-70	10-20	20-30	30-35
CO ₂ (kPa)	4.7-6.0	4.0-4.7	6.0-7.3	7.3-9.3	1.3-2.7	2.7-4.0	4.0-4.7

- Treatment Recommendations:
- Make a Primary Care appointment
 - Ask Physical Health goals to treatment
 - Register for NEM 8
 - Register for Getting Laidback
 - Register for Courage To Quit
 - Register for Diabetes Education
 - Seeking Safety - when available
 - Ask Advice and Refer
 - Follow-up with NEM 8, 9

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METABOLIC RISK FACTORS

Waist Circumference
 Measuring waist circumference helps screen for possible health risks that come with overweight/obesity.
 If more of you for is around your waist rather than on your hips, you're at a higher risk for heart disease and type 2 diabetes.

HIGH RISK
 > 35 inches or more

40 inches or more

Body Mass Index

DUPAGE COUNTY HEALTH DEPARTMENT

Cholesterol

One of the major controllable risk factors for coronary heart disease, heart attack and stroke.

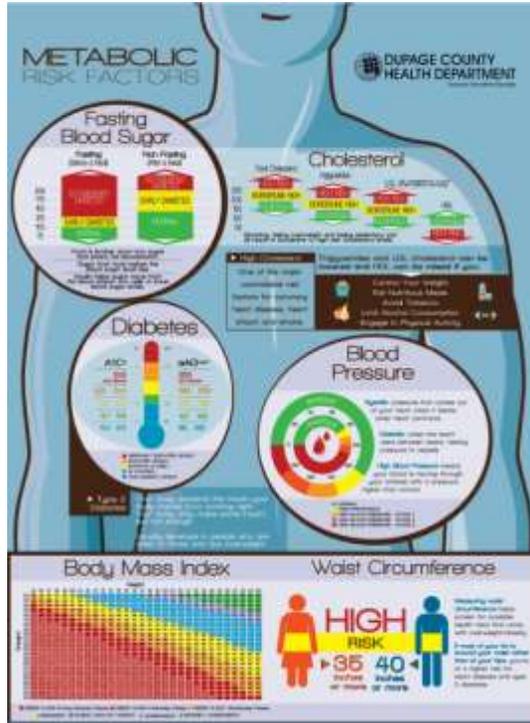
High Cholesterol
 Triglycerides and LDL cholesterol can be lowered and HDL can be raised if you:
 - Exercise regularly
 - Avoid tobacco
 - Limit alcohol consumption
 - Engage in Physical Activity

Blood Pressure
 Systolic: pressure that comes out of your heart when it beats, when heart contracts
 Diastolic: when the heart rests between beats, resting pressure in vessels
 High Blood Pressure means your blood is moving through your arteries with a pressure higher than normal.

Fasting Blood Sugar
 Food is broken down into sugar and enters the bloodstream.
 Sugar from food raises the blood sugar level.
 Insulin helps sugar move from the blood stream into cells to lower blood sugar levels.

Diabetes
 Type 2 Diabetes:
 - Your body prevents the insulin your body makes from working right.
 - Your body may make some insulin but not enough.
 - Usually develops in people who are older or those who are overweight.

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HOW DO I GET STARTED?

MYCARE Integrated Services can be accessed Monday through Friday from 8:30 a.m. to 5:00 p.m.

MYCARE SERVICES ARE PROVIDED AT:
Central Public Health Center
111 North County Farm Road
Wheaton, IL 60187

For an intake appointment call (630) 692-7400.

To learn more about improving your health and wellness or to register for wellness programs, leave a message at 630-221-7040 or email us at MYCARE@dupagehealth.org. We will respond within 24 hours.

MYCARE

DCHD
www.dupagehealth.org




MY WELLNESS PROGRAMS

CANCER EDUCATION

Learn more about cancer prevention, early detection, and treatment options. Our experts provide personalized guidance based on your family history and lifestyle.

DIETARY TO GO! NUTRITION EDUCATION

Discover how to make healthy choices when eating out. Our experts provide practical tips and recipes to help you stay on track with your wellness goals.

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This Prescription Entitles DCHD, MYCARE Patient

(PATIENT'S NAME)

to a One-Month YMCA Trial Membership

Trial membership includes a fitness consultation, an individualized fitness plan, and opportunities to become engaged in various classes and programs that best suits the patient's needs. Y membership provides the patient with ample opportunities to learn about and maintain a healthier lifestyle.

The patient and the physician agree on these points?

Physical restrictions or medical concerns of which the Y should be aware

NAME OF PHYSICIAN'S PRACTICE

Physician's Printed Name

Patient's Signature Date

PATIENT'S PHONE PATIENT'S EMAIL

"The first class I took at the Y was Extreme ZUM (Zumba, Yoga and Barre). I loved it. I thought the staff were nice, motivating, positive and helpful. I joined the Y right after the class. The reason I joined the Y is because I need to move things in my life to be more active and healthier. The reason I had coming back to the location, instructors and friendly atmosphere. Just like I am a part of a very special group, the Y Family!"
-Liz H.

Participating YMCAs

- ELSTONVILLE YMCA**
211 West First Street
Bloomington, IL 62208
630.674.8200
www.ymcaelstonville.org
ymcaelstonville@ymcaelstonville.org
- ELSTONVILLE ROUNDHAY YMCA**
711 West 32nd Street
Bloomington, IL 62218
630.988.8000
www.ymcaelstonville.org
ymcaelstonville@ymcaelstonville.org
- SIX FAMILY YMCA**
2222 S. 88th St.
Mokenso, IL 62244
630.904.8383
www.familyymca.org
AUSTIN, 3076L
www.familyymca.org
- EDWARDS, YMCA**
742 S. Washington St.
Edwardsville, IL 62026
630.422.8273
www.ymcaedwards.org
ymcaedwards@ymcaedwards.org



Note to MYCARE Coordinator Staff:

Please scan the completed prescription and email it to the YMCA director at the patient's preferred site, from those listed above.



Wellness Prescription
A YMCA & DuPage County Health Department My Care Partnership



EWING'S RESEARCH

Effects of Being Overweight on Physical and Mental Health

The ABC's of healthier eating

Reading Food Labels and Portion Control

Physical Fitness (let's get moving!)

Cooking without the fat

Has contributed full of support and affirming team involvement!

WHERE:

WHEN:

NEW-R (NUTRITION & EXERCISE FOR WELLNESS AND RECOVERY)

NEW-R is run by a behavioral health staff person and agency Dietitian, and is dedicated to improving both physical and emotional wellbeing. You will be supported to find the needed skills and motivation to be successful in creating a healthier life. So let's get started!!!

"I was informed about... label-reading, daily caloric intake, APPROPRIATE, and types of cholesterol and fats. I enjoyed the class, applied the knowledge and feel healthier and lost weight!"

NEW-R Participant

Flyer

- Add client quotes or testimonials
- Share with Prescribers
- Post in staff break rooms and treatment rooms.
- Email to supervisors of the programs that make referrals.





Glen Elyn Woods Wellness

Lisa Nelson – Residential Lead Staff
 Edgar Cantu – MYCARE Coordinator
 Melissa Jandt – Residential Supervisor

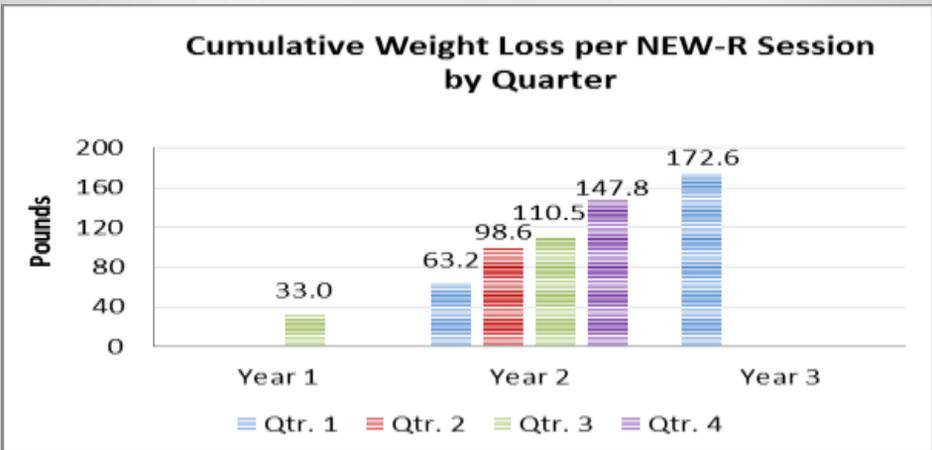
We began in January talking about wellness at our weekly house meeting and trying some new vegetables. In May the NEW-R class started with everyone asking "do we have to go". Slowly we have seen small changes.

- Increase in clients drinking water bottles.
- Increase in client eating fruit.
- Change in menus with larger focus on veggies and fruits at meals.
- Some meals with no carbs!
- Increase in exercise
- One client who was resistant to even talking about weight scheduled and went to doctor specifically about her weight and now started seeing a dietician.
- One client is reporting changes in portions when going out, from a large fry to a small.
- Blood glucose numbers have been overall lower for two clients with diabetes.

Data Outcome results from the NEW-R group for this home:

MYCARE NEW-R Program - Edgar C. Glen Elyn Residential site													
Number of clients enrolled	Client ID	1/15/16	2/15/16	3/15/16	4/15/16	5/15/16	6/15/16	7/15/16	8/15/16	9/15/16	Total Weight Loss	Pre-Test Score	Post-Test Score
1	111	x	x	x	x	x	x	x	x	x	287	27	15
2	119	x	x	x	x	x	x	x	x	x	208	C	5.4
3	126	x	x	x	x	x	x	x	x	x	278	20	3.7
4	160	x	x	x	x	x	x	x	x	x	193	C	9.1
5	172	x	x	x	x	x	x	x	x	x	0	C	5.1
6	185	x	x	x	x	x	x	x	x	x	240	C	5.1
7	223	x	x	x	x	x	x	x	x	x	270	21	2.8
8	227	x	x	x	x	x	x	x	x	x	246	34	3.8
											36	No test	

MYCARE NEW-R Outcomes



RESPIRATORY HEALTH ASSOCIATION®
COURAGE TO QUIT®

Join us for a program to help you quit smoking for good!

Courage to Quit is Respiratory Health Association's group quit smoking program. This six-session program takes place over seven weeks, with the quit date set for the third session. Trained educators will offer you the support you need to help you reach your smoke-free goals while providing you with information on:

- addiction and withdrawal
- avoiding triggers
- quit smoking medicines
- health benefits of quitting
- managing cravings
- free quitting resources

When: Mondays beginning January 11, 2016
 1:00pm-2:00pm - the first week is 90 minutes

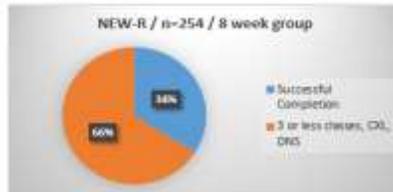
Where: DuPage County Health Department
 1111 W. Lake Street
 Addison, IL 60101

To Register: Call MYCARE line at (630)221-7040



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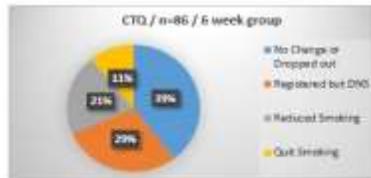
Nutrition and Exercise for Wellness and Recovery



Starting a new health behavior like joining a gym or beginning to exercise is not an easy task. This chart shows great progress for over a third of our clients who successfully completed the NEW-R program. The other two-thirds present clients who signed up but never attended or attended one or two classes.

- 93% of the 87 clients who completed the NEW-R lost a cumulative 244 pounds.
- 93% of the 87 participants who completed both pre and post self-evaluations felt they are living healthier life styles as a result of program participation.
- Twenty three groups have been facilitated since 10/2013.
- Currently offered at all Public Health Centers.

Courage To Quit



- About 1/3 of the participants made gains from attending smoking cessation support.
- Fourteen CTQ groups have been facilitated since 8/2013.
- Currently offered at all Public Health Centers.



CONDITIONS HAVE EACH WERE TO HELP MOVE YOUR LIFE FORWARD

TOPICS INCLUDE: UNDERSTANDING PAIN, THE MIND-BODY CONNECTION, MINDFULNESS STRATEGIES, THE IMPORTANCE OF YOUR THOUGHTS, HEALTHY HABITS

WHERE:
111 N. County Farm Rd., Wheaton, Illinois 60107
Rm. 145

WHEN:
Friday beginning October 7, 2016
1:00 pm - 2:30 pm
Six Week Program

TO REGISTER:
CALL OUR WELLNESS LINE AT (630) 221-7040



TOPICS INCLUDE:

- How change happens/ dealing with release
- Self-compassion and change
- Exploring successful history of change/personal strengths
- Setting goals!

When:
Every Tuesday
2:00 pm - 3:00 pm

Where:
The Community Center
m. 120

MANAGING CHRONIC PAIN... MINDFULNESS AND HEALTHY HABITS

LEARNING FROM CRISIS... NO PRESSURE, NO DIAMONDS!

"Extreme pressure can either break pipes or create diamonds."

This weekly group was developed to support individuals staying in crisis residential. It encourages strategies for successfully creating change, skills for making today work, as well as finding self-compassion and resilience.




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Baseline to 6 month Reassessment Outcomes (n=98)

- Measure:** In the past 30 days new and reassessed integrated care clients report visits to the emergency room for behavioral health issues.

Baseline Assessment

Clients enrolling into MYCARE integrated services report a total of 8 visits to Emergency Rooms for Behavioral Health issues. At the 6 month review none of the clients that utilized the ER at baseline for Behavioral Health issues returned to the ER.

6 month Reassessment

Clients receiving integrated services at the 6 month reassessment report a total of 3 visits to Emergency Rooms for Behavioral Health issues. None of these 4 visits were duplicative clients from the original 8 visits to the ER at baseline.

- Measure:** In the past 30 days new and reassessed integrated care clients report the amount of days being hospitalized for mental health care.

Baseline Assessment

Clients enrolling in MYCARE integrated services during the baseline interview reported receiving 108 days of mental health care in a hospital setting. At the 6 month review none of the clients that utilized mental health care in a hospital setting returned.

6 month Reassessment

Clients receiving integrated care services at the 6 month reassessment reported receiving 13 days of mental health care in a hospital setting. None of these days involved duplicative clients from the original 108 baseline days.

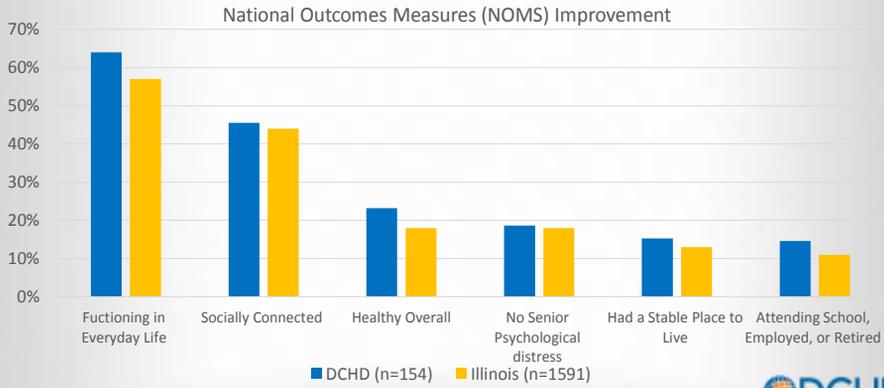
TRAC Reports

WesDax TRAC Reports
Return to TRAC
Services Outcome Measures Report
Services Multi-Year Outcome Measures Report
Services Outcome Measures Report (PBHCI only)
Services Notification Report
Services Reassessment Interview Rate Report
Services Number of Consumers Served by Grant Year Report
Services Point In Time Report
Services Consumer Level Outcome Measures Report
Services Cross Tabulation/Frequency Report
IPP Performance Report
TRAC Performance Report (TPR)
Services Discharge Report



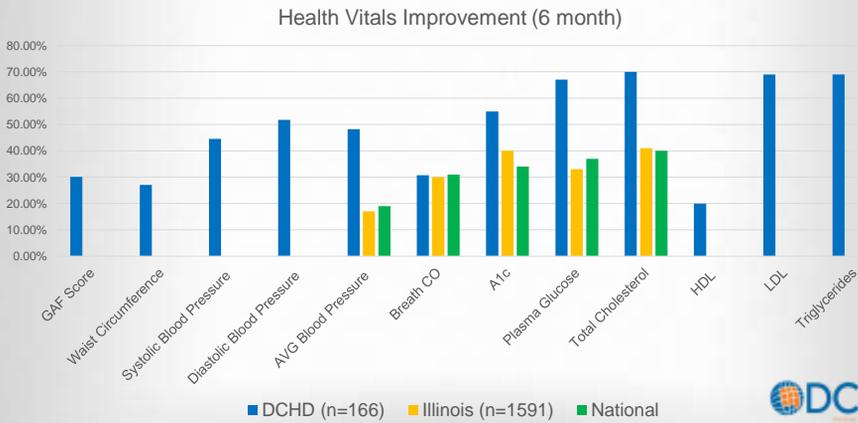

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MYCARE Outcomes



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MYCARE Outcomes



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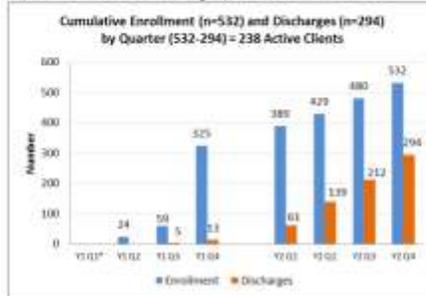
**MYCARE Program Statistics Cumulative Report
Year 2, Quarter 4, 2014**

This cumulative Year Two Quarter Four report covers the time period October 1, 2012, through September 30, 2014.

Enrollment and Reassessment

Required enrollment for the four year project period is 600 or 150 per year. During Year 1 Quarter 4, staff focused on enrollment efforts and increased the number of new enrollees by 266 for a year-end total of 312 (325 enrollments minus 13 discharges) (Graph 1). The year-end enrollment push allowed the program to more than double expected enrollment for year one. In year two, enrollment has steadily increased but so have discharges. To date, MYCARE has a net enrollment of 238 clients.

Graph 1. Cumulative Enrollment and Discharges by Quarter = 238 Active Clients



*Year 1 Quarter 1 was dedicated to project development.

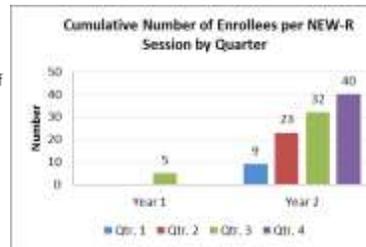
Care Coordination

Nutrition, Exercise, Wellness, and Recovery Program

The Nutrition, Exercise, Wellness, and Recovery (NEW-R) program is designed to focus on the concept of "being intentional". This means that there is an emphasis on making a plan and/or thinking about what you are going to do each day. The plan is based on the following principles that come from research of weight loss interventions.

- Change in intake (what you eat) make the biggest impact on weight loss
- Being aware of what you eat can have positive effect on intake
- Physical activity can support changes in diet, help maintain weight loss and promote other health benefits (e.g. cardiovascular health)
- People that are overweight/obese tend to lead very sedentary lifestyles
- Social support is important for weight loss
- Belief in one's ability to lose weight/self-efficacy contributes to behavioral changes

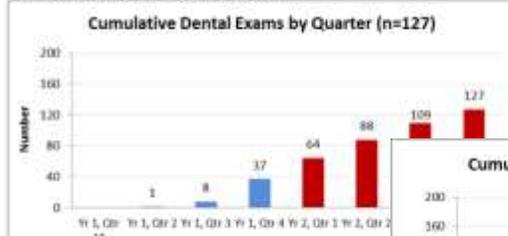
To date, eight NEW-R sessions have been held that benefitted a total of 40 clients (Graph 6). 75% (30/40) of clients completing the program lost a total of nearly 150 pounds (Graph 7). Among those losing weight, the average weight loss was nearly six pounds per person. For evaluation purposes, session participants complete a pre- and post- Healthy Eating and Wellness Self-Assessment. Evaluation results show that 75% of participants who completed both wellness evaluations felt they are living healthier as a result of program participation. Currently two NEW-R sessions are scheduled to occur every quarter.



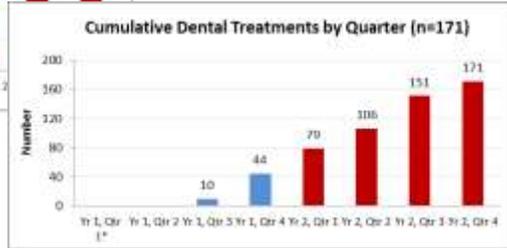
Dental Health Care

MYCARE clients who are uninsured for dental coverage and are low income may receive urgent dental services through the DuPage County Health Department (DCHD) Urgent Care Dental Clinic and Dental Care Connections. The Urgent Care Dental Clinic has five newly expanded rooms and is located at the DCHD Central Office in Wheaton. The Urgent Care Dental Clinic serves clients that have dental health problems that prevent clients from performing daily activities including tooth pain, a broken tooth, mouth or face swelling, a mouth infection, or bleeding. To date, 127 MYCARE clients (Graph 8) received a total of 171 dental treatments (Graph 9). Dental treatments are defined as x-rays or extractions.

Graph 8: Cumulative Dental Exams by Quarter (n=127)



*Year 1 Quarter 1 was dedicated to project development



MYCARE Outcomes

Twelve Month Reassessment As of September 30, 2014, 84 clients completed the 12 month reassessment. All health indicators are required at the 12 month reassessment. The percentage of clients showing improvements for these indicators is shown in Table 4.

Table 4: Required Health Indicators	Percent Improved
GAF Score	36%
Waist Circumference	63%
Systolic Blood Pressure	54%
Diastolic Blood Pressure	56%
Breath Co	42%
A1c	54%
Plasma Glucose	51%
Total Cholesterol	65%
HDL	33%
LDL	68%
Triglycerides	63%



<https://ilsbirt.wordpress.com/integrated-behavioral-health-learning-collaborative/>

SBIRT IMPLEMENTATION

ADDITIONAL SCREENING AND INTERVENTION METHOD

Let your ECR do the work...

Client ID	Client Name	MHA Date	Staff	General Health Concern	Concerns	Smoker	Explain	Primary Physicia.	Geotist	Substances Abused If Any
4175		26-06-2015		Y	Client reported COPD, which was diagnosed approximately 2014.	Y	Client reported he smokes 10 cigarettes per day	Y	Y	Alcohol, Methamphetamine, Rx (benzo, pain, sleep, stimulants), Cocaine/Crack, Marijuana
4256		17-06-2015				Y	1/2 pack daily	N	N	Alcohol
4818		09-06-2015		Y	Diabetes, high blood pressure, high cholesterol	Y	Currently smokes 10 cigs a day. Started at age 18.	N	Y	Tobacco, Cocaine/Crack, Alcohol
5248		03-06-2015		N		Y	Client has been smoking since age 15 y/o. Smokes 1 PFD.	M	N	Alcohol
5356		15-06-2015		N		Y	2 packs a day.	Y	N	Alcohol

Stroger Hospital

Recently, representatives from the DuPage County Health Department visited the Screening Brief Intervention & Referral to Treatment (SBIRT) team at John H. Stroger, Jr. Hospital. SBIRT was recognized in 2011 for its comprehensive and caring approach to addiction by the Office of National Drug Control Policy. Underlying SBIRT treatment is the philosophy that substance abuse is a major preventable and treatable public health problem affecting all racial, cultural and socioeconomic groups.



Pictured from left to right are: Stroger Hospital Psychiatry Department Health Counselors, Christopher Thomas and Maria Serrano;

Dr. Andrew Segovia Kullik, Department Chairman; DuPage County Health Department: Susan Kottra, Coordinator of MyCore Behavioral Health Integrated Programs; Gloria Wright, Director of SBIRT Services, CCHHS; DuPage County Health Department Program Manager Jason Knorr; Alvin Polk, CCHHS Health Counselor; and Raymond Roberson, Stroger Psychiatry Department Administrator.



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GETTING UNSTUCK!

Drugs, Alcohol and Mental Health

WHERE:
111 N. County Farm Rd.
Wheaton, IL.
Room 145

WHEN:
August 3, August 10, August 17
1:00 pm – 2:30 pm

TO REGISTER CALL MYCARE AT:
(630) 221-7040

"Dear past, thank you for all the lessons. Dear future, I'm ready!"

LEARN ABOUT DUAL DIAGNOSIS AND:

- THE BODY AND MIND
- HOW CHANGE HAPPENS
- FORWARD THINKING
- TOOLS FOR CHANGE
- WHAT ABOUT TRAUMA?
- CREATING A HEALTHIER LIFE
- WHERE TO TURN FOR SUPPORT

BEFORE INTERVENTION

AFTER INTERVENTION

Seeking Safety Report

by JAMIE KROTT
REVISI0N 2-4-2016

What is the Seeking Safety Treatment?

This treatment is designed for people with substance abuse and trauma. "Trauma" means that a person has suffered a severe life event, such as physical abuse, a car accident, or a hurricane. Many men and women who abuse substances have experienced a trauma during their lifetime. Some people develop posttraumatic stress disorder (PTSD) as a result of their trauma; participants learn more about this during treatment.

The treatment consists of 25 psychotherapy topics. It is an "integrated" treatment, meaning that both trauma and substance abuse issues are worked on at the same time to promote the most successful recovery possible. It was developed at Harvard Medical School and McLean Hospital beginning in 1993, with funding by the National Institute on Drug Abuse.

Why is it called Seeking Safety?

The #1 goal of treatment is to help you become safe. "Safety" includes the ability to:

- Manage trauma symptoms (such as flashbacks, nightmares and negative feelings).
- Cope with life without substances.
- Take good care of yourself (such as getting regular medical exams and eating well).
- Find safe people who can be supportive to you.
- Free yourself from domestic violence or other current abusive relationships.
- Prevent self-destructive acts (such as cutting, suicidal impulses, and suicide risk).
- Find ways to feel good about yourself and to enjoy life.

Attendance – Greater improvement with longer participation.

SEEKING SAFETY ATTENDANCE (12 WEEKS) / N=16

Outcome Tools

Eight out of 11 participants with 2 or more PTSD Checklist – Civilian Version (PCL-C) screenings demonstrated a reduction on their scores. Lower scores suggest a decrease in problems, cognitions and stress associated with stressful life experiences.

Seeking Safety

Reported Substance Use

12 participants completed the seeking safety drug and alcohol use questionnaire – we are revising this questionnaire next session to ask about use during the last week. The initial questionnaire asks participants about use during the last 30 days, however, facilitators noticed potential concerns with participant recall over a 30 day period. The hope is that weekly collection of data will improve recall concerns and improve accuracy of data.

PARTICIPANT	NA, Never, Once or Twice, Almost Daily, Daily			CUMULATIVE
	WEEK 1	WEEK 8	WEEK 12	
1	Once or twice	Once or twice	Once or twice	
2	Once or twice	Once or twice	Never	
3	Once or twice	Once or twice	Once or twice	
4	NA	NA	NA	
5	Almost Daily	Once or twice	Once or twice	
6	Once or twice	Once or twice	Once or twice	
7	NA	NA	NA	
8	NA	NA	NA	
9	daily	daily	NA	
10	Weekly	Once or twice		
11	Daily			
12	Daily			

Procedure Steps:

1. Prescriber identifies clients that have at-risk health indicator values.
 - Blood pressure – alerts the Prescriber electronically
 - BMI – alerts the Prescriber electronically
 - Glucose and Lipid profile – Prescriber views lab work in ECR.
2. Prescriber makes referral to wellness program by selecting a wellness program in the referral module located in the client electronic record. Located in the plan section of the CareLogic psychiatric progress note wizard.

- | | | |
|---|---|--|
| <input type="checkbox"/> Dietary Mgmt. Education/Guidance/Counseling for High BMI | <input type="checkbox"/> Chronic Pain Self-Management | <input type="checkbox"/> DCHD Dental |
| <input type="checkbox"/> Giving Encouragement to Exercise for High BP/BMI | <input type="checkbox"/> Smoking Cessation | <input type="checkbox"/> Assessment and/or treatment for Alcohol/Substance Use |
| <input type="checkbox"/> Dietary Mgmt. Education/Guidance/Counseling for Low BMI | <input type="checkbox"/> Diabetes Education | <input type="checkbox"/> Self-Help/Support Groups |
| <input type="checkbox"/> Weight Management Program for High BP/BMI | <input type="checkbox"/> Seeking Safety | <input type="checkbox"/> Housing |
| <input type="checkbox"/> Primary Care Physician for High BP/BMI/Other | <input type="checkbox"/> Psychiatric for High PHQ-9 | <input type="checkbox"/> Other |
| <input type="checkbox"/> Psychotherapy/Counseling Ordered for High AUDIT | <input type="checkbox"/> DCHD STI/HIV Services | |



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3. An ad hoc report is generated by BHS Supervisor at all participating locations for referral made to wellness programming.
4. The report is generated weekly by BHS Supervisor. The report pulls the prior week's data.
5. The report consists of the following information: Client name, Client Phone number, Primary Staff/Prescriber Name, Organization - Location of Service, Referral made by Prescriber. – Looking to add payer so we can avoid using Auth/Verification in this process.
6. The CHW's call the clients referred within 7 days of receiving the report.
7. The referral process consists of:



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DUPAGE COUNTY BOARD OF HEALTH BULLETIN

April 2014

Serving our community through our Mission, Vision and Values

BEHAVIORAL HEALTH SERVICES

MYCARE

EXCELLENCE
COMMITMENT

The MYCARE program has proven a strong linkage between services provided and a reduction in ER visits and hospitalizations for participants. Data shows that the 30 days prior to enrolling into the MYCARE program, clients had received a combined 108 days of mental health care in a hospital setting and a total of eight ER visits for behavioral health issues. At the six month review, none of these clients had returned to a hospital setting or ER for mental health issues.

to everyone in need of them, leaving no pocket of this population unserved. This voluntary program provides short term stays for patients who have more acute symptoms, but do not meet the criteria for inpatient hospitalizations or who have been recently discharged from psychiatric hospitalization. Dr. Medvedev is available onsite at Crisis two days a week to provide psychiatric services to clients.

Welcoming a New Psychiatrist

QUALITY

In April, BHS will have a brand new addition to their staff. Dr. Shuja Uddin is joining the BHS team and will be primarily providing psychiatric services to children and adolescents at the Central Public Health Center



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MYCARE

Our wellness team works to add lives to the lives of our clients, who typically have illnesses that are 20 years more than average clients.

INTEGRATED CARE RESULTS IN BETTER HEALTH OUTCOMES

Annual stays are reduced, impact on individual's health, behaviors and overall physical health. As a result, the MYCARE team focuses on enrolling in 2013 for adult clients with the Health Department's approximately 200 residential clients to beneficial, self-care programs and coordinate the impact of the client's mental health along with their physical health.

Clients frequently seek the health care that we most prepared to treat, and the MYCARE team provides education and programming to help clients meet their goals. Health Department programming includes: Substance Abuse for Wellness and Recovery, Health Care, Change for Good, smoking cessation, and Diabetes Education.

In addition, health and physical assessments are arranged in collaboration with West Health Care, our primary care partner, which offers services such as: diabetes, smoking cessation, hypertension, and immunization, physical therapy and more.

Clients were interviewed to obtain baseline National Outcome Measures prior to beginning the program and after six months of participating in integrated care services. 80% participants showed improvement after six months, but participants experiencing the greatest improvement in "Participating in recovery life" (12.3 percent better) and "Having healthy relationships" (22.1 percent better).

The MYCARE initiative team intends to expand the program and create it in all Health Department behavioral health centers.

Average life expectancy decreased due to increased physical comorbidities with clients

General	77.9
Diabetes	74.9
Alcohol	70.9
Substance Abuse	69.9
Smoking	68.9
Obesity	67.9

The clients are also offered services in the Health Department's, Public Health, and Exercise for Wellness and Recovery patient program, Change in Care, smoking cessation, diabetes and Diabetes Education program. Clients are all provided at the Health Department's West Health Center.



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Your Medical Home
Build a health care home in a setting you know and trust.

Building a relationship with a coordinated care team puts you at the center of your care.

Your team will provide support, communication and will help you address your health and wellness needs.



In an emergency, you should seek support by calling 911 or going to the closest emergency room.



DUPAGE COUNTY HEALTH DEPARTMENT
Southeast Public Health Center
422 N. Cass Avenue
Westmont, IL 60559
(630) 682-7400
www.dupagehealth.org



AMITA HEALTH
Hinsdale Family Medicine Center

Your Health Care



Has A New HOME

One Home For Your Family's Health Care Needs







integration.samhsa.gov

Coordinating all of your health care needs in one office means better care for you and your family.





DuPage County Health Department is partnering with AMITA Hinsdale Family Medicine Center. Receiving health care in an environment that coordinates all aspects of your care, promotes the best health care outcomes.

Our convenient location makes it easier for you to make sure you and your family are getting the best care possible.




Medical Services Offered:

- General Medical Care
- Prenatal Screenings
- Family Planning
- Adult Physicals
- School/Sports Physicals
- Well Woman Examinations
- Case Management
- Acute Care

Eligibility Requirements
You must be receiving services at the DuPage County Health Department. Most insurances accepted. If you are pregnant and interested in prenatal care, call to request a prenatal screening.

SCHEDULE AN APPOINTMENT FOR COORDINATED CARE
(630) 682-7400
Appointments available
Thursdays, 1:30 pm - 4:00 pm

 **DUPAGE COUNTY HEALTH DEPARTMENT**
Southeast Public Health Center
422 N. Cass Avenue
Westmont, IL 60559
www.dupagehealth.org




integration.samhsa.gov

Hinsdale Family Medicine Center
 135 N. Oak Street
 Hinsdale, IL 60521

dupagehealth.org
 Southeast Public Health Center
 422 N. Cass Avenue
 Westmont, IL 60559


Your Primary Health Care Has A New





DUPAGE COUNTY HEALTH DEPARTMENT

(630) 682-7400

To schedule your next appointment for:

- General Care
- Physicals and Regular Checkups
- Prenatal
- Case Manager

Clinic Hours: Thursday, 1:30 p.m. - 4:00 p.m.

AMITA HEALTH

(630) 856-8900

To schedule:

- Medical Appointments Outside of DCHD Clinic Hours
- Medication Refills
- Referrals to Specialists

Hinsdale Family Medicine Center



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Your Prenatal Health Care Has A New




One Home For All Your Family's Health Care Needs

The DuPage County Health Department and AMITA Hinsdale Family Medicine have partnered to give you the health care you and your family need.
 For the best team in health care, come home to DCHD and AMITA






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YOUR FAMILY'S
HEALTH CARE
HAS A NEW
HOME

COORDINATED CARE
IN ONE LOCATION

 DUPAGE COUNTY
HEALTH DEPARTMENT
422 N. Cass Avenue, Wheaton, IL 60559
(630) 682-7400

 **AMITA** HEALTH
Hinsdale Family Medicine Center




integration.samhsa.gov

DCHD

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630-221-5341





integration.samhsa.gov

For More Information & Resources

Visit www.integration.samhsa.gov or
e-mail integration@thenationalcouncil.org



Questions and Answers

