Mental Health in the Medical Home

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In 2008, mental health conditions accounted for $72 billion in expenditures, making them the third most costly condition (along with cancer), exceeded only by heart conditions and trauma-related disorders.

AHRQ, 2008
The cost of doing something that may work is less than the cost of continuing to do something that definitely won’t.

An estimated one-third of 2006 health care expenditures, about $700 billion or nearly 5% of GDP, did not improve health outcomes. (Source: Congressional Budget Office)

Healthcare costs are rising 6% a year.

Insanity: doing the same thing over and over again and expecting different results.

Albert Einstein 1879-1955
75% percent of total health care spending in 2007 went towards the treatment of chronic diseases, such as diabetes and asthma.  

Half of all chronic diseases are linked to preventable problems including smoking, obesity, and physical inactivity. 

40% of premature deaths in the U.S. are attributable to health behavior factors.

In any given year, 28-30% have a diagnosable mental illness or addictive disorder.

10% of children and adolescents in the US suffer from Behavioral Health Disorders. (US Surgeon General)

4 out of 10 leading causes of disability in developed countries is mental illness.

By 2020 Major Depressive Illness will be the leading cause of disability in the world for women and children.

1. CMS
2. CDC
3. McGinnis et al, 1993; Mokdad et al., 2004)

1. WHO
2. US Surgeon General
The Impact on Primary Care:

PCPs furnish over half of all mental health treatment.\(^1\)

25% of all primary care patients have diagnosable mental disorders.\(^1\)

50-70% of a PCP’s normal caseload consists of patients whose medical ailments are psychologically related.\(^2\)

11-36% of all PCP visits involve patients with diagnosable psychiatric disorders.\(^3,4\)

50% of all behavioral health disorders are treated in primary care.\(^5\)

Most patients receiving referrals to specialty mental health do not follow through with the referrals.\(^6,7\)

40% to 60% of people who complete suicide have seen a PCP in the preceding month.\(^8\)

1. WHO
Relative Degree of Involvement of Primary Care Providers and Behavioral Health Specialists in the Treatment of Mental Health Disorders

<table>
<thead>
<tr>
<th>Primary Care Providers</th>
<th>None</th>
<th>Subthreshold</th>
<th>Simple</th>
<th>Complex</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>BH Specialists in Primary Care Settings</td>
<td>BH Specialists in Specialty Settings</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Why are we in such a pickle?

Divided systems breed divided practice
Language Influences Perception

Physical
Biological
Real
Fixable

Mental
Emotional
 Imagined
 God help us

Treated

Ignored
Perception Influences Everything
Location
Payment

• Carved out systems

• Fee for service vs. capitation

• We’ll pay you to do it there, but not there
### And Yet . . .

<table>
<thead>
<tr>
<th>Condition</th>
<th>Annual cost without a MH condition</th>
<th>Annual cost with a MH condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Condition</td>
<td>$4697</td>
<td>$6919</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>$3481</td>
<td>$5492</td>
</tr>
<tr>
<td>Asthma</td>
<td>$2908</td>
<td>$4028</td>
</tr>
<tr>
<td>Diabetes</td>
<td>$4172</td>
<td>$5559</td>
</tr>
</tbody>
</table>

The medical/mental split exists at all levels except in actual people
Number of Physical Symptoms & Likelihood of Mental Diagnosis

Spitzer et al., JAMA.1994: 272(22): 1749-1756
Transitioning to practice

THE SALUD STORY
Estes Park
.5 FTE

Larimer Center

Ft. Collins
5 FTE
2 PT psychiatrists

Longmont
2 FTE
1 PT psychiatrist

Mental Health Partners

Frederick
1 FTE

North Range BH

Ft. Lupton
2 FTE
1 Case Manager

Brighton
2 FTE

Commerce City
2 FTE

Non-Clinical Positions
Director of Integrated Services 1 FTE
Associate Psychology Training Director 1 FTE

Ft. Morgan
1 PT psychiatrist

Centennial

Sterling
Service-Delivery

- BHP Initiated: Screening
- PCP Initiated: Consultation, Evaluation, & Brief Interventions
- Patient Initiated: Therapy

A completely integrated primary care system that provides quality population-based care through improved access
Adult Screening to Treatment Protocol

Up to 1 year

12 sessions
Dept. approval

7-12 Sessions

Brief Therapy < 6 sessions

Level II Screening
PHQ-9, GAD-7, PCL, AUDIT, DAST, EPDS

Level I Screening
Priority Groups: OB patients, New Patients

Referral to MHC/Specialty Service

Referral to MHC/Specialty Service
What We Know

• Depression: 35%
• Anxiety: 35%
• Trauma: 13%
• Alcohol: 10%
• Substances: 4%
• Smoking: 30%
• Safety of Living Environment: 2%
What it Means

It’s not just about depression

Disease-specific models are for people with specific diseases treated in systems that can accommodate disease-specific models.
<table>
<thead>
<tr>
<th>PCMH 2: Identify and Manage Patient Populations</th>
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</thead>
<tbody>
<tr>
<td><strong>Element C</strong>: Comprehensive Health Assessment that includes:</td>
</tr>
<tr>
<td>6. Behaviors affecting health</td>
</tr>
<tr>
<td>7. Pt and family mental health/substance abuse</td>
</tr>
<tr>
<td>8. Developmental screening using a standardized tool</td>
</tr>
<tr>
<td>9. Depression screening for adults &amp; adolescents using a standardized tool</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>PCMH 3: Plan and Manage Care</th>
</tr>
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<tbody>
<tr>
<td><strong>Element A</strong>: Implement Evidence-Based Guidelines through point of care reminders for patients with:</td>
</tr>
<tr>
<td>3. The third condition, related to unhealthy behaviors or mental health or substance abuse</td>
</tr>
</tbody>
</table>

*To receive a 50% or 100% score, at least one identified condition must be related to #3 (obesity, smoking, drug addiction, alcoholism, depression, anxiety, ADHD)*

<table>
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<tr>
<th>PCMH 4: Provide Self-Care Support and Community Resources</th>
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<tbody>
<tr>
<td><strong>Element B</strong>: Provide Referrals to Community Resources</td>
</tr>
<tr>
<td>3. Arranges or provides treatment for mental health and substance abuse disorders</td>
</tr>
</tbody>
</table>
Recommendations

• Strategies trump models
• Building the infrastructure to support the idea
• Meaningful use of meaningful measures
• Doing what we can to do today to help us build the case for doing it tomorrow
• Making the business case
• Training providers for the system we want, not the system we have
Thank you

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