

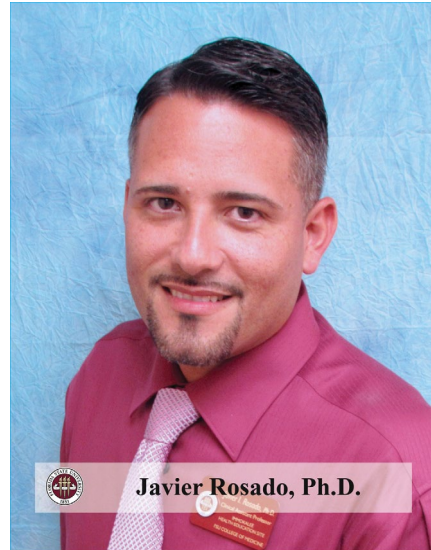


FLORIDA STATE UNIVERSITY  
COLLEGE OF MEDICINE

# Integrated Care: The Nuts & Bolts Of How Primary Care Providers Can Work With Behavioral Health

*Javier I. Rosado, PhD*  
*Jose Salazar, MD*

# About Us



Javier Rosado, Ph.D.

Javier I. Rosado, PhD  
Licensed Psychologist  
Clinical Associate Professor



Jose Salazar, MD  
Pediatrician  
Healthcare Network – FL FQHC



# About Us



The Center was established at the Florida State University College of Medicine to provide resources to families and health care providers related to the treatment and prevention of toxic stress during childhood.



The FSU Isabel Collier Read Medical Campus is co-located with an FQHC serving the agricultural community of Immokalee, Florida.

# Session Objectives

Upon completion of this session, participants will be able to:

- Recognize several interdisciplinary models for collaborative integrated care
- Understand how integrated behavioral health can help increase access to care through increased preventive mental health screenings in community health centers and short-term interventions.
- Identify how integrated care can contribute to the treatment and prevention of chronic health conditions typically treated in primary care

# Why Integrated Primary Behavioral Health

- Behavioral Health IS part of basic general health (biopsychosocial model)
- Mental illness often goes undetected and undertreated by healthcare providers.
- The majority of patients do not follow-up with primary care referrals to mental health clinics
- Primary care is the de facto mental health system in the U.S.
  - Up to 70% of primary care medical appointments are for problems stemming from psychosocial issues
  - More than 50% of psychotropic medications are prescribed by PCPs (compared to 12% by Psychiatrists)
- Integrated care has the potential for decreasing significantly healthcare spending



# Why one patient and one physician In a room is not enough...

- **Example:** To prevent complications of obesity and diabetes, *all you have to do is* modify a person's health beliefs and attitudes, daily habits, eating preferences, daily activities, exercise habits, grocery stores, neighborhood walk-ability, food advertising, self-care, employability, economic empowerment, access to medical care, clinical inertia, provider quality, and medication adherence, all in the context of his or her family and social relationships.

*(George Rust, MD)*



# Effectiveness of Integrated Behavioral Health in Primary Care

- Meta analyses have shown:
  - Effectiveness for adults
  - Effectiveness for child-adolescents
- In decreasing symptoms of behavioral problems (e.g. anxiety, depression) and improving functioning (e.g. adherence to chronic disease management, GAF)

# Effectiveness of Integrated Care for Latinos

- ✓ Problem focused
- ✓ “on demand” see patients when needed with “warm hand-offs”
- ✓ Short visits over several weeks
- ✓ Decrease stigma
- ✓ Chronic care management – decrease disparities
- ✓ Improve satisfaction



# Effectiveness for Latino Patients

- National samples of Latino (Especially immigrants from Central America) are less likely to meet criteria for mental disorder than non-Latino or US born Latinos.
- Less likely to utilize mental health services than non-Latinos (even when controlling for prevalence of mental health difficulties)
- Less likely to receive evidence-based treatments
- Reasons for disparities: concerns about cost of services, lack of insurance, lack of Spanish-speaking providers, fears of deportation, lack of transportation, cultural responsiveness to interventions, lack of culturally appropriate tx



# What is Integrated Care?

# “The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

PCBH

Collaborative Care

Models

Post-partum &  
Maternal  
Depression

ACEs Screenings

Clinical Pathways

Trauma-Informed Care

ACEs

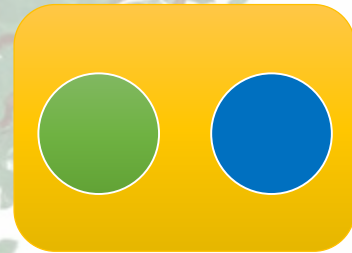
Perspectives

# Models



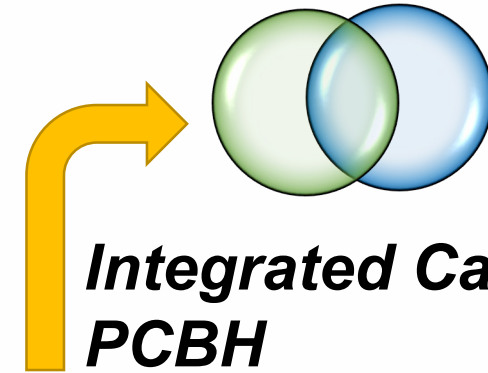
## Coordinated Care

Dr. X (primary care) refers pt to Dr. Y (psychologist) located in a separate Building. Dr Y sends report of eval & updates.



## Co-located Care

Dr. X (primary care) refers to Dr. Y (specialist) who is located in same building but has separate charts. Dr. Y sends report & updates.



## *Integrated Care: PCBH*

Dr. X & Dr. Y (part of the primary care team) share space in same clinic, consult with each other on cases, develop a common treatment plan, have a common chart, share support staff as part of one treatment team, patient perceives one treatment plan.

# “The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

PCBH

Collaborative Care

Models

Post-partum &  
Maternal  
Depression

ACEs Screenings

Clinical Pathways

Trauma-Informed Care

ACEs

Perspectives



**Perspectives:** approaches or frameworks that guide and feed integrated care efforts

---

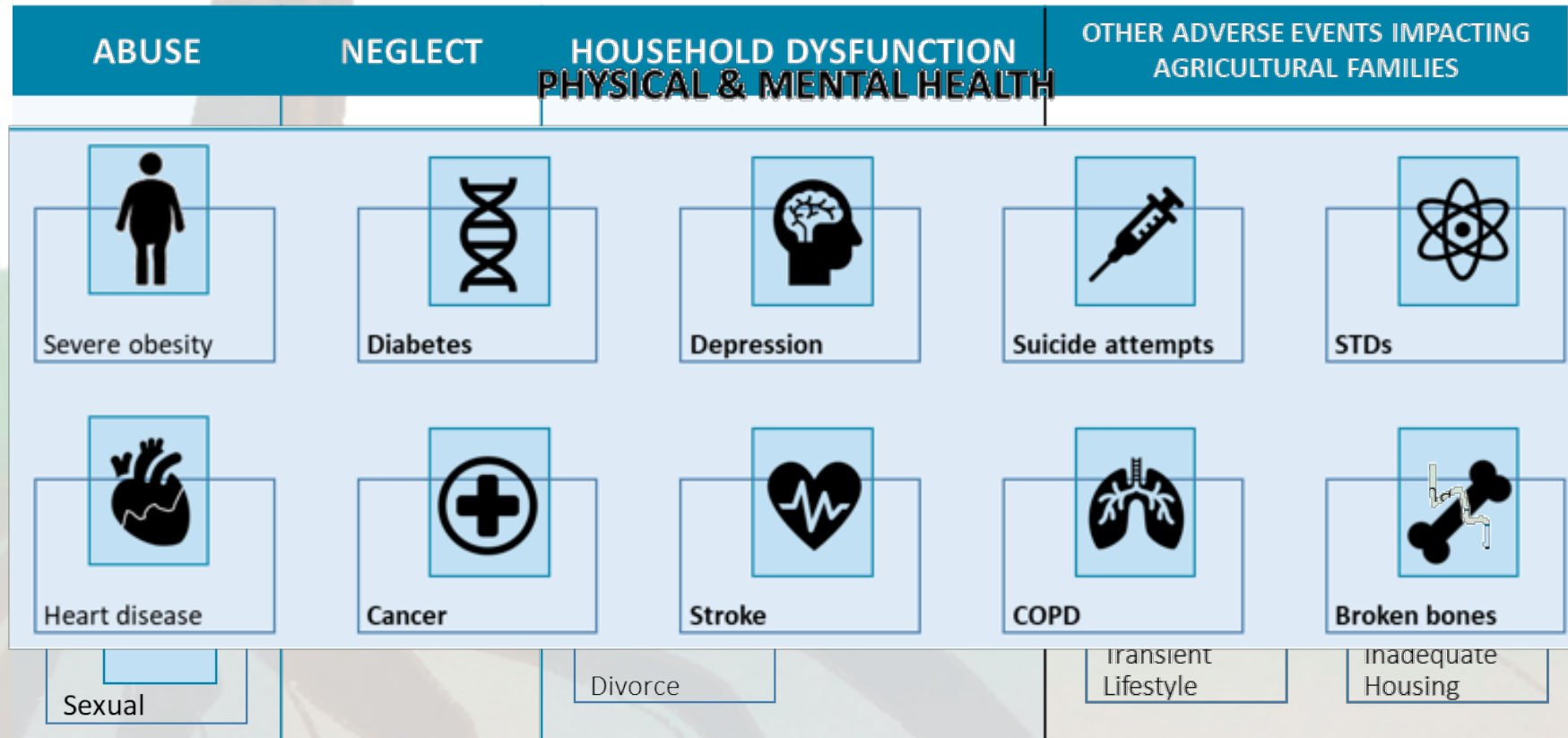
*Example:* **Trauma-Informed Care**

Trauma-informed care seeks to:<sup>1</sup>

- Realize impact of trauma
- Recognize signs & symptoms
- Adapt policies & procedures
- Avoid re-traumatization

<sup>1</sup>Adapted from the Substance Abuse and Mental Health Services Administration's "Trauma-Informed Approach."

**Perspectives:** approaches or frameworks that guide and feed integrated care efforts

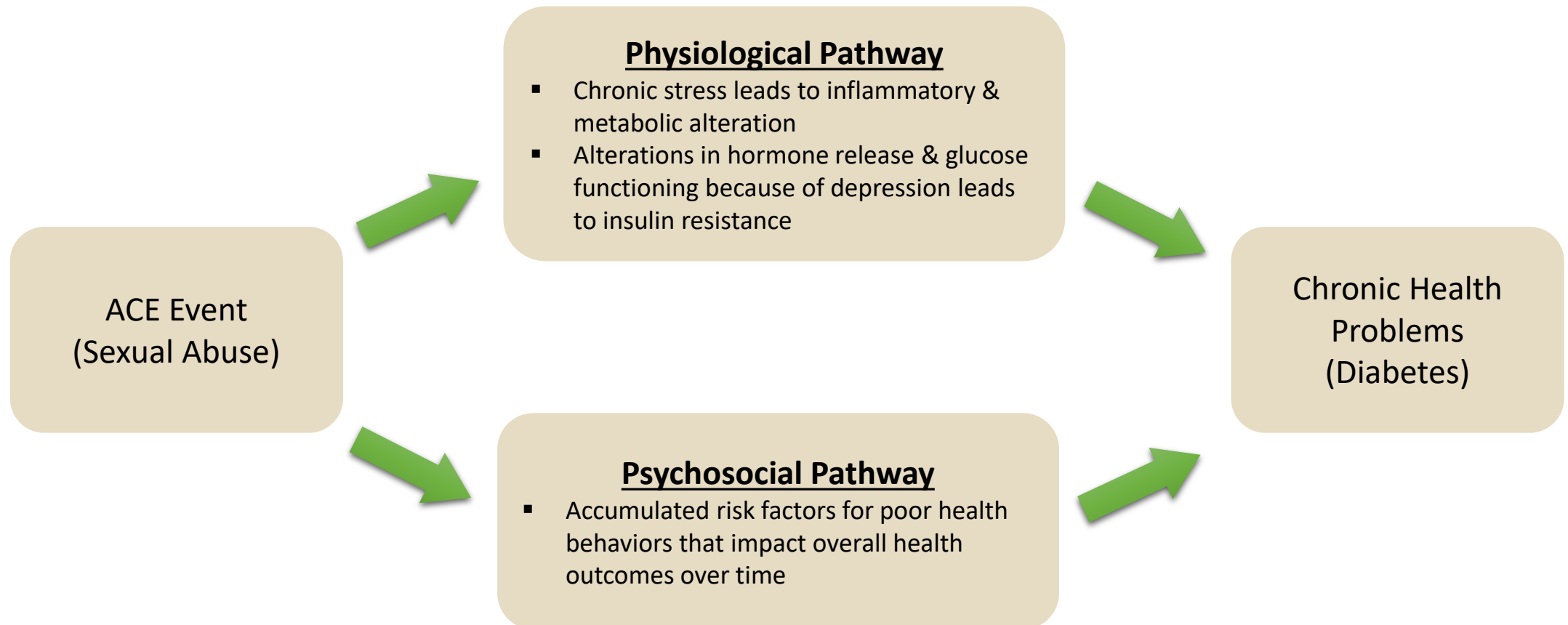


# ACEs & Diabetes

- Specific ACEs & variations in intensity of ACEs impact development of diabetes
  - Childhood sexual abuse strongly linked to diabetes in adulthood
- Sexual abuse: 1.5 to 2 fold increase of developing diabetes  
(Shields et al., 2016)
- Sexual abuse victims 45% more likely to develop diabetes compared to 14% and 18% for coronary heart disease  
(Campbell et al., 2016)



# Mechanisms Underlying Relationship between ACEs & Diabetes



# “The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

PCBH

Collaborative Care

Models

Post-partum &  
Maternal  
Depression

ACEs Screenings

Clinical Pathways

Trauma-Informed Care

ACEs

Perspectives

# Clinical Pathways

**Clinical Pathways:** algorithms used to guide care to ensure that persons with specific conditions receive monitored, timely care

---

*Example:* Trauma/ACE Screenings

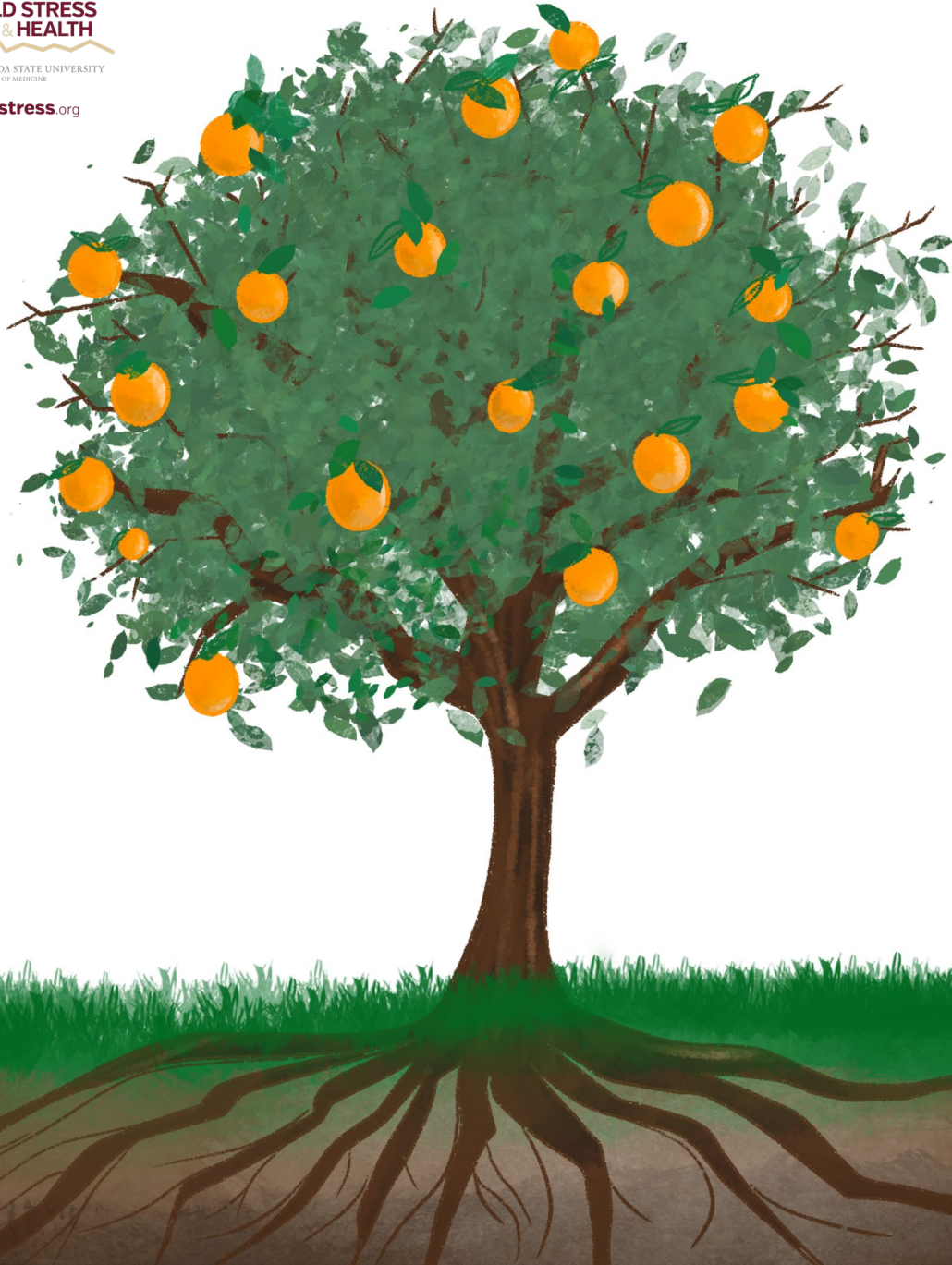


# Clinical Pathways

## Team of Providers in PCBH:

- Primary Care Provider
- BH Provider
- Nurse
- Frontline Staff
- Promotoras/CHW

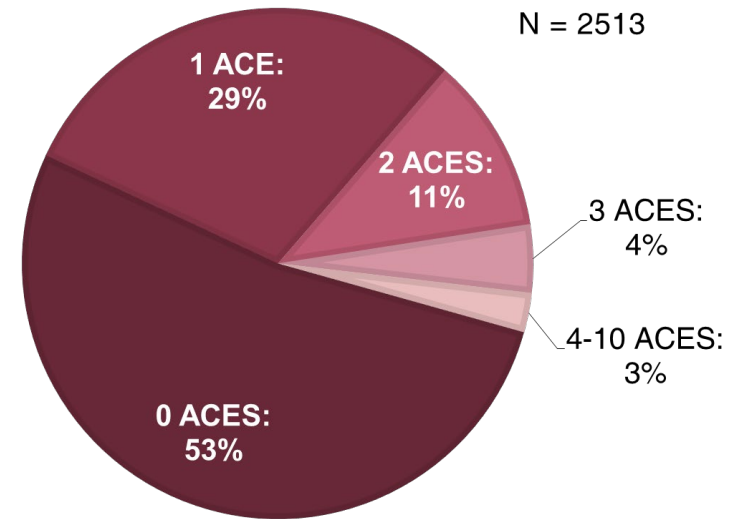


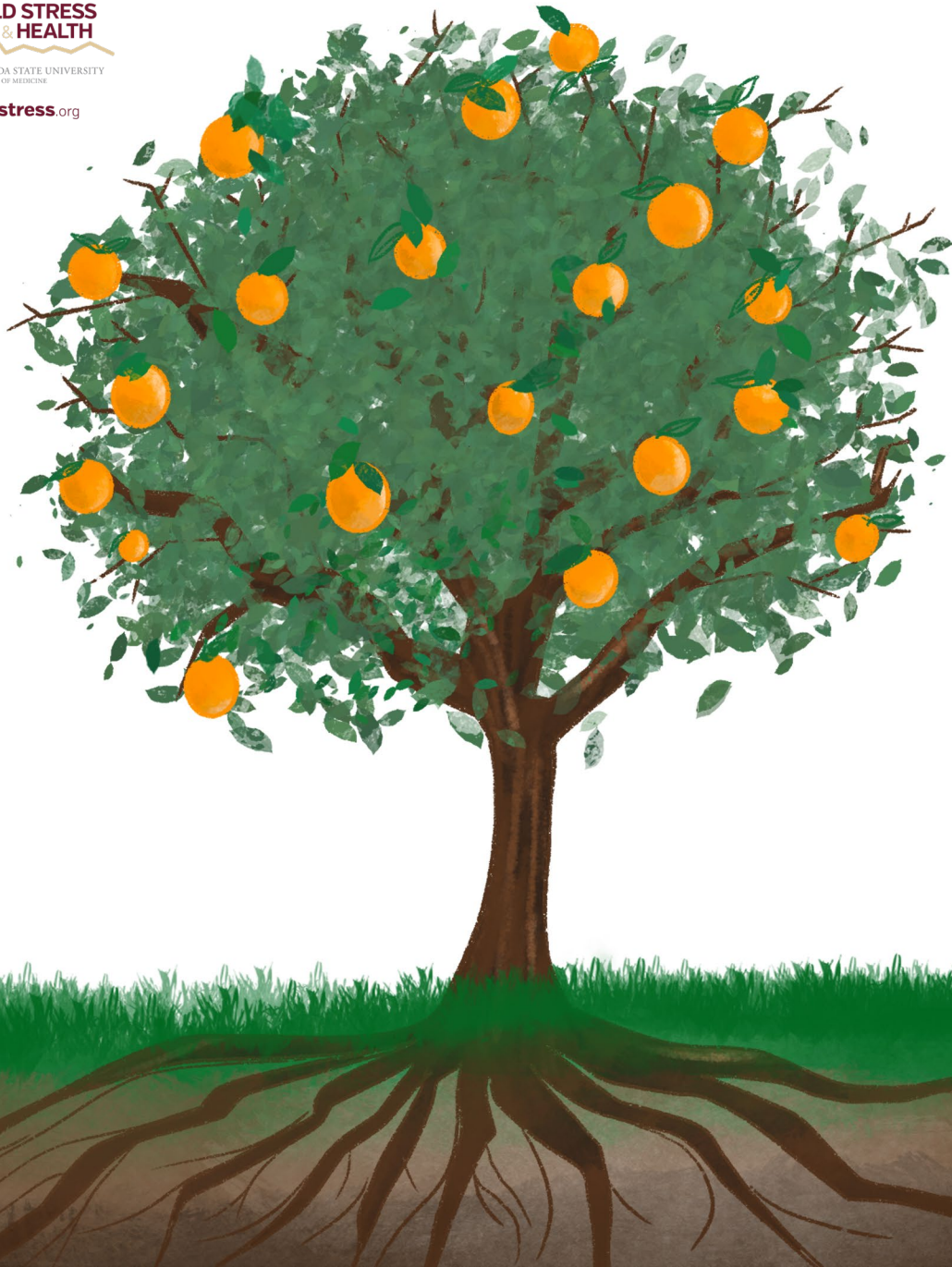


## Outcome Measures: Integrated Care/PCBH for ACEs

---

Percent of patients experiencing ACEs:





## Outcome Measures: Integrated Care/PCBH for ACEs

---

### Types of ACEs:

<b>Household Dysfunction</b>	<b>43.4</b>
Divorce/Separation	38
Domestic Violence	2.6
Alcohol Abuse	2.6
Parental Depression	4.5
Incarceration	10.8
<b>Abuse</b>	<b>11.2</b>
Verbal/Emotional	9
Physical	2.3
Sexual	2.7
<b>Neglect</b>	<b>16.2</b>
Emotional	14.5
Physical (lack of resources)	5.2

# “The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

PCBH

Collaborative Care

Models

Post-partum &  
Maternal  
Depression

ACEs Screenings

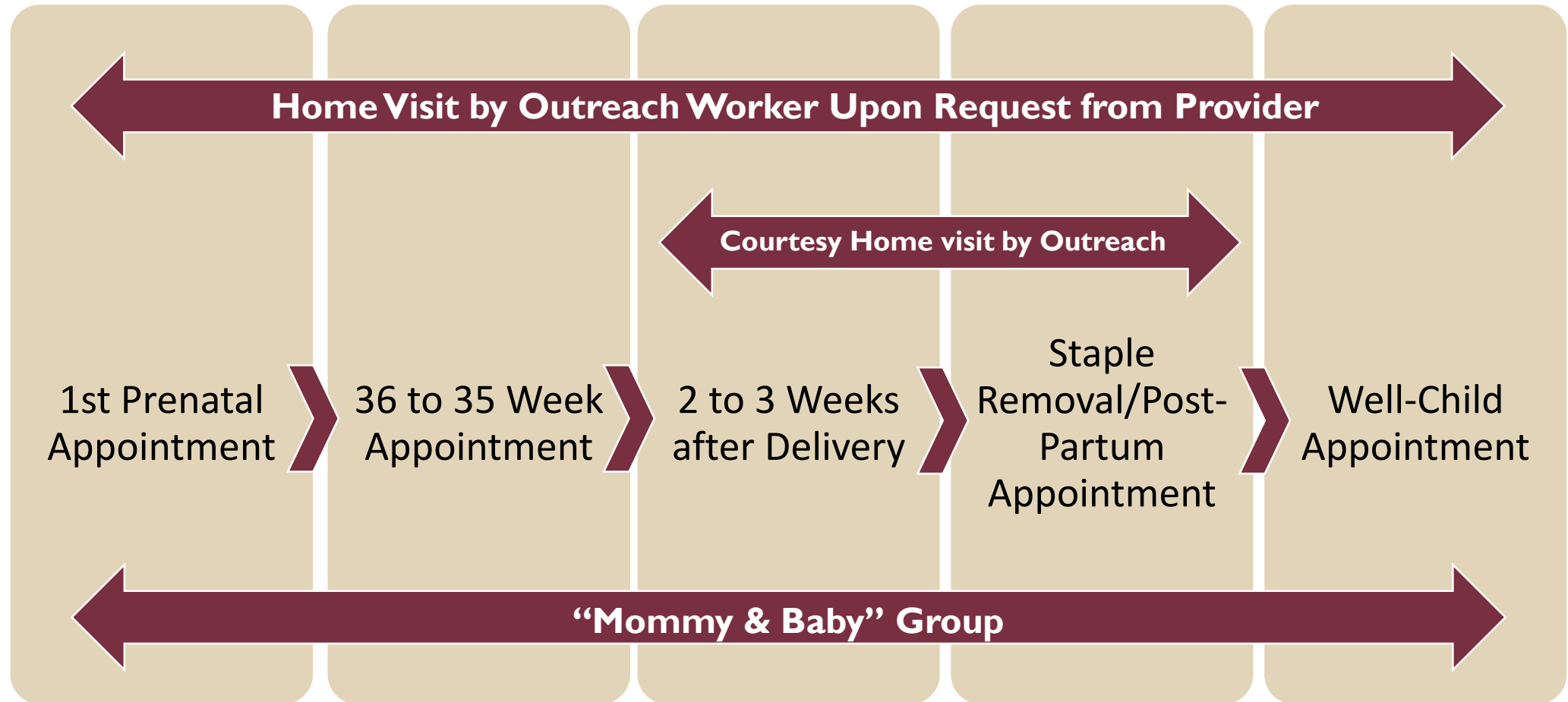
Clinical Pathways

Trauma-Informed Care

ACEs

Perspectives

# Women's Health: Post -partum & Maternal Depression





# Women's health

- Common presenting problems that benefit from integration
  - **Chronic Illness:**
    - Diabetes
    - Obesity
    - Cancer
    - Headaches
    - Pain Management
  - **Wellness:**
    - Stress-management
    - Unwanted Pregnancy
    - Counseling
    - Coping with Adverse Diagnoses
    - Occupational Health
  - **Mental Health:**
    - Depression/Anxiety: Screening & Treatment
    - Domestic Violence
    - Trauma
    - Marital Issues

# Pediatrics

- Common presenting problems that benefit from integration

- **Chronic Illness:**

- Diabetes
- Asthma
- Obesity
- Pediatric Cancer

- **Well-Child Visits:**

- Sleep hygiene
- Social-emotional development
- Mental Health screenings
- Parenting

- **Mental Health:**

- ADHD
- Depression/Anxiety
- Opposition/Defiance
- Trauma/social stressors



# How does it work?

- Psychologist is available on-demand
- After consulting with PCP, Psychologist sees patient for 15-30 minutes for a focused assessment and to develop tx plan
- Psychologist provides feedback to PCP
  - Patient's symptoms
  - Functional impairments
  - Details behavioral health change plan
- Based on PCP's needs, Psychologist may
  - Monitor, change, or change the intervention (over 1-4 sessions)

# Warm Hand-off

- Sometimes, psychologist may be very busy, behind schedule, crisis management mode, etc.



A brief introduction by PCP to Psychologist is sufficient to set up a follow-up appointment

*Research shows this to be essential in increasing adherence to follow-up appointment.*

# Warm Hand-Off



“The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

PCBH

Collaborative Care

Models

Toxic Stress Screenings

Clinical Pathways

Childhood Obesity

SBIRT

Perspectives

Trauma-Informed Care

ACEs

Biopsychosocial Model



# Online Resources

## Contact:

**(239) 658-3123**  
**fsustress@med.fsu.edu**



ABOUT US

FOR PROFESSIONALS

HELPFUL LINKS

Toxic Stress

Types of Stress

Support

Activities

## TYPES OF TOXIC STRESS

### Depression

Everyone feels sad or blue once in a while, but when those sad feelings don't seem to go away or keep coming back, it could be depression. Depression is a common but serious problem that can affect a person's daily life. The good news is that most people who experience depression get better with treatment.



Depression Handout:

[English](#) | [Español](#) | [Kreyól](#)

### Grief

It is OK for a child to attend a funeral as long as things are explained ahead of time, the child is accompanied by an adult that can explain the service to them and they are allowed to talk about it after the service has ended.



Grief Handout:

[English](#) | [Español](#) | [Kreyól](#)

### Divorce

Separation of parents or divorce in a family can cause distress to all family members. Divorce can be a traumatic experience for children, but most children adjust well within two years. Children often have more problems when parents remain in a marriage filled with high conflict instead of splitting up.



Divorce Handout:

[English](#) | [Español](#) | [Kreyól](#)

### Deportation

Children often worry when adults around them worry. News reports and adult discussions about deportation can cause children many worries because they do not understand concepts about the law and policy and they fear separation from their parents.



Deportation Handout:

[English](#) | [Español](#) | [Kreyól](#)



**Questions/Comments?**