Alameda County
Behavioral Health Care Services

Comprehensive Approach to Integrated Care Services
Vision For Integrated Care Services

Improving Access To Primary Care Services for Behavioral Health Consumers

Improving Access to Behavioral Health Services to Primary Care Consumers

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What Would Comprehensive Integration Look Like?

• Bi-Directional Services
• Include Mental Health, Substance Use and Primary Care Services
• Focused on enhancing competence of systems and providers
• Shared data across systems especially related to medication reconciliation and laboratory results
• Focused on needs of those with mild, moderate and severe BH conditions
The Alameda County Experience with Integration?

- Alameda County Behavioral Health Leadership role (didn’t wait for the health plans)
- Take advantage of Grant opportunities (SAMHSA, BlueShield, San Francisco Foundation, NIMH)
- Development of new Collaborative Partnerships (FQHCs, UC Davis, Alameda Health Consortium, UC Berkeley, Public Health Department)
Key BHCS Integrated Care Services Opportunities

- **2010** - SAMSHA Grant funding for two primary care clinics at County operated mental health centers.

- **2012** - Contracted with 9 FQHCs to increase number of licensed BH clinicians and training tools (PHQ-9, GAD-7) for tracking patient clinical outcomes.

- **2013** – BHCS implemented Primary Care Psychiatric Consultation Program (PCPCP) to provide on site psychiatric consultants to PCPs and BH staff at 8 FQHCs. Pharmacists available for expert consultation.
• 2015 - Contracted with 8 FQHCs to hire Care Coordinators to work as part of the primary care team. Care Coordinators will assist specialty mental health clients improve access to primary care and implementation of patient data sharing (including medication lists and lab results).

• 2015 – In collaboration with Alameda Health Consortium, implemented the UC Davis, School of Psychiatry, 12 month Primary Care Psychiatry Fellowship Certificate Program with one PCP from all of the eight FQHCs.
Promoting Access to Health

PATH
Goals of PATH Project

1. Improve **Access** to primary care services for SMI clients served in specialty mental health centers

2. Increase and improve utilization of Alameda County FQHC “Medical Home” services by BHCS SMI consumers

3. Develop “**Financially Sustainable**” integrated primary care services in Specialty Mental Health Centers
## Outcome One: Improved Access to Primary Health Care

<table>
<thead>
<tr>
<th>PATH Patients Pre-Post Study</th>
<th>Low Users 0-1 visits in the year prior to integration</th>
<th>Moderate 2-6 visits in the year prior to integration</th>
<th>Heavy Users 7-45 visits in the year prior to integration</th>
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<tbody>
<tr>
<td>Year prior to Integration Average # visits</td>
<td>0.5</td>
<td>4.1</td>
<td>12.9</td>
</tr>
<tr>
<td>Year POST Integration Average # visits</td>
<td>5.1</td>
<td>4.8</td>
<td>6.3</td>
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Integrated care helped Low Users remove barriers to accessing primary care services.

Heavy Users received more care coordination support to help reduce unnecessary visits to PCP and ERs.
Outcome Two: Improvements in Key Health Indicators

- Improved A1c: 40% (Non-PATH) vs. 52% (PATH)
- Improved BP: 56% (Non-PATH) vs. 64% (PATH)
- Improved BMI: 22% (Non-PATH) vs. 54% (PATH)
Behavioral Health Care Services

Integrated Behavioral Health Projects with Primary Care
Primary Care Psychiatric Consultation Project (PCPCP)
Primary Care Psychiatric Consultation Project (PCPCP)

- Primary Care Psychiatric Consultation Program providing a psychiatry consultant to eight FQHCs.

- Consultants assist PCPs and BH clinicians in developing competency with behavioral health assessments and prescribing psychotropic medications.
• Consultants provide PCPs and BH clinicians assistance with diagnostic challenges and periodic in-service trainings.

• Pharmacists also provide expert consultation to FQHC PCPs regarding complex psychopharmacology questions.
Goals for the Future

1. Implement new Buprenorphine/Suboxone Induction Program to serve opioid dependent consumers

2. Open two new PATH Project primary care clinics at Mental Health Centers in Central Alameda County which will include pharmacy medication management services

3. Expand Psychiatric Consultation (PCPCP) into two HIV/AIDS Ambulatory Care Clinics in collaboration with the Public Health Department, Office of AIDS
4. Secure Start-up funding for Tele Psychiatry-Pharmacy Consultation Service focused on reviews of psychotropic medications, PCP education and improving patient treatment strategies

5. Improve efforts to collect patient and provider level data to identify benefits of integrated care as measured by impact on:

- Emergency room visits and hospitalizations
- Improvements in key health indicators
- Improvements in PCP competence and comfort in providing BH services