#### Service Delivery: New Models, Expectations, and Challenges

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Integrating Mental Health/Behavioral Health

#### **Carter Center Health Education Summit**

...a person-centered, whole person-oriented, health care system that is built upon a foundation of team-based primary care integrated with behavioral health, mental health, wellness & prevention.

...improves health for individuals and populations, as well as the communities in which they live

...manages complexity through information systems that are self-correcting yet flexible and shared among health care professionals, patients, families and the broader health care team

...facilitates seamless care that is administered simply, efficiently, and effectively while being based solidly on clinical science translated rapidly into practice

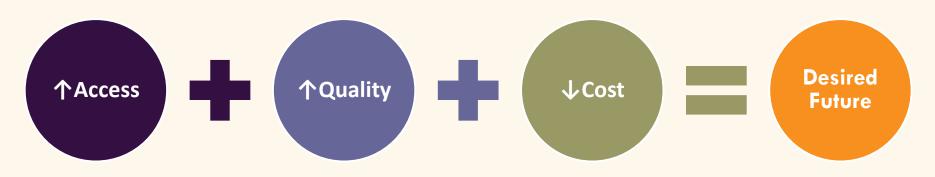
...while grounded in evidence, clinical teams demonstrate great respect for the needs and preferences of individuals as they engage in informed decision-making, self-care and practice healthy lifestyles

...experimentation with new technology leads to novel uses of computers to complement and perhaps replace some elements of care

October 2010

This high-performing, equitable and safe model of health care operates within a well-designed network of providers supported by a payment model that aligns incentives, promotes collaboration, and creates value for each member of the health care team – including the

person/family trying to manage his or her health.



24/7 advice Telephone Email Portal Online In office Telemedicine Team-based Integrated Experience Cultural/Lingu istic Transitions Outcomes Evidence-based High value care Coordinated Information-sharing Seamless Research Better Quality Lower Costs Healthier People Healthier Populations Happier People Happier Clinical Teams

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## **Choosing Wisely...**

"We are at a crossroads...

...one road leads to hopelessness and despair;

...the other leads to total extinction.

Let us pray that we choose wisely."

-- Woody Allen



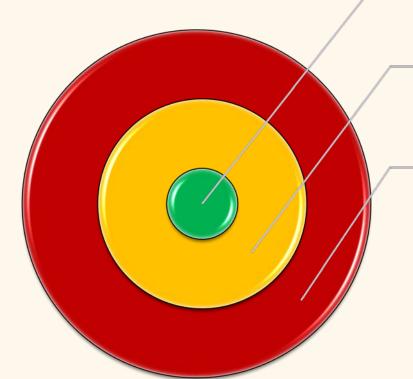


<u>Strategy</u> without tactics is the slowest route to victory. <u>Tactics</u> without strategy is the noise before defeat.

The Art of War: Sun Tzu (Ancient Chinese General, 500 BCE)

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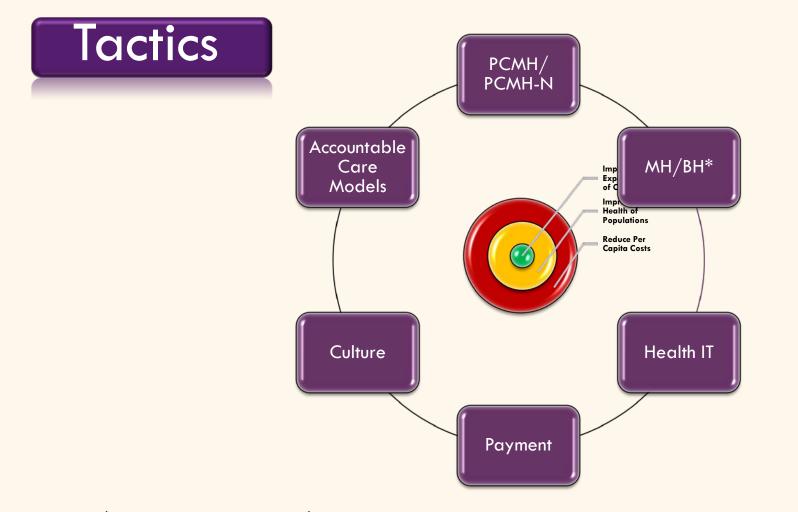
## Strategy



**Reduce Per** Capita Costs Improve Health of **Populations** Improve the Experience of Care

## **Triple Aim**

Berwick, Nolan & Whittington; Health Affairs 2008



\*MH/BH = Mental Health/Behavioral Health

# The Joint Principles of the PCMH

- Personal physician
- Physician-directed medical practice
- Whole person orientation
- Care is coordinated and/or integrated
- Quality and safety
- Enhanced access to care
- Payment to support the PCMH

http://www.acponline.org/running\_practice/pc mh/demonstrations/jointprinc\_05\_17.pdf

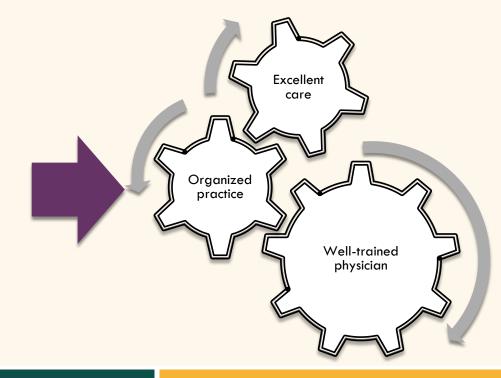
Team-based care: NP/PA RN/LPN Patient/family Caregivers Medical Assistant Office Staff **Care Coordinator** Nutritionist/Educator Pharmacist **Behavioral Health** Case Manager Social Worker Community resources DM companies Others...

#### Accountable Care Organizations

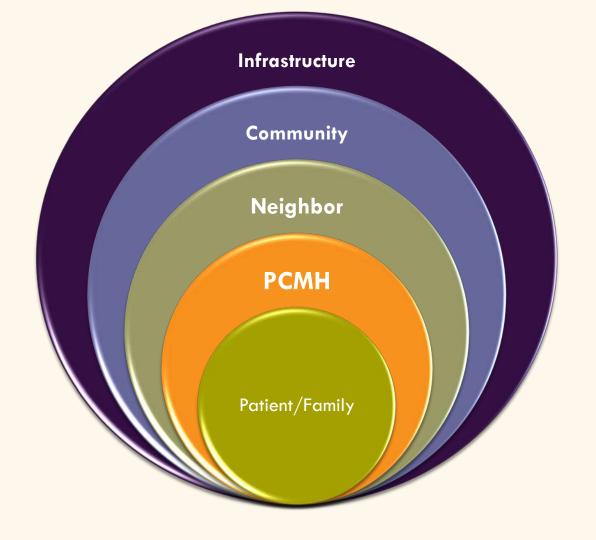
- ACOs are groups of doctors, hospitals, and other health care providers, who come together voluntarily to give coordinated high quality care to their patients.
- When an ACO succeeds both in both delivering highquality care and spending health care dollars more wisely, it will share in the savings it achieves for the Medicare program.

#### http://innovations.cms.gov/initiatives/ACO/index.html

#### The Premise...



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My patients	are	those	who	come	to				
see me									

Chief complaint determines care

Care is determined by today's problem and time available

Care varies by time, memory, and skill of doctor

Patients coordinate their own care

Personal confidence based on training

Acute care is delivered by next available appt and walk-in

Patient relates interval history

Operations are doctor-centered

Adapted from Malcolm Cox and Richard Stark U.S. Department of Veterans Affairs

#### Tomorrow

My patients are those who are part of our medical home

Systematic assessment of patient needs

Care is determined by proactive plan

Standardized care based on EBG and CDSS

Prepared team of professionals coordinates care with patient

Outcomes are assessed; continuous improvement

Acute care is delivered by advanced access/non-visit care

Tracking of tests/procedures & consultations/hospitalizations

Multi-disciplinary team works at "top of license" with patients

#### 5 Prescriptions – ACP/Carter Center From Oct 2010

The Importance of:

- 1. Teaching Context
- 2. Teaching Teamwork
- 3. Teaching Integration
- 4. Providing Resources
- 5. Measuring Results

Plan for...



I put a dollar in a change machine. Nothing changed.

- George Carlin



Just as the hand, held before the eye, can hide the tallest mountain, so can the routine of everyday life can keep us from seeing the vast radiance and the secret wonders that fill the world.

-Chassidic, 18th Century



You must be the change you want to see in the world.

-Mahatma Gandhi



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