

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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**PROGRAM TITLE:** Integrated Mental Health Services at Community Primary Care Clinics

**PROVIDER:** United Health Centers of the San Joaquin Valley (UHC)

**PROGRAM DESCRIPTION:** The intent of this project is to provide mental health prevention and early intervention services in primary care settings as part of an effort to integrate mental health and physical health care services at community primary care clinics. Mental health services will be provided at health centers to people who are starting to get overwhelmed with everyday stressors and go to their primary care physician with their symptoms (anxiety, depression, sleep deprivation, etc.). Co-location of primary care and mental health services fosters effective use of expertise in overlapping fields of knowledge and practice.

The specific activities to be delivered include screening, assessment, and short-term therapeutic treatment for individuals who are early in the manifestation of a mental health concern or disorder, as well as referrals to appropriate community resources and services as needed.

**AGES SERVED:**

Children  
 Adult

TAY  
 Older Adult

**DATES OF OPERATION:** 1/1/12 – Current

**DATES OF DATA REPORTING PERIOD:** January 1, 2014 – June 30, 2015

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**OUTCOME GOALS:**

Ensure individuals shall be seen for an initial appointment within a maximum of 10 working days of initial request for service.

Appropriate and early identification of mental health issues in underserved cultural and linguistic populations who frequently use health centers.

**OUTCOME DATA:**

Of the **1568 individuals** served in this reporting period, **100%** have been contacted and seen by the primary care clinics' Behavioral Health (BH) teams within 10 working days of the initial request for mental health Prevention and Early Intervention (PEI) services. There were **1568** initial contacts with 10 days of request as part of **7055** total patient encounters.

For the **1568 individual patients** served by our integrated Behavioral Health Services in the reporting period there were **4663** individual PHQ-2 depression screenings completed. **21.10%** or **984** of these screenings were positive. Screening scores improved by an average of **19.2%** for patients who completed two or more Behavioral

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Linkages to appropriate mental health prevention and early intervention activities offered at the CONTRACTOR(S)' health centers and throughout the underserved communities.

Linkages to appropriate long term mental health services outside the scope of mental health prevention and early intervention.

Health Visits compared to an average **18%** worsening of PHQ scores for patients who had a positive screen and elected to not participate in Behavioral Health Services. In 2014, UHC implemented **universal PHQ screening** for patients ages 12 and up. UHC has also continued a project with the California Health Collaborative to administer **perinatal** self-assessments and screenings to **pregnant and post-partum** patients.

Clients are linked from primary care to appropriate and integrated mental health PEI and low to moderate acuity services offered at the clinics. Services offered include case management, individual and family psychotherapy, medication management, and face-to-face and tele- visits currently serving pediatric, adult, and geriatric populations. All 6 licensed clinicians and 3 support staff are **bilingual** (English and Spanish). On-site BH clinicians staff **five clinics in Fresno County** with **additional specialty tele-Behavioral Health visits** available in Parlier, Mendota, Kerman, Huron, and Orange Cove. **7055 individual PEI visits** were kept in this reporting range for patients aged 2-94. For **psychiatry** services, **1,934 visits** were kept in this reporting period for **320 individual adult patients** and **156 individual pediatric patients**.

**77 individuals** in need of help outside the scope of mental health PEI services based on client's condition have been linked with County Mental Health providers or other community-based mental health providers.

- Turning Point Rural Mental Health
- Central Valley Regional Center
- EMQ FamiliesFirst

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- Fresno County Dept. of Behavioral Health
- Exceptional Parents Unlimited
- EXODUS
- Child Protective Services
- RCS Fresno
- Nurture to Nurture
- Carmen Meza Center
- House of Psychiatry
- Central CA Recovery Center
- Promesa Substance Abuse
- Valley Health Team
- Alliant University
- UCSF-Fresno

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**DEPARTMENT RECOMMENDATION(S):**