

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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

**PROVIDERS:** Valley Health Team

**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:** 4/2/2012- Current

**DATES OF DATA REPORTING PERIOD:** April – Dec 2012

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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 114 Individuals (301 behavioral health encounters) served from April 2012 thru December 2012, 100% have been seen by the primary care clinics' mental health teams within 10 working days of the initial request for mental health prevention and early intervention (PEI) services.

Initial baseline scores on PHQ-9 screenings have been established for individuals that have received mental health PEI services since program inception and will be evaluated against individuals' scores after they have been engaged with mental health PEI services for an extended period (beyond 6 months). These patients have been identified and are currently being re-screened using the PHQ-9. It is anticipated that aggregated performance will exceed

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baseline.

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

- Comprehensive Perinatal Service Program
- Family Planning
- Certified Application Assistant
- Health Educator (Effective 2013)

A Staying Healthy Assessment tool has been administered on an annual basis along with ongoing monitoring of the percentage of patients seen for medical/primary care services that are referred to the primary care clinics' behavioral health program and seen for mental health PEI services.

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

- Fresno County Mental Health
- Promesa Behavioral Health Telecare Outpatient Alcohol Drugs Services (Effective 2013)

5 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.

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## **DEPARTMENT RECOMMENDATION(S):**

Based on outcome and contract measurements reported, the Department recommends to continue MHSA funding for this program for FY 2013-14