

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

PROGRAM TITLE: Integrated Behavioral Health Services at Community Primary Care Clinics

PROVIDERS: Valley Health Team, Inc.

PROGRAM DESCRIPTION: The goal of this project is to provide behavioral health prevention and early intervention services in primary care settings and to integrate behavioral health and physical health care services at community primary care clinics. Behavioral health services will be provided at health centers to people who are feeling overwhelmed with everyday stressors and seek treatment for symptoms (anxiety, depression, sleep disorders, etc.) from their primary care physician. Co-location of primary care and behavioral health services fosters effective use of expertise in overlapping fields of knowledge and practice.

The specific services to be provided 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: 4/2/12 – Current

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

OUTCOME GOALS:

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

OUTCOME DATA:

1. Of the 613 patients (2,811 behavioral health encounters) served from January 2014 thru June 2015, 100% were seen by a mental health team member at the primary care clinic within 7 to 10 working days of the initial request for mental health prevention and early intervention (PEI) services. VHT patient satisfaction surveys during this reporting period indicate that 96.7% of the patients surveyed believe they have received their initial appointment in a timely manner. In addition, 99.3% of patients surveyed report overall satisfaction of behavioral health treatment.

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

2. Appropriate and early identification of behavioral health issues in underserved cultural and linguistic populations who frequently use health centers.
2. A total of 26,307 PHQ-2, PHQ-9, or PHQ-9 modified screenings were administered during the reporting period from January 2014 through June 2015 at every primary care appointment or behavioral health appointment. This number reflects multiple screenings for some patients. VHT implemented the PHQ-9 modified assessment tool for patients 11 to 17 years old for the 18 month reporting period of January 2014 through June 2015. The total number of positive patient screenings from primary care and behavioral health was 1,795. A plan of treatment was determined either by a primary provider or behavioral health provider and 613 of patients that screened positive were referred to behavioral health for services.

Initial baseline scores on PHQ-9 and PHQ-9 Modified screenings have been established for individuals with depression that have received behavioral health PEI services. The baseline scores have been evaluated against individuals' scores after they have engaged in behavioral health PEI services for an extended period (6 months and beyond).

A total of 29 patients, who received behavioral health PEI services for an extended period (6 months and beyond), identified for the 18 month reporting period, January 2014 through June 2015. The 29 patients were given a pre-screening and a post-screening of the PHQ-2 or PHQ-9, and PHQ-9 Modified.

After patients engaged with behavioral health PEI services for an extended period (six months or longer), 52% experienced improvement in symptoms according to PHQ-2, and PHQ-9 (assessment tools) results, 14% did not exhibit change in depressive symptoms, 17% of

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

patients showed an increase of depressive symptoms on post-screening, and 21% screened negative for depressive symptoms.

Based on the outcomes of the pre-and-post screening of the PHQ-2, and PHQ-9 (assessment tools), the results indicate that a significant amount of patients improved in depressive symptoms after participating in treatment for a long duration of time. A limitation to using the PHQ-2 or 9 screening is fluctuation in depressive symptoms (increase of 17%) during situational circumstances that the patient may be experiencing at that present time. Despite the 17% increase in depressive symptoms, there may be reasons for these result. For example, after patients participated in treatment and confronted issues that are not in the norm to discuss, these patients may have experienced some distress. The increase of depressive symptoms have been addressed in treatment and are currently being managed and monitored.

Currently, all medical patients (pregnant, postpartum, diabetic, hypertensive, hospital follow ups, etc.) are receiving a PHQ-2 screening. The goal over the next year is to screen patients ages 18 and up using the CAGE Substance Abuse Screening Tool which is currently in the process of being implemented.

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

3. A Staying Healthy Assessment tool is administered to all patients at their annual (medical) exam resulting in 613 patients referred to the primary care clinics' behavioral health program and seen for behavioral health PEI services.

PHQ-2 and PHQ-9 screenings are administered at every

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

medical visit. According to the baseline score, 613 (2,811 behavioral health encounters) patients were referred for behavioral health services. Behavioral health services obtainable at VHT include individual therapy, family therapy, medication services as needed, case management services, children and youth therapy, and crisis intervention. On-site clinicians (Kerman, San Joaquin, Firebaugh, and Clovis) include one psychologist, one licensed clinical social worker, and psychological assistant and case managers.

Behavioral health services was added to Valley Health Team Clovis site in April of 2015.

Currently VHT has hired an additional Psychologist who will begin providing services September 2015.

We are presently recruiting a Psychiatrist.

Linkages to appropriate mental health prevention and early intervention (PEI) activities offered at Valley Health Team include:

- Comprehensive Perinatal Services Program
- Family Planning
- Certified Application Assistor
- Health Educator
- Behavioral health services

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

4. There are 64 individuals in need of assistance beyond the scope of behavioral health (PEI) services have been linked with county behavioral health providers or other community-based behavioral health providers/services.

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Linkages include:

- Fresno County Mental Health Children’s Behavioral Health Services
- Merced County Behavioral Health Services
- Promesa Behavioral Health Telecare Outpatient Alcohol Drugs Services
- Exodus Fresno
- Turning Point, Kerman
- Protheus, Kerman
- Central Valley Regional Center
- Marjorie Mason Center
- Catholic Charities, Food Services
- Housing Authorities
- Valley Children’s Hospital
- United Health Center
- Alpha Behavioral Health
- House of Psychiatry

DEPARTMENT RECOMMENDATION(S): Based on outcome and contract measurements reported, the Department recommends continuation of MHSA funding for this program for Fiscal Year 2015-2016.