



NATIONAL  
RURAL HEALTH  
RESOURCE CENTER

# TASC Population Health Learning Collaborative: Mental and Behavioral Health



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Program Manager

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# The Center's Purpose

The National Rural Health Resource Center (The Center) is a nonprofit organization dedicated to sustaining and improving health care in rural communities. As the nation's leading technical assistance and knowledge center in rural health, The Center focuses on five core areas:

- Transition to Value and Population Health
- Collaboration and Partnership
- Performance Improvement
- Health Information Technology
- Workforce



# Content to Cover

- Population Health Revisited
- Integrating Care
- The Shift to Population Health
- Discussion



# Behavioral vs Mental Health

**Behavioral health** describes the connection between behaviors and the health and well-being of the body, mind, and spirit.

**Behavioral health** also includes both **mental health** and substance use, encompassing a continuum of prevention, intervention, treatment and recovery support services.



# Clarifying Population Health

“Population Health” used interchangeably for:

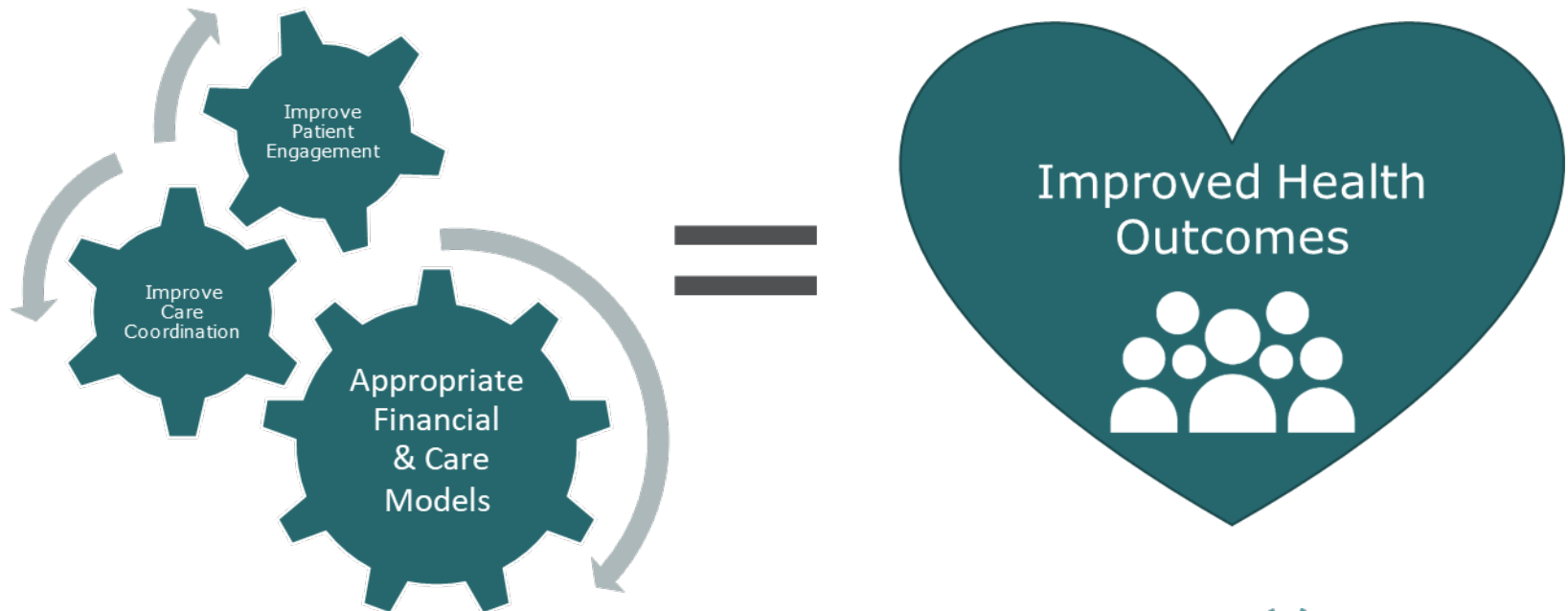
- Targeted population: Improving health and reducing costs for *specific groups of patients*, often grouped by insurance type and focused on chronic disease
- Total Community Health: Health outcomes of an *entire group of individuals*, often geographically defined, including the distribution/disparities of outcomes within the group

*It's Both/And Situational*

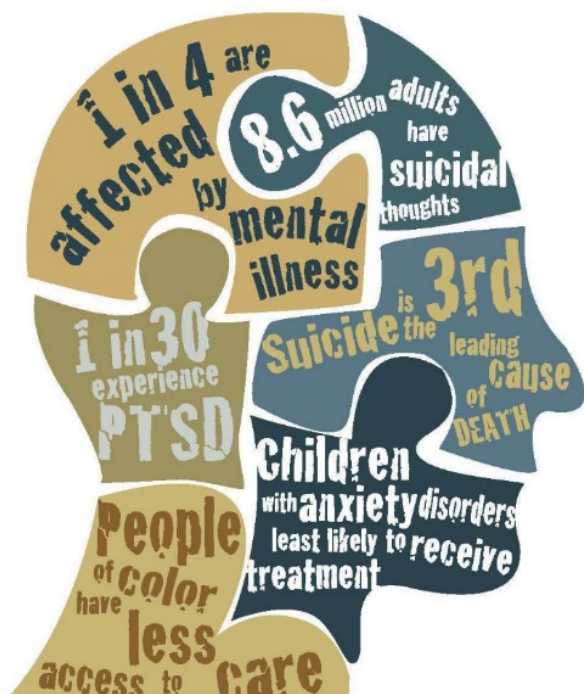


# Population Health Management

The process of improving clinical health outcomes of a defined group of individuals through improved care coordination and patient engagement by appropriate financial and care models



# Why It Matters



- 40 million US adults (18-54) have an anxiety disorder in any given year
- 35% of patients with a chronic illness have a mental illness
- 26% of Americans 18 years + suffer from a diagnosable mental disorder
- Unmanaged patients with mental illnesses cost payers 2x more to manage chronic conditions
- 28% of patient re-admissions are due to mental illness
- Global disease burden for mental illnesses due to disability is \$3 trillion

# Mental Health Impacts Clinical Conditions

## Physical Diagnosis



**29%**   
of adults with medical  
conditions also have  
mental health conditions

## Mental Diagnosis

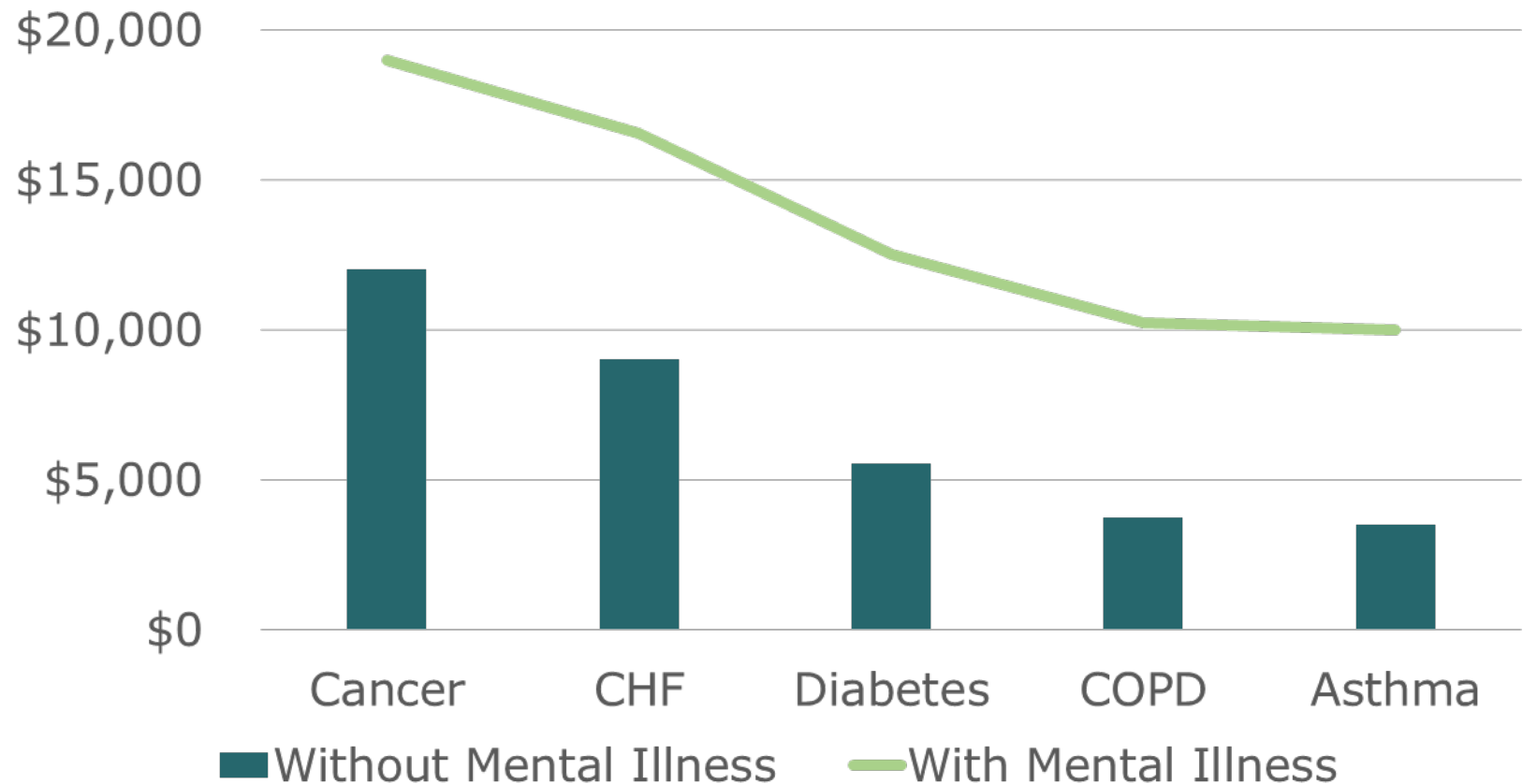


**68%**   
of adults with mental  
health conditions  
also have medical  
conditions





# Costs of Chronic Medical Conditions with Comorbid Mental Illness



# What is Integrated Care?

The systematic coordination of general and behavioral health care.

Integrating mental health, substance abuse and primary care services produces the best outcomes and proves the most effective approach to caring for people with multiple health care needs.



# Integration from an Organizational Perspective

- Building leadership and positive work culture
- Planning strategically
- Collaborating and forming partnerships for coordinated care
- Developing staff capacity to deliver care differently
- Establishing internal processes
- Measuring, monitoring data for outcomes



# Integration from an Operational Perspective, Continued

- Identifying a targeted population
- Building patient value: “What matters to you?”
- Providing whole-person care: building resiliency
- Establishing coordinated care
- Making referrals to address environmental influencers: housing, education, poverty, transportation
- Identifying social implications: patient support systems



# Successful Integration of Behavioral Health

## Measurable Outcomes from [MN IBH Project](#)

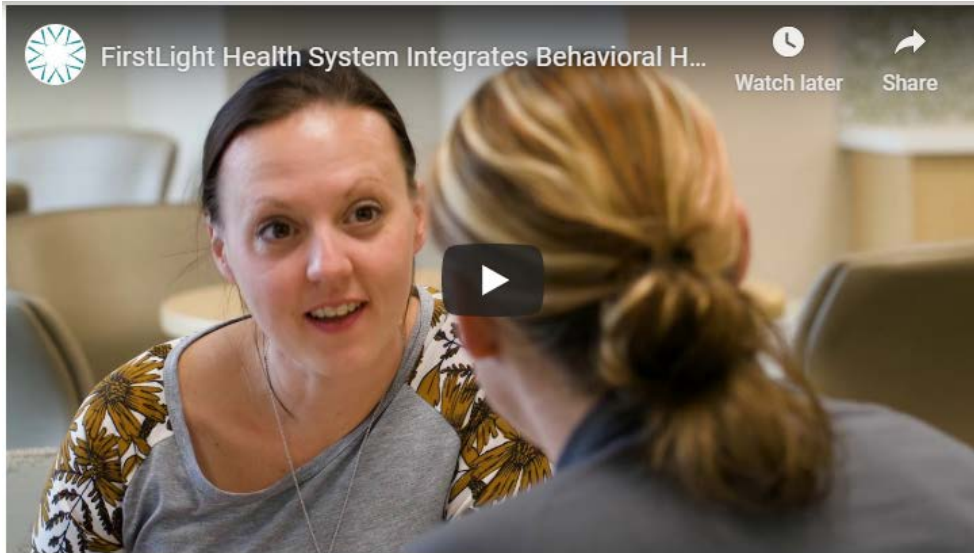
- Increased access to BH services
- Decreased transfers to inpatient settings
- Increased "discharge to home"
- Decreased cost of transferring ED patients as well as cost of ED visits
- Decreased ED visits and admissions
- Decreased mental health holds
- Decreased Patient Health Questionnaire (PHQ-9) scores at six-month follow-up
- Decreased jail-psychiatric transfers

# Promising Practices

- **Stakeholder Collaboration**
  - Identify and engaging stakeholders and include them in the planning of the project.
- **Resource Directory**
  - Allows providers and consumers to identify available opportunities to access services.
- **Universal Release of Information**
  - Includes a list of potential agencies that will support a client's care. See the [sample RIO form](#).
- **Mobile Crisis Team**
  - The mobile crisis team went directly to a client's home to assess and de-escalate.
- **Community Navigator**
  - Provides support and ensures the client follows their treatment plan and/or taking their medication.
- **Roving Therapist**
  - Available to go where needed and collaborate with other agencies prior to a patient's release.
- **Client Transport Vehicle**
  - Consider the purchase or donation of a former police vehicle to transport instead of local ambulance.
- **Implementing the Make It OK Campaign**
  - Use the toolkit on the [Make It OK website](#).



# Success Stories



<https://youtu.be/2EilwksKqQo>



<https://youtu.be/KCL5YgNJTdw>

# Addressing the #1 Barrier: STIGMA!

Eliminating the societal stigma of mental illness and substance abuse:

- Utilizing the [Make It OK Campaign](#) within the hospital and beyond
- Forming a committee of community partners to address the stigma
- Engaging local government, schools, etc.
- Education and Training
- <https://youtu.be/6UgQz77eQuQ>





# It Takes a Village



# Community Event Ideas



This is a free event for anyone who interacts with children or is interested in promoting youth mental health.

**5:30pm-6:00pm** Eat and Visit the Resource Booths

**6:00pm-6:30pm** Social Media Bullying | Sherry Boock - Children's Program Coordinator - Center Against Sexual & Domestic Abuse Inc.

**6:30pm-7:00pm** Youth Suicide Prevention | Ryan T. Burkhardt, RN, Suicide Prevention Case Manager - Department of Veterans Affairs

**7:00pm-7:30pm** Dialectical Behavior Therapy | Lori Thrun - Behavioral Health Program Manager - Essentia Health Amberwing



## WHAT CAN WE DO?

### STRATEGIES TO PROMOTE CHILDREN'S MENTAL HEALTH

TUESDAY APRIL 30TH, 2019

A LIGHT MEAL WILL BE PROVIDED!



Prevention and

## Wellness Workshop Mindfulness for Kids



Your child will enjoy an interactive day filled with mindful and compassion activities. We will have discussions about stress and the effects on the body, practice yoga and mindful breathing, meditation, have a mindful snack break, and make a craft to take home. (Please inform instructors of any food allergies)

- Who — Children aged 8-13
- When — Saturday, May 18 (9am - Noon)
- Where — Amberwing (615 Pecan Ave, Duluth, MN 55811)
- Cost — \$5
- Sign up — To register click the link below:

<https://www.essentiahealth.org/app/calendar/registration/RegistrationForm.aspx?eventid=74d73ab-2e3c-4011-a81a-00>

For questions, please e-mail [MBSR@essentiahealth.org](mailto:MBSR@essentiahealth.org)  
Please bring your child into the facility and sign the parental consent form and inform instructor.

Some evidence-based practices for kids include:

Improved focus and memory retention

Increases and social awareness



## END THE STIGMA

country music for mental health and silent auction

FEBRUARY 22ND, 2020  
AILSA CRAIG COMMUNITY CENTRE



TICKETS \$30 IN ADVANCE  
\$35 AT THE DOOR  
19+  
DOORS OPEN AT 5:30PM  
ENTERTAINMENT STARTS AT 6PM

## Comedians Stand-Up to Stigma

IN HONOUR OF SUICIDE PREVENTION WEEK  
TO SUPPORT DISTRESS CENTRES GTA

## ACTING OUT!

Four Day Arts Fest for Mental Health and Addiction Awareness  
**TALK: SUFFERING IN SILENCE**  
MENTAL HEALTH STIGMAS IN THE AFRICAN AMERICAN COMMUNITY  
Happy Dog • Thursday, Sept 14 • 7:00pm

WITH SPECIAL GUESTS:



## STIGMA FREE: A DIALOGUE OF PROMOTING MENTAL HEALTH ON COLLEGE CAMPUSES

Thursday, November 21st  
Ruane Great Room 6:00-7:30pm

JCI Tobago PRESENTS  
**MENTAL HEALTH FORUM**  
#ENDTHESTIGMA  
MON JUL 01ST  
APEX BAR & GRILL  
LEVEL 2, KENNE PLAZA, STONE HAY LOCAL ROAD, CORKAN, TOBAGO

5pm-7pm  
Get involved in an interactive discussion with a dynamic panel of speakers, in observation of World Mental Health Day.  
**ADM: \$40**

FOR MORE INFORMATION CONTACTS:  
[jctobago@gmail.com](mailto:jctobago@gmail.com) | 486-7148 | 362-4550

HOSTED BY  
KARLENE BOLLIVER  
JCI WEST INDIES PRESIDENT

PANELISTS:  
JIMMY L. STEWART, WADE CARROLL, ENIKA HARRIS AND DR. DENBICK FORRESTER

# What other hospitals and communities are doing

- Mental Health First Aid trainings for health care professionals, schools, and community members
- FB page – connect community organizations who are interested, engage community, provide resources
- ED staff t-shirts to bring awareness and encourage discussion about BH
- Press release – call for community champions
- Combined efforts with county mental health task force to cover a wider audience and not reinvent the wheel
- Community presentations of Make It OK
- Youth Champion Group in schools for peer-to-peer impact



# Campaigns to End Stigma

- [Recovery Month Toolkit](#)
  - SAMHSA resources, including addressing stigma
- [Makeitok.org](#)
  - Free toolkit, printable collateral, videos, and presentations to implement in your org
- [Changetochill.org](#)
  - Supports school-wide efforts to create a culture of mental well-being for students and staff
  - Provides free trainings, collateral and presentations
- [Working Through It™](#)
  - Increase knowledge and awareness of workplace psychological health and safety, improve the ability to respond to mental health issues at work, and turn knowledge into action through practical strategies and tools for employers
  - [Free printable resources, research, and reports](#)



# Questions?



# May is Mental Health Awareness Month!

MENTAL  
HEALTH  
AWARENESS  
MONTH



*What do you have planned?*





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## Contact Information

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Get to know us better:

<http://www.ruralcenter.org>

