

Integrated Behavioral Health Care in the Pediatric Primary Care Setting

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Abstract

Background

The top five reasons for pediatric office visits in the US today are behavioral health concerns, a departure from the physical concerns that were once the most prominent chronic illnesses of our nation's youth. Yet children and families face multiple barriers to accessing behavioral healthcare. This paper describes a Quality Improvement project that utilizes a co-located behavioral health and care coordination integration model in a private pediatric primary care office that is a Patient Centered Medical Home. The project was designed to align with the IHI goals of the Triple Aim, targeting improved patient and provider experience, population health quality, and healthcare costs.

Methods

A Licensed Clinical Social Worker (LICSW) was co-located into the practice along with a parent partner/care coordinator. Children with behavioral health disorders were provided interventions involving consultation with the primary care physician, short-term treatment or referral for treatment of more complex cases, and care coordination by the parent partner/care coordinator. Outcomes measuring improvement in patient and provider experience, population health quality, and cost savings were examined.

Results

The LICSW had 1573 encounters with over 366 patients in the practice over a 2 year period. Improvements were observed in all aspects of the triple aim. Cost savings averaged \$336 pmpm for the total patient population and \$716pmpm for patients with behavioral health disorders.

Conclusion

Behavioral Health Integration improved patient and provider experience, population health quality, and lowered overall cost.

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Behavioral Health Concerns

- Among the top 5 reasons for pediatric office visits
- 20% of children have a mental health diagnosis
- QI project in pediatric practice to demonstrate effect of co-located, integrated, behavioral health on triple aim'

Intervention

- LICSW/Care Coordinator: consultation, assessment, short-term treatment, care coordination, and referral
- Encounters Tracked in EMR:

Behavioral Health / Care Coordination Measurement Tool

Patient Level		Care Coordination Needs		Outcome(s)	
Level Described		(choose all that apply)		(choose all that apply)	
1. Low-Information/Referral (1-2 encounters)		1. Behavioral Health Coordination		As a result of this care coordination activity, the following was PREVENTED (choose all that apply)	
2. Intermediate (2-5 encounters)		2. Make Appointments		1. ER Visit	
3. Intensive (>5 encounters)		3. Follow-Up / Referral Services Provided		2. Subspecialist visit	
		4. Order Supplies, Services		3. Hospitalization	
		5. Coordination Services (schools, agencies, payers)		4. Visit to Pediatric Office Clinic	
		6. Specialty Provider Coordination		5. Specialized Therapies (PT, OT, etc)	
Focus of Encounter (choose all that apply)		Activity to Fulfill Needs (choose all that apply)		As a result of this care coordination activity, the following OCCURRED (choose all that apply)	
1. Mental Health / Treatment		1. Contact With		A. Advised family/patient on behavioral health management	
2. Developmental / Behavioral		1a. Patient		B. Behavioral health therapy/treatment	
3. Educational / Care / EI / IEP		1b. Parent/Family		C. Met family's immediate needs, questions, concerns	
4. Assessing / Dx / Inake		1c. School		D. General patient follow-up	
5. Referral Management		1d. Agency		E. Advocacy for family/patient	
6. Clinical / Medical Management		2. Form Processing		F. Reviewed labs, specialist reports, IEP's etc.	
7. Social Services / Community Agencies		3. Confer with Primary Care Physician		G. Referral for assessment	
8. Legal / Judicial		4. Develop / Modify Written Care Plan		H. Refer to specialized therapies (OT/PT/SLP)	
		5. Meeting / Case Conference		I. Refer to community agency	
		6. Inake Assessment / Therapy Visit		J. Refer to behavioral health subspecialist	
		7. Group Meeting / Therapy		K. Refer to ER	
		8. Family Meeting		L. Unmet needs (please specify)	
				M. Identification of resources	

Adapted by M. Yogman, MD, FAAP and S. Betjemann, LICSW, 2013 (Copyright pending) from the Medical Home Care Coordination Measurement Tool®. R. Antonelli, MD, FAAP

Measures

- Patient Experience
- Provider Experience
- Population Health Quality
- Cost

Results

Patient and Provider Experience Measures Pre and Post Intervention

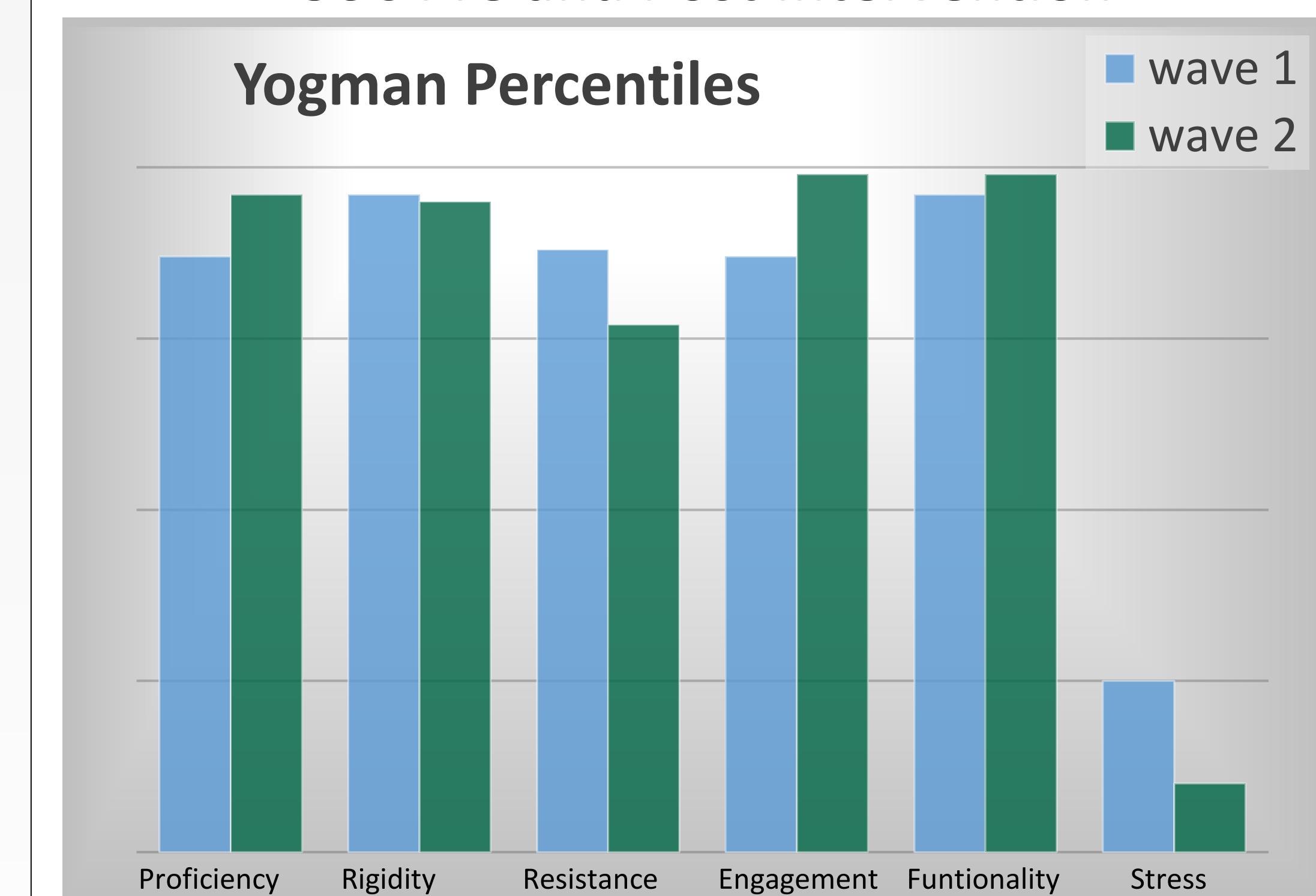
Patient Experience

- Parenting Stress Index: Improved
- Family Centered Care Assessment for Families: Improved
- Client Satisfaction Questionnaire: Improved

Provider Experience

- Family Centered Care Assessment Self Assessment: Improved
- Physician Belief Scale: Improved
- Organizational Social Context Scale: Improved

Provider Experience: Organizational Social Context Scale: Percentile Comparison of OSC Pre and Post Intervention



Bar graphs show pre and post results: positive gains in proficiency, engagement and functionality; decreases in rigidity, resistance and stress (wave 1=pre, wave 2=post).

Outcomes

Population Health Quality

- Improved outcomes for ADD/ADHD, Complex Special Healthcare Needs (CSHCN), Complex Special Healthcare needs with co-morbid Behavioral Health Concerns (CSHCN/BH), Early Intervention/Individual Education Plan (EI/IEP); but not for Serious Emotional Disturbance (SED: anxiety, depression, substance abuse).

Cost

- Total Medical Expenditures for patients enrolled in 2013 and 2015, regardless of when they enrolled

Registry	Avg/Median	2013	N 2013	2015	N 2015	Change	Change as % of Original
ADHD	Average Pm/Pm	\$329.53	46	\$132.24	45	(\$197.29)	-59.87%
	Median Pm/Pm	\$137.39		\$89.41		(\$47.98)	-34.92%
Complex	Average Pm/Pm	\$1,528.81	63	\$1,131.51	55	(\$397.30)	-25.99%
	Median Pm/Pm	\$674.85		\$201.10		(\$473.75)	-70.20%
BHCC	Average Pm/Pm	\$2,473.00	27	\$1,757.32	33	(\$715.68)	-28.94%
	Median Pm/Pm	\$368.38		\$742.42		(\$374.04)	101.54%
SED	Average Pm/Pm	\$386.33	57	\$243.75	68	(\$142.58)	-36.91%
	Median Pm/Pm	\$151.22		\$114.23		(\$36.99)	-24.46%
Average Overall	Average Pm/Pm	\$989.95	204	\$653.97	294	(\$335.98)	-33.94%
	Median Pm/Pm	\$281.72		\$114.23		(\$167.49)	-59.45%

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