

An Overview of Integrated Health Care

Laurie Alexander, Ph.D.
Program Officer



THE UNIVERSITY OF TEXAS AT AUSTIN



Today's presentation

- What is integrated health care and how does it work
- Research evidence & best practices
- Texas programs funded by Hogg Foundation



Important note

- Will focus on children and adolescents
 - Not infants / early childhood

Why integrate physical and behavioral health services?

Mind-body connection

- ❑ MH and chronic medical problems co-occur (comorbidity)
- ❑ Worse medical outcomes when MH problems are untreated

Where does MH treatment happen?

- Most children are treated in school settings
- ~ 1/3 of children treated for MH problems receive treatment in pediatric setting
 - Key opportunity: Most children have at least yearly contact with a primary care provider (e.g., well child visits)

Usual care

- Children's MH problems often go undetected and untreated (or under-treated)
 - Significant ethnic and socioeconomic disparities
- Critical opportunity and challenge
 - Improve detection and treatment
 - Care for the whole child

Focus on schools and pediatrics

- Stigma, especially for populations of color
 - Texas is now “minority majority” state
- Highest % uninsured
- Shrinking “priority population” for public mental health services
- Workforce shortages

A crucial opportunity

- Integrating care offers:
 - Chance to reach those who cannot or will not access specialty care
 - Early intervention opportunity
 - Efficient use of limited resources



What does research tell us
about how to integrate care?

Important caveat

- Majority of research on integrated approaches has been done with adults
 - Research on child and adolescent populations is less developed

Integration in medical settings

- Necessary, but not sufficient:
 - Physician training
 - Routine screenings
 - Referrals
 - Co-location of services

Strongest evidence base

- Collaborative care

Key elements of collaborative care

- Psychoeducation and self-management
- Clinical staff who monitor treatment response
- Regular use of clinical assessment tool
- Tool that aids tracking of care (e.g., registry)
- Availability of expert psychiatric consultation
- Proactive treatment changes (stepped care)
- Referrals when treatment in general medical setting is not appropriate

Evidence base for children

- ❑ Some research on collaborative care for adolescents
- ❑ Overall, research with children and adolescents is still catching up to adult literature

Hogg Foundation's integrated health care grant program

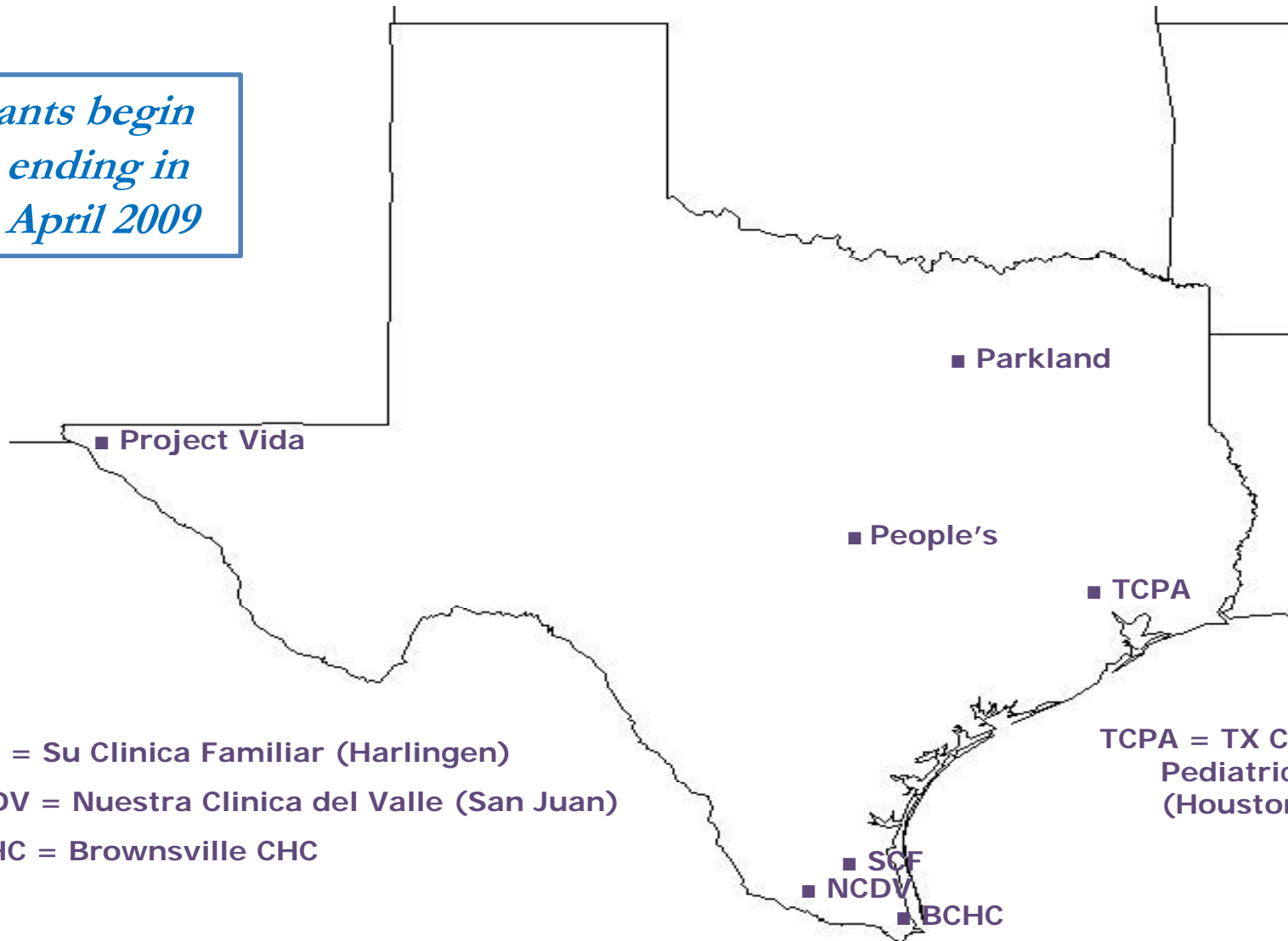
HF grant program goals

- Generate Texas data on collaborative care
 - Make business case
 - Extend model to all age groups & diagnoses

- Identify solutions to real-world barriers in doing collaborative care
 - Clinical
 - Organizational
 - Financial

HF grantees

*Grants begin
ending in
April 2009*



SCF = Su Clinica Familiar (Harlingen)

NCDV = Nuestra Clinica del Valle (San Juan)

BCHC = Brownsville CHC

TCPA = TX Children's
Pediatric Assocs
(Houston)

Working with children/adolescents

- All HF grantees doing collaborative care
- Most grantees focused on depression and anxiety disorders in adults
- Some are treating adolescents with depression
- Two are treating ADHD in children

Hogg Foundation ADHD pilot

- Grantee pilot sites
 - Texas Children's Pediatric Associates (Houston)
 - Su Clinica Familiar (Harlingen)
- University of Washington psychiatry department
- Pilot to be completed this year

Other activities & next steps

- Texas learning community to support uptake of integrated care
- Engaging employers and private insurers
- Other policy activities
 - Raising awareness of integrated care
 - Clarifying financial barriers and opportunities

Resource guide

□ *Connecting Body and Mind:*

A Resource Guide to Integrated Health Care in Texas & the U.S. (Sept. 2008)

- Literature review, sampling of programs, resources
- Online at:
www.hogg.utexas.edu



More information at:

www.hogg.utexas.edu

Laurie Alexander, Ph.D.
Program Officer

laurie.alexander@austin.utexas.edu



THE UNIVERSITY OF TEXAS AT AUSTIN

