

WHA/HCA / King County  
Seattle, WA  
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## INTEGRATED BEHAVIORAL HEALTH CARE

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# WASHINGTON STATE GOVERNOR & HEALTH CARE AUTHORITY

*“Washington State will fully integrate purchasing and delivery of behavioral health and medical services by 2020.”*

- [http://www.hca.wa.gov/hw/pages/integrated\\_purchasing.aspx](http://www.hca.wa.gov/hw/pages/integrated_purchasing.aspx)
- [http://www.governor.wa.gov/sites/default/files/policy\\_briefs/pb\\_BehavioralHealth\\_2014.pdf](http://www.governor.wa.gov/sites/default/files/policy_briefs/pb_BehavioralHealth_2014.pdf)

## Why?

Psychiatric disorders cause ~25 % of all disability worldwide.

10 % of all Years Lived with Disability (YLD) are from depression alone.

3x diabetes, 10x heart disease, 40x cancer

Health behaviors cause 50 % of all mortality.

Mental illness and substance abuse are major drivers of unemployment, underemployment homelessness, and involvement with the criminal justice system.

Employers struggle with high health care costs, absenteeism and presenteeism.

In the US, one suicide every 15 minutes. In WA, 2-3 suicides / day.  
More than deaths than from motor vehicle accidents or homicides.

**No family goes untouched.**

# HIGH HEALTH CARE COSTS

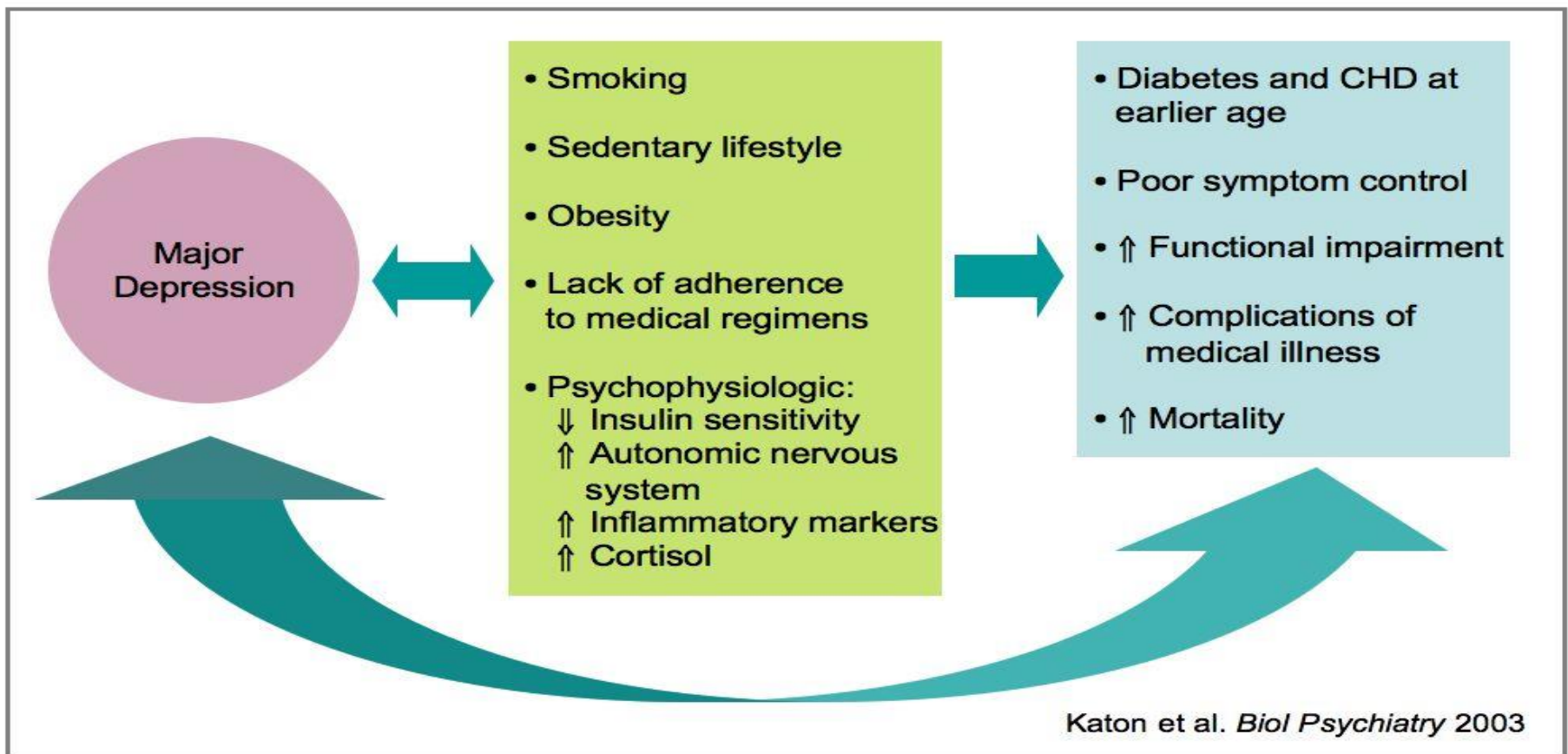
Population	% with behavioral health diagnosis	PMPM without BH diagnosis	PMPM with BH diagnosis	Increase in total PMPM with BH diagnosis
Commercial	14%	\$ 340	\$ 941	276 %
Medicare	9%	\$ 583	\$ 1429	245 %
Medicaid	21%	\$ 381	\$ 1301	341 %
<b>All insurers</b>	<b>15%</b>	<b>\$ 397</b>	<b>\$ 1085</b>	<b>273 %</b>

Mental health specialty care accounts for only 3 % of overall costs.  
More effectively integrated mental health care could save billions.

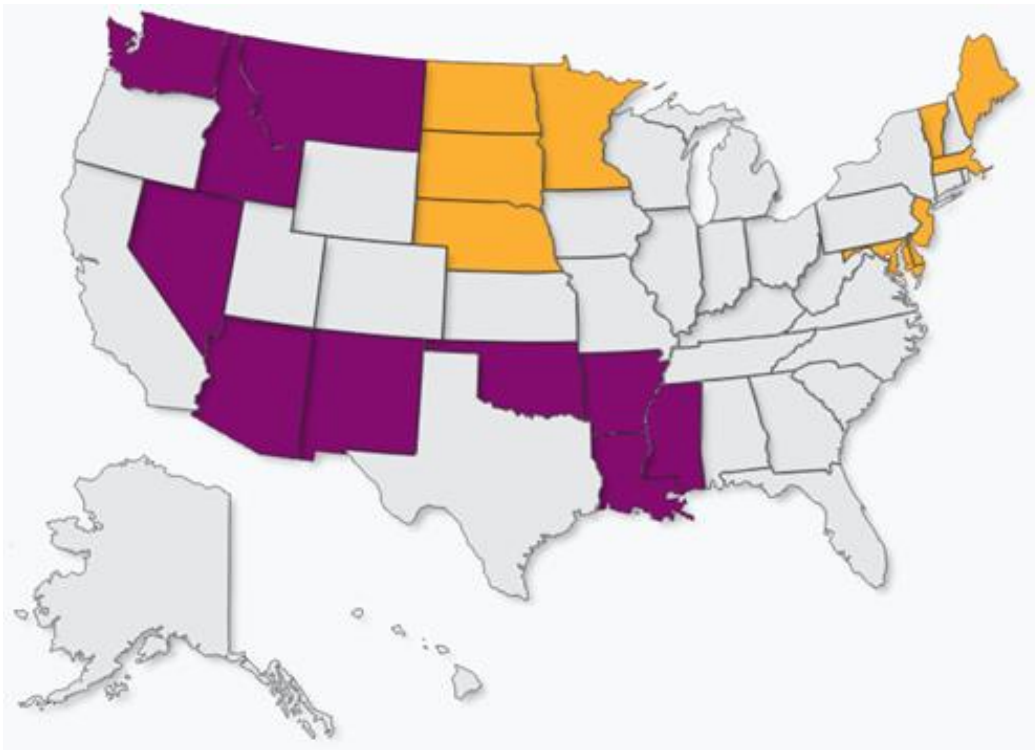
\* APA Milliman report; Melek et al; 2013

# MENTAL AND MEDICAL DISORDERS ARE TIGHTLY LINKED

e.g., Depression & Diabetes



# THE STATE OF MENTAL HEALTH IN AMERICA



Rank	State
40	Oregon
41	Michigan
42	Idaho
43	Arkansas
44	Montana
45	Oklahoma
46	New Mexico
47	Louisiana
48	Washington
49	Nevada
50	Mississippi
51	Arizona

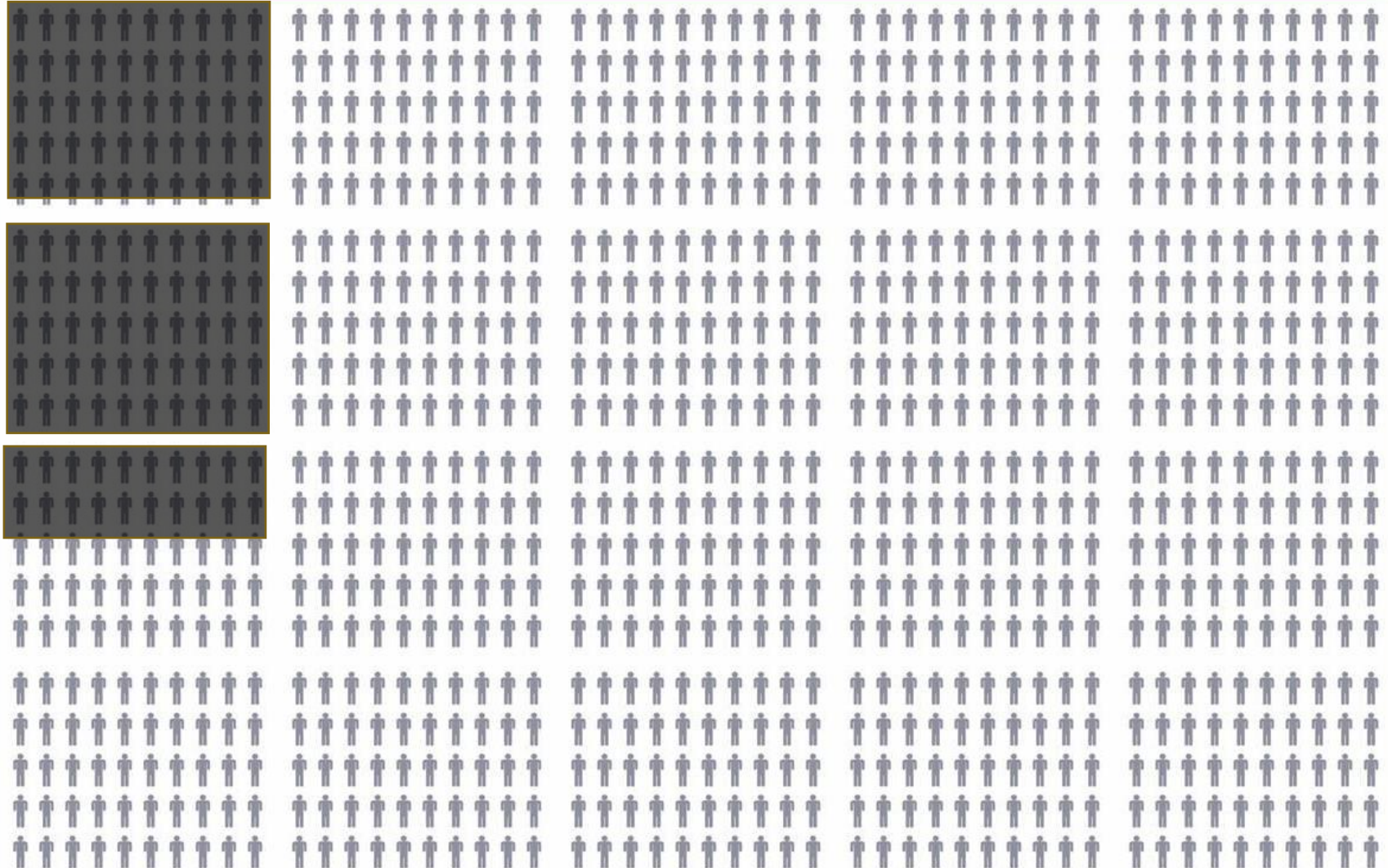
Source: *Parity or Disparity: The State of Mental Health in America (2015)*, Mental Health America



# Of all people living with mental disorders

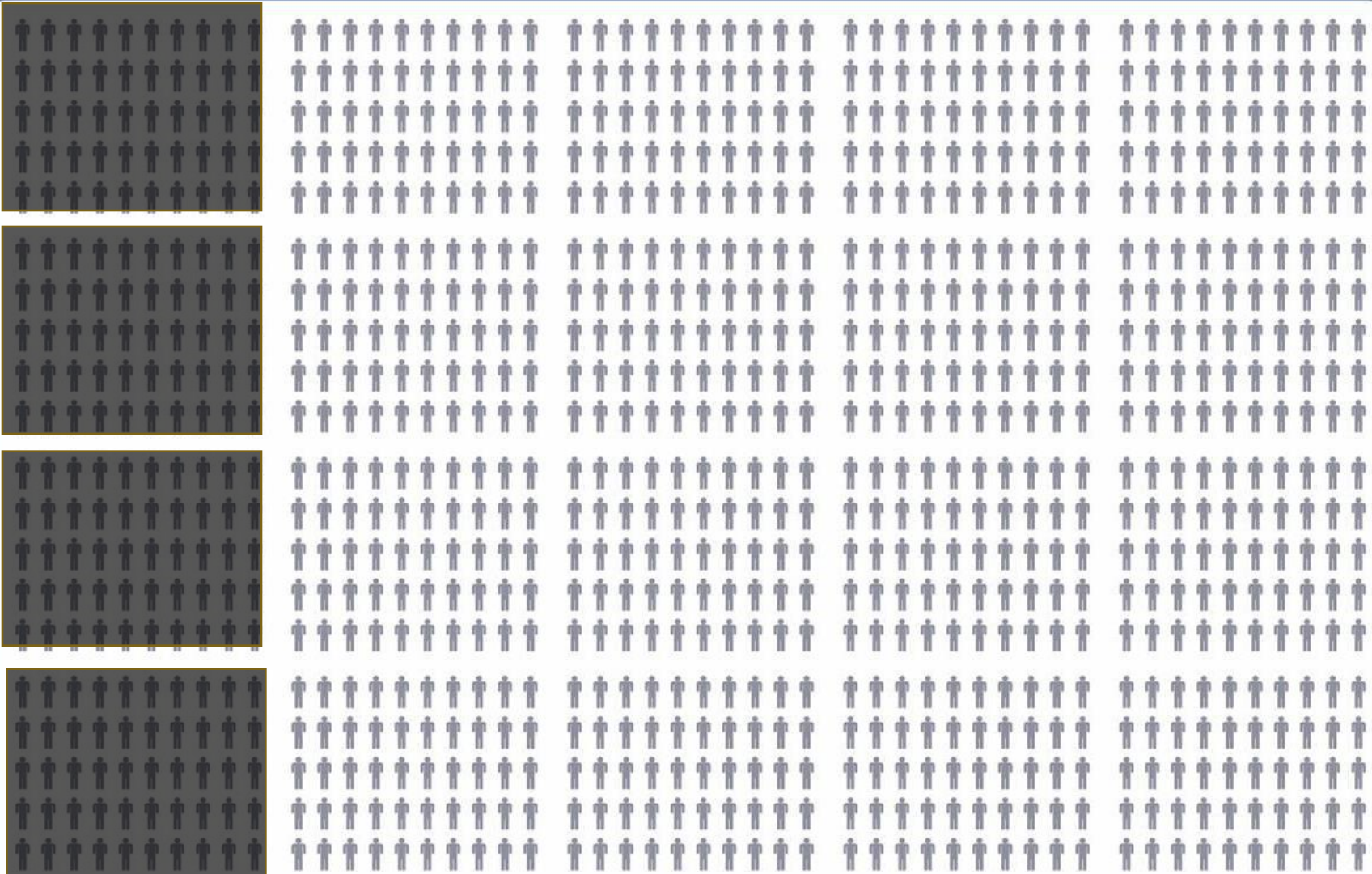


# 12% see a psychiatrist





## 20 % see any mental health specialist

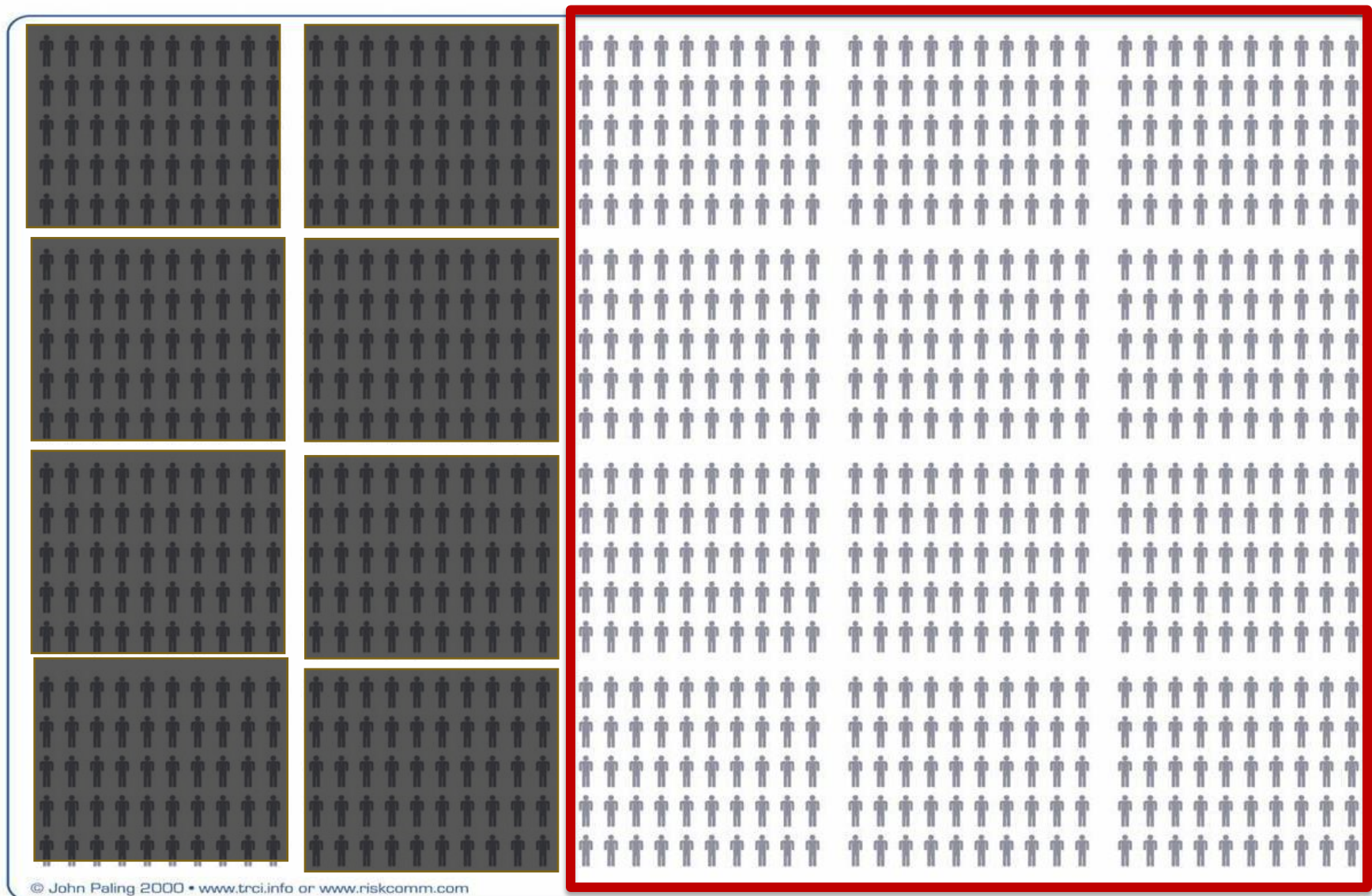


# 40 % get mental health treatment in primary care





# Most get no formal treatment.



# HOW DO WE CLOSE THE GAP?

- Train & retrain more mental health specialists
- Leverage mental health specialists more effectively
  - Technology (telepsychiatry)
  - Partnerships / Consultation / Collaboration
    - Primary care clinics
    - School-based health centers
    - Community hospitals

# COLLABORATIVE CARE



## Primary Care Practice

- Primary Care Physician
- Patient
- +
- Mental Health Care Manager
- Psychiatric Consultant



Outcome  
Measures



Treatment  
Protocols

[ACTIVE PATIENTS]						
Flags	[Patient ID]	[Name]	[Enrollment Date]	[Status]	[Initial Assessment Date]	[Pos %]
	0001	Test, Test	2/8/2013	[Y]	8/24/2013	
	0008	Test, Suzy	4/2/2013	[Y]	5/21/2013	12
q	0010	Test, Test	4/17/2012	[Y]	4/25/2013	10
	0035	Test, Rpp Reminder	1/10/2013	[Y]	1/10/2013	
q	0038	Test Patient, Mivoc	1/23/2014	[Y]	1/23/2014	22
q	0041	Test, Test	3/4/2014	[Y]	3/4/2014	
q	0042	Test, Test	3/7/2014	[Y]	3/7/2014	

Population  
Registry



Psychiatric  
Consultation



# BEHAVIORAL HEALTH INTEGRATION PROGRAM (BHIP)

20 % of UW Medicine Primary Care Patients have at least one visit with a MH diagnosis.

**2008**

**3 HMC**

**2010**

**1 UWNC**

**2012**

**4 UWNC  
1 UWMC**

**2013**

**1 UWNC  
1 HMC**

**2014**

**3 UWNC**

## 15 Participating Clinics

Harborview Medical Center (HMC)

Adult Medicine  
Family Medicine  
Pioneer Square  
Women's Clinic

University of Washington Medicine Center (UWMC)

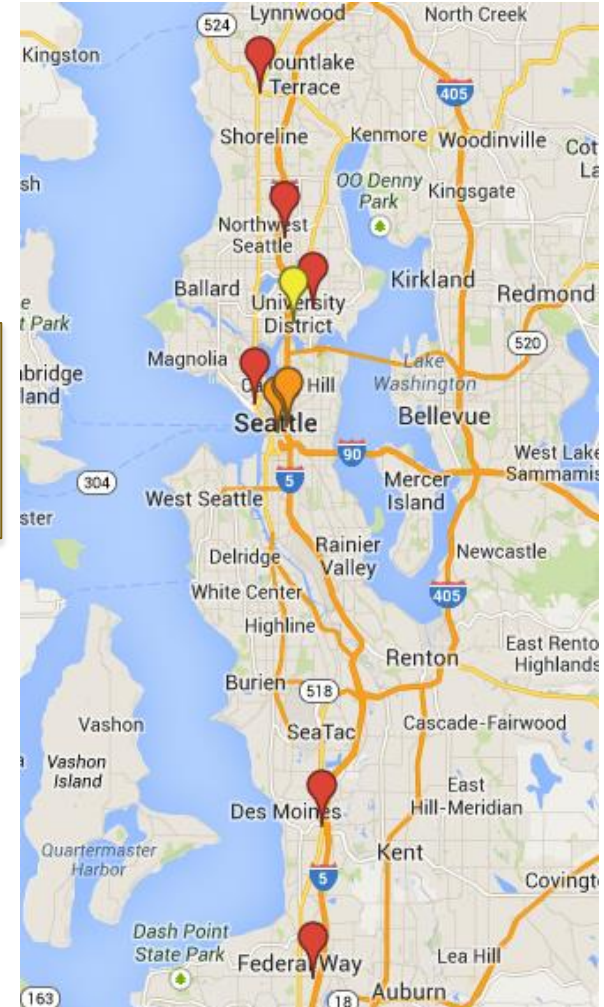
General Internal Medicine

University of Washington Neighborhood Clinics (UWNC)

Belltown  
Federal Way  
Kent/Des Moines  
Northgate  
Ravenna  
Shoreline  
Issaquah  
Factoria  
Woodinville  
Ballard

In 2016: Olympia, Arlington

**2014 APA Award of  
Distinction for  
Model Program**

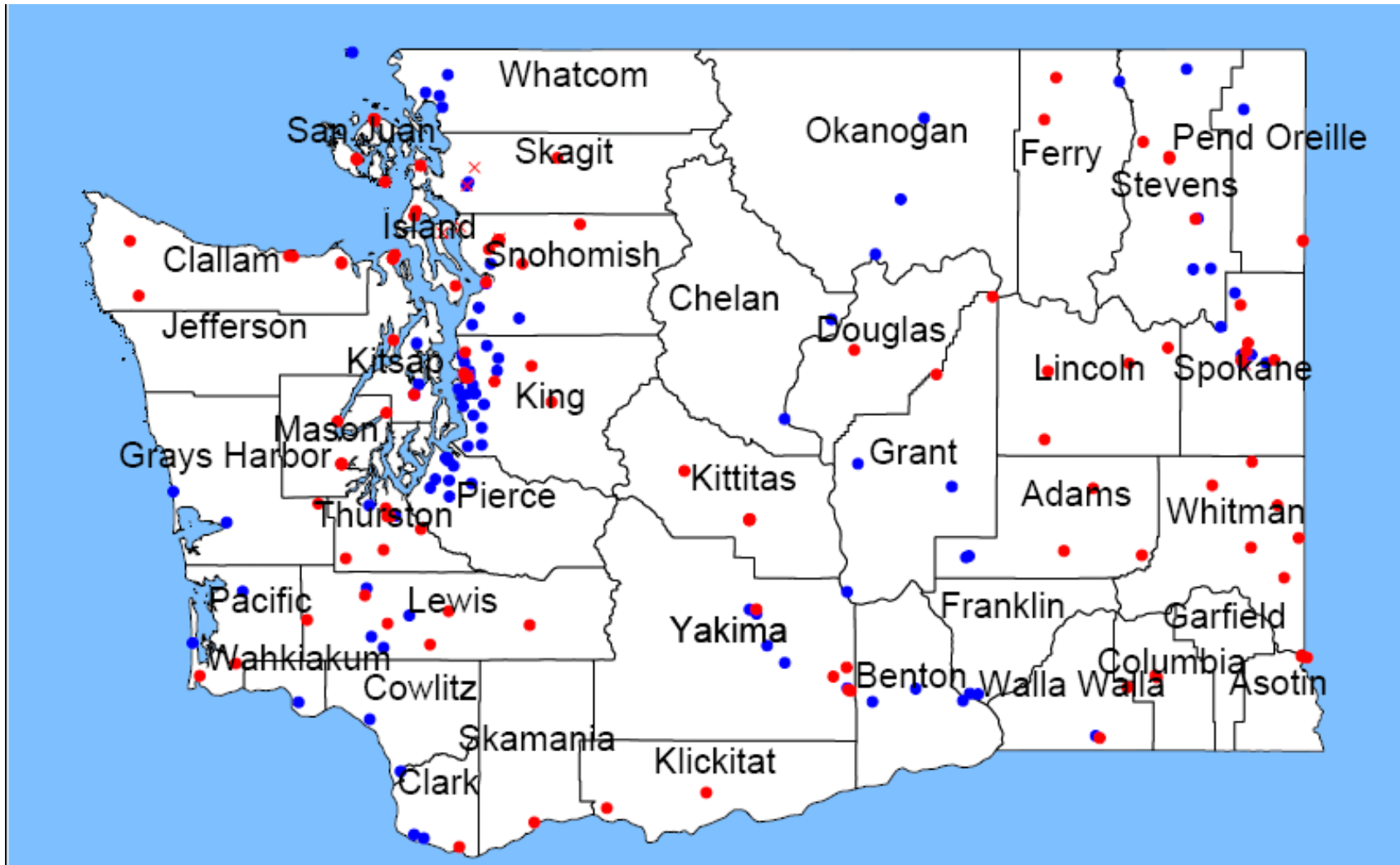


# WALL STREET JOURNAL, SEPT 2013



**Collaborative Care achieves the Triple Aim of Healthcare Reform.**  
ROI for collaborative depression care: \$ 6.50 for each \$ 1.00 spent.  
Unutzer et al, Am J Managed Care 2008.

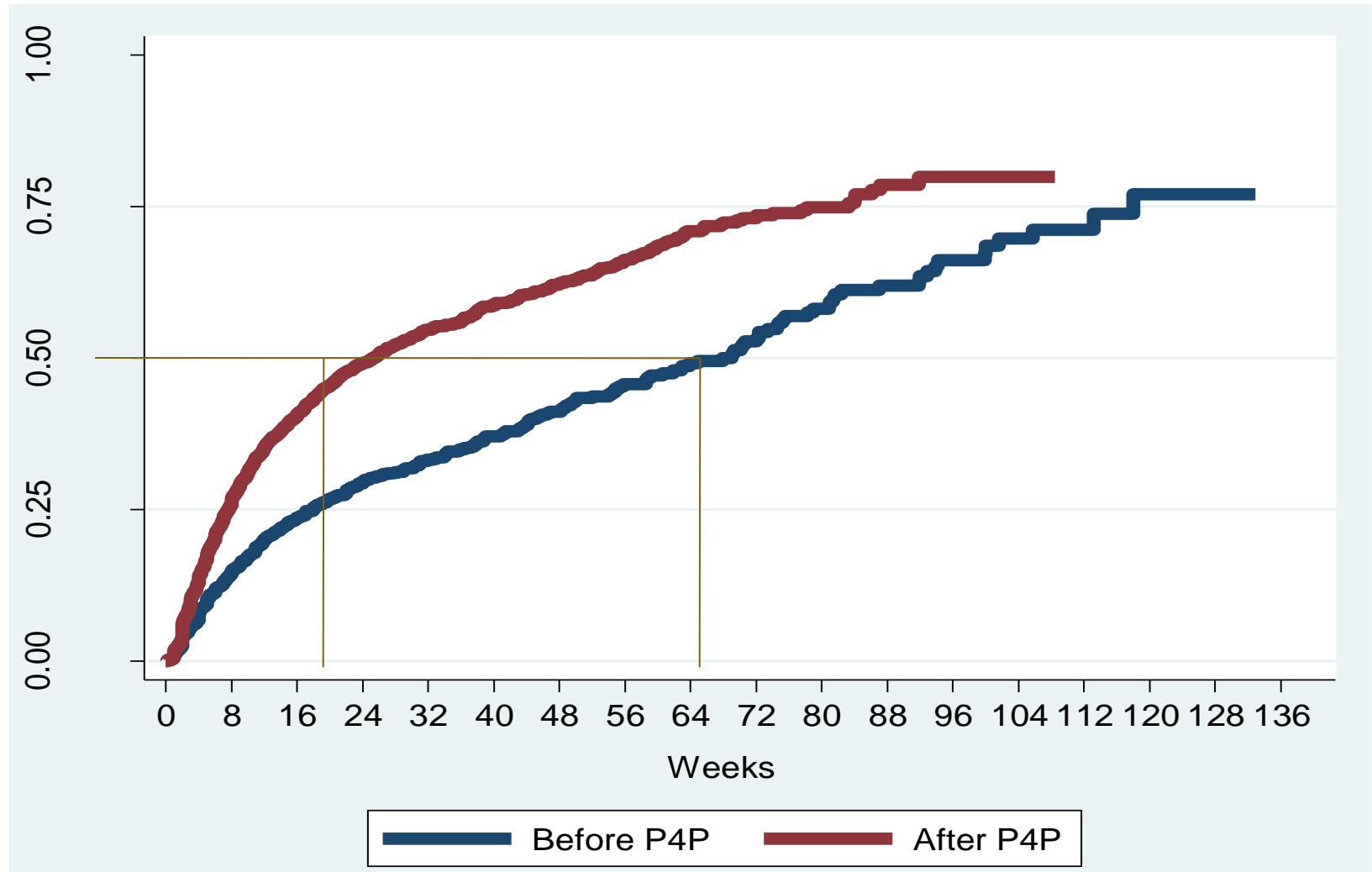
# WA STATE MENTAL HEALTH INTEGRATION PROGRAM (MHIP)



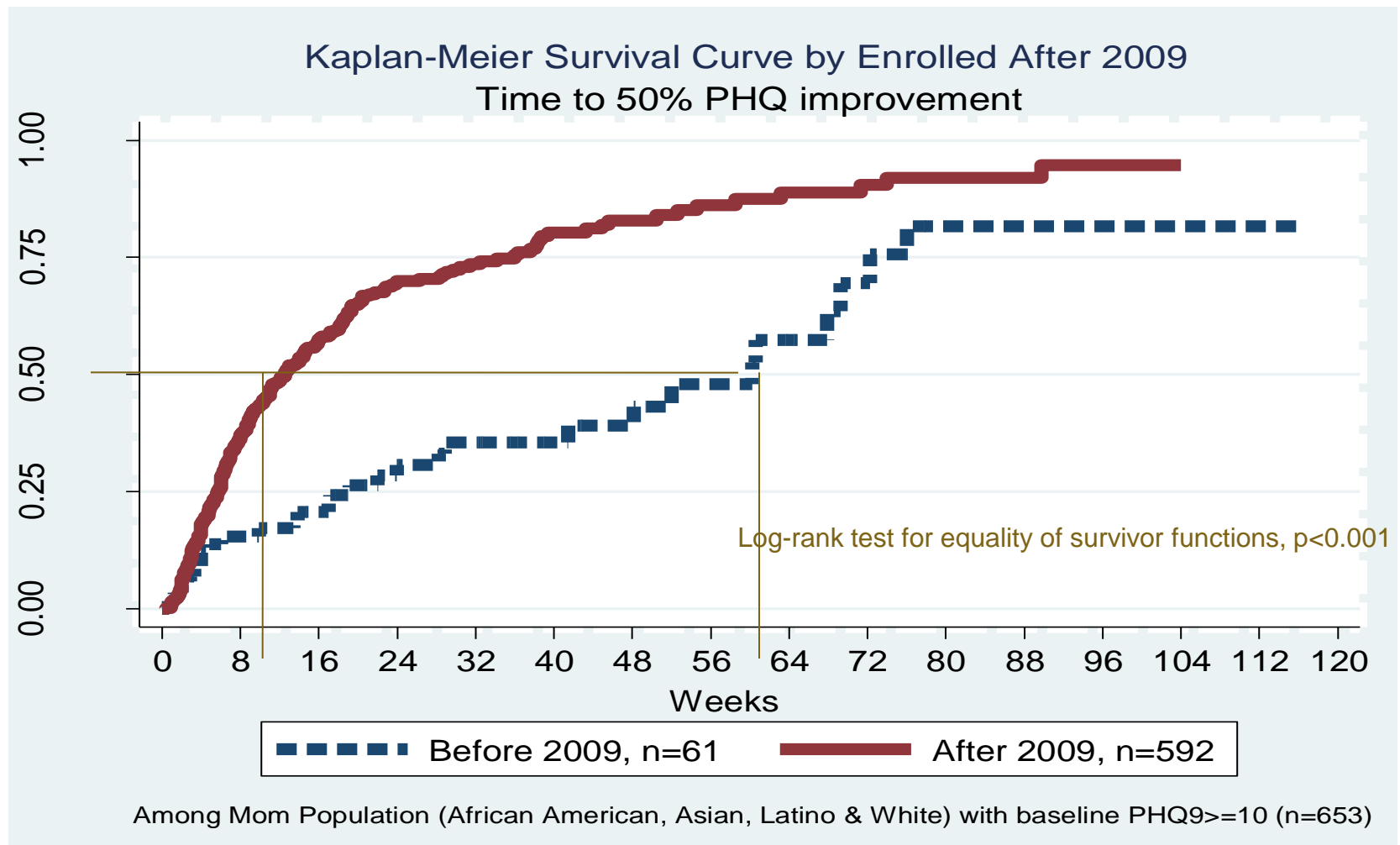
Over 50,000 patients served.

In Partnership with Community Health Plan of Washington  
& King County Public Health: <http://integratedcare-nw.org>

# MHIP P4P CUTS MEDIAN TIME TO DEPRESSION IMPROVEMENT RESPONSE IN HALF



# PARTICULARLY EFFECTIVE IN HIGH RISK MOMS



High risk mothers' care supported by King County Tax Levy.



***Collaborate to reach  
more people in need.***

Specialty  
Care

Collaborative  
Care

Primary  
Care  
Community

“We need all the help we can get.”

# PRINCIPLES



**Patient-Centered Collaboration.** Primary care and mental health providers collaborate effectively using shared care plans.



**Population-Based Care.** A defined group of clients is tracked in a registry so that no one falls through the cracks.



**Treatment to Target.** Progress is measured regularly and treatments are actively changed until clinical goals are achieved.



**Evidence-Based Care.** Providers use treatments that have research evidence for effectiveness.



**Accountable Care.** Providers are accountable and reimbursed for quality of care and clinical outcomes, not just volume of care.

# POLICY CONTEXT

## ACA & Medicaid expansion

- Up to 60 million Americans eligible for new or better MH coverage.
- Strain on existing specialty mental health provider network  
=> patients are falling through the cracks.

State Medicaid Programs are working towards integrated care.

CMS is developing payment mechanisms for collaborative care.

## Accountable Care (ACOs)

- Patients with BH conditions have 2-3 times higher health care costs
- Quality Metrics: PHQ-9 depression Screening & Remission

## National Preventive Services Task Force (2016)

## National Committee for Quality Assurance:

### Patient Centered Medical Homes (PCMH) and Health Plans

- Depression Screening and Remission (PHQ-9).

# WHAT CAN EMPLOYERS DO?

- Increase awareness
  - Treatment works and can start in primary care
- Demand evidence-based collaborative care for mental health and substance use problems.
  - Measurement-based practice (e.g., PHQ-9)
  - Systematic treatment adjustment until patients improve.
- Support payment for evidence-based collaborative care.

[OUR VISION](#)[RESOURCES](#)[BLOG](#)[EVENTS](#)[ABOUT](#)[DONATE](#)

## FIXING BEHAVIORAL HEALTH CARE IN AMERICA

First in a series, this policy brief calls for integrating and coordinating specialty behavioral health care with the medical system in America

[LEARN MORE ABOUT THE POLICY BRIEF](#)

[www.thekennedyforum.org](https://www.thekennedyforum.org)

### OUR VISION

The Kennedy Forum is working toward lasting change in the way mental health and addictions are treated in our healthcare system, through:



**PAYER  
ACCOUNTABILITY**



**PROVIDER  
ACCOUNTABILITY**



**INTEGRATION &  
COORDINATION**



# AIMS CENTER

Advancing Integrated  
Mental Health Solutions

**W** UNIVERSITY OF WASHINGTON, PSYCHIATRY & BEHAVIORAL SCIENCES  
DIVISION OF INTEGRATED CARE & PUBLIC HEALTH



WHO WE ARE

WHAT WE DO

COLLABORATIVE CARE

Search



Primary Care Provider Spotlight: Crystal Wong, MD



## COLLABORATIVE CARE IN THE NEWS

### Resources for Effective Integrated Care

New implementation guide and planning tool for achieving integrated care.

### Approaches to Alcohol Use Disorders

Evidence supporting the treatment of alcohol use disorders in primary care.

### Chronic Pain and Psychiatric Care

A call for integrating psychiatrists in the treatment of chronic pain.

## DANIEL'S STORY

Learn about Collaborative Care through the eyes of Daniel, a patient whose care team changed his life. [▶](#) [↗](#)

## IMPLEMENTATION GUIDE

Learn how to implement Collaborative Care, a specific type of integrated care developed at the University of Washington. [▶](#)

## FREE RESOURCES

Looking for something? Search for resources, tools, videos, research and more related to Collaborative Care. [▶](#) [↗](#)

<http://aims.uw.edu>