



# Enhanced Co-Location as a Model for Integrated Care and Private Practice: The Division 42/APA Practice Toolkit

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# Enhanced Co-Location: Level 5 of 6 in CMS's Integrated Behavioral Healthcare Matrix *Total Care through Co-Location Model*

## Components of Enhanced Co-Located

- Behavioral Health Delivered in PCP Office
- Collaborative Care with PCP Consultations
- Partial Integration of Electronic Health Records with PCP
- Patient Education and Prevention Workshops
- Patient Educational Handouts
- PCP/Medical Staff Education to Promote better Behavioral Health
- PCP 90-120 Second Patient Education Scripts

# Co-Located Delivery of Behavioral Health

Referral Processing and “Closing the Loop”

Delivery of Intake/Consultation Service in PCP Office

Delivery of Short-Term Behavioral Health Services in PCP Office (Hunter et al., 2017)

Adult Models often Contextualized within Medical Disorders

Pediatric Models often Straightforward Behavioral Dx

Role of Exam Room’s Cuing Effect

Defining Systemic Boundaries of PCP Office vs. Behavioral Health Office

- Informed Consent Forms (see also Release of EHR Consent)

# Collaborative Care with PCP Consultations

Pre-Intake Consultations with PCPs, PCP-Initiated

Intake Follow-up Hallway or Phone Consults

Doc Halo Confidential Texting

Referral Back to PCP for Medication Consult

Collaboration on Patient Medical Noncompliance

- Medication Initiation or Continuation
- Lifestyle Modification Noncompliance (e.g., T2D)

Ongoing Treatment Response Feedback

# Partial Integration of EHR

Obtaining Informed Consent from Patient

Generation of Intake Report and Transmittal

Is Your EHR Meaningful Use Certified and Interoperable

Use of Fax

Flagging System in EHR and Delivery of Medication Referral Note

# Patient Education and Prevention

## Patient Education and Prevention Workshops

- Comprehensive Workshops on Intervention Skills (e.g., Management of COPD)
- 45 Minute Workshops for Prevention of Development of Behavioral Health Problems within Medical Disorder Contexts
  - Newly Dxed Patients
  - Waiting room Setting

## Patient One-Page Education Handouts

- Template
  - Introduction of Topic
  - Definition of Medical and Behavioral Health Problems
  - Basic Information on the Use of Behavioral Strategies for that Topic

# Physician Education and Prevention

## PCP/Medical Staff Education to Promote Prevention

- 45 to 60 Minute Training Workshops for Medical Staff
- Typically Provided in Lunch Session
- PowerPoint Presentation Templates
  - Definition of Medical and Behavioral Health Problems (e.g., T2D and Diabetes Distress)
  - Research on Co-Morbidity and, if Available, Mortality
  - Case Conceptualization (e.g., Chronicity and Stress with Dietary Management, Glucose Monitoring, Counting, Stigmatization at Meals, Family Stress and Non-Support)
  - Educating Patient on Problems, Warning Signs, Strategies, and Referral Availability



# Physician Education and Prevention

## PCP 90-120 Second Patient Education Scripts

- For Use with Initially Diagnosed Patient with Medical Disorder with High Co-morbidity with Behavioral Health Disorders
  - COPD with Approximately 35%-40% Depression and/or Anxiety
  - Data from Population Health in our System Shows 40% Increased Costs when Co-Morbid and Additional 2 ED Visits on Average
  - Goal is Prevention and Improvement in QOL
- Template
  - Motivational Interviewing Brief Intervention
  - Prevention and Management Script
    - Use of Bold “Must Reads” and Non-Bold to Paraphrase
  - Referral Offer to Behavioral Health

# Dissemination of Toolkit

Collaborative Publishing with APA Practice/Legal and Regulatory  
Training Speakers for SPTAs through Division 31

One Hour Introduction for Awareness

Three Hour Education Workshop on Model

Three Day Skills Training

- Creating Enhanced Co-Located
- Interprofessional Professionalism and Collaboration
- Operational System integration
- Treatment Models for Brief Interventions by Medical Disorder—Adult and Pediatric
- Ethics and Role/Boundary Definitions, Privacy and Medical Record Management

# Questions