



Using the ECHO Model to Support Behavioral Health Providers Working in Collaborative Care Practices

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Faculty Disclosure

The presenters of this session have NOT had any relevant financial relationships during the past 12 months.

Conference Resources

Slides and handouts shared in advance by our Conference Presenters are available on the CFHA website at http://www.cfha.net/?page=Resources_2018



Slides and handouts are also available on the mobile app.

Learning Objectives

At the conclusion of this session, the participant will be able to:

- Identify knowledge gaps and supervisory needs that Collaborative and Integrated Care teams face
- Discuss how the ECHO model can be used in behavioral health
- Describe ways that the ECHO model can be used to support key aspects of the Collaborative Care model

Bibliography / Reference

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3. Komaromy M, Bartlett J, Manis K, Arora S. Enhanced Primary Care Treatment of Behavioral Disorders With ECHO Case-Based Learning. 2017 *Psychiatric Services* 68:873–875.
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5. Raney, L., Bergman, D., Torous, J. et al. Digitally Driven Integrated Primary Care and Behavioral Health: How Technology Can Expand Access to Effective Treatment. *Curr Psychiatry Rep* (2017) 19: 86. <https://doi.org/10.1007/s11920-017-0838-y>
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8. Komaromy M, Duhigg D, Metcalf A, Carlson C, Kalishman S, Hayes L, Burke T, Thornton K, Arora S. Project ECHO (Extension for Community Healthcare Outcomes): A new model for educating primary care providers about treatment of substance use disorders. *Subst Abus.* 2016;37(1):20-Smithson S, Pignone MP. Screening Adults for Depression in Primary Care. *Med Clin N Am* 101 (2017) 807–821



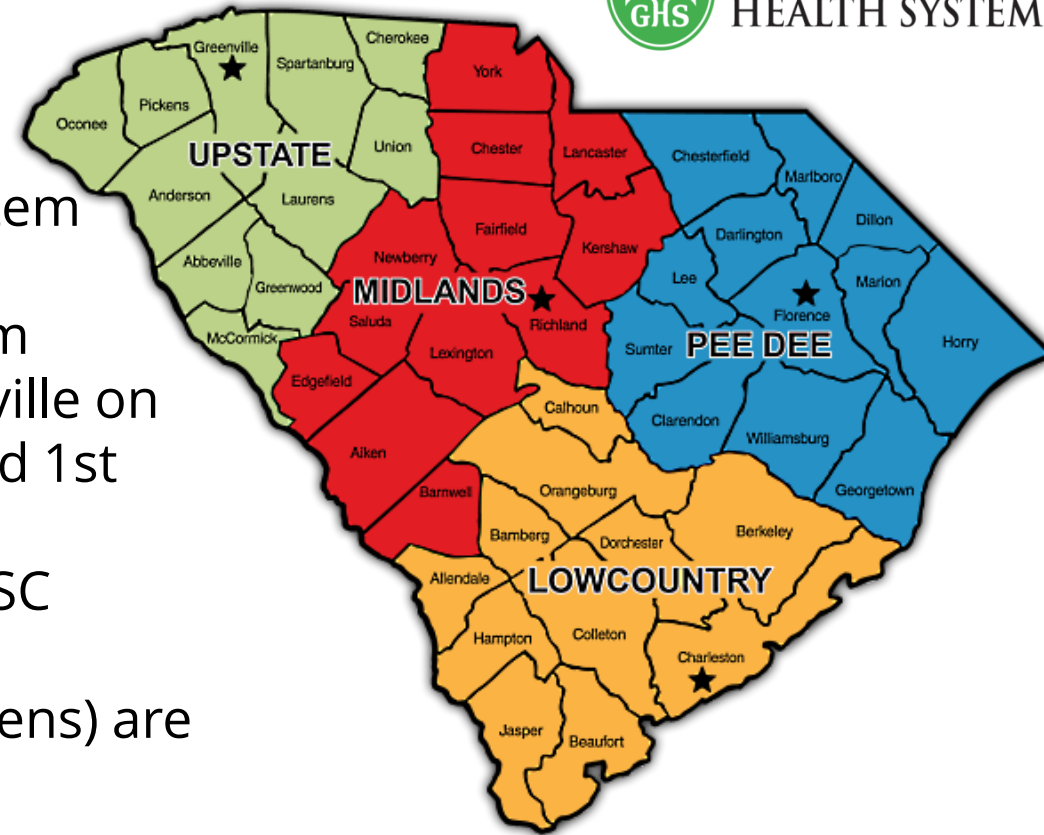
Learning Assessment

A learning assessment is required for CE credit.

A question and answer period will be conducted at the end of this presentation.

Setting

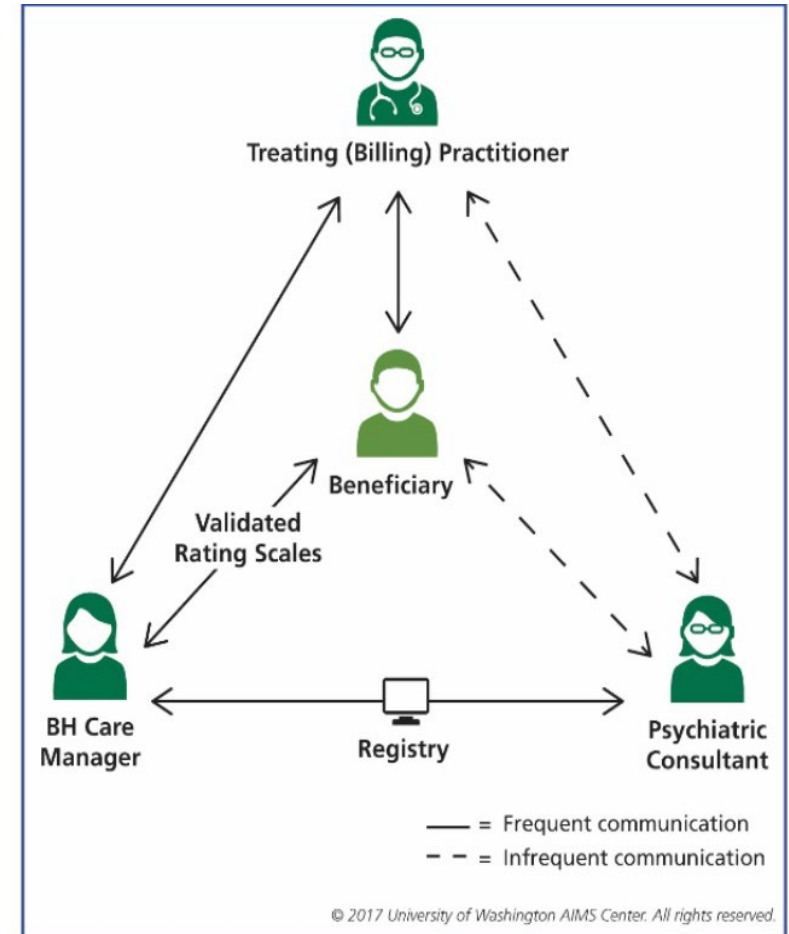
- Private not-for-profit academic healthcare delivery system begun in 1912
- South Carolina's largest not-for-profit healthcare system
- University of South Carolina School of Medicine Greenville on GHS' Greenville Memorial Medical Campus matriculated 1st class in Fall 2012
- Comprehensive health care for the 10-county Upstate SC region
- 4 Upstate counties (Greenville, Laurens, Oconee & Pickens) are 84% of the GHS patient population
- Major provider of specialty services in the Upstate region
 - >45 primary care practices
 - 2015: 3.3 million outpatient visits
 - Approximately 1000 employed physicians
- Merged with Palmetto Health in 2018 and will become one entity under the name of Prisma Health beginning in 2019



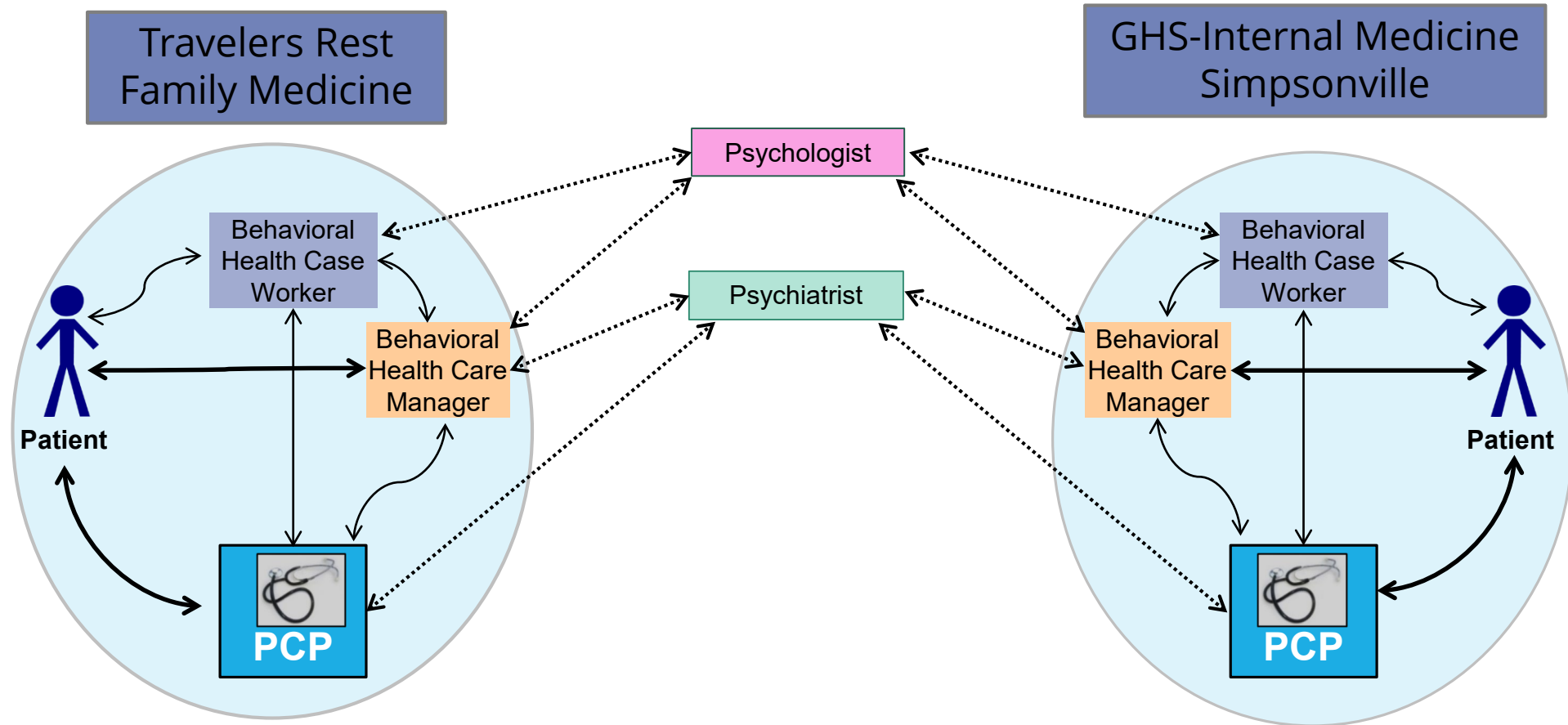
AIMS Collaborative Care Model

Behavioral Health Care Manager

- Has formal education or specialized training in behavioral health (including social work, nursing, or psychology)
- Works under the oversight and direction of the billing practitioner
- Performs structured comprehensive mental health assessments
- Engages patient and provides education
- Delivery of brief evidence-based behavioral interventions
- Monitor treatment response using standardized instruments with specific goals
- Weekly caseload review with a psychiatric consultant
- Facilitates referrals to and coordinates with community-based agencies, outside mental health or specialty care, substance use disorder services and social services



Collaborative Care at GHS in 2 Primary Care Practices



Competencies

- ***Unique set of competencies required for working in primary care office space***
- Administer mental health and substance abuse screening tools
- Conduct mental health and substance abuse assessments
- Knowledge of DSM5 psychiatric diagnoses
- Basic knowledge of psychotropic medications and side effects
- Proficiency in brief evidence based psychotherapies
- Facilitate treatment plans and relapse prevention plans
- Coordinate care between multiple providers
- ***How will we be able to standardize Collaborative Care across practices?***



Project ECHO Premise

- ECHO: Extension of Community Healthcare Outcomes
- Access to specialty care for complex health conditions is needed
- There aren't enough specialists to treat everyone who needs care, especially in rural and underserved communities
- ECHO trains primary care clinicians to provide specialty care services
- **Patients get the right care, in the right place, at the right time**
- Improves outcomes and reduces costs
- De-monopolizes medical knowledge
- Decreases the bench to bedside gap



ECHO model™



Hub-and-Spoke knowledge-sharing networks

- Hub: academic specialists, “experts”
- Spokes: primary care teams

Use of multi-point videoconferencing to conduct virtual clinics with community providers (zoom.com)

CME credits based on content

- Case based learning
- Targeted didactics

Everybody teaches, everybody learns

Force multiplier - exponentially increases workforce capacity to provide best-practice specialty care and reduce health disparities



TeleECHO clinic



ECHO Psychiatric Applications

❖ Geriatric Mental Health TeleECHO Clinics (New York)

❖ Substance Abuse TeleECHO Clinics (New Mexico)

Key: ECHO Hub Type (168)

- ◆ Superhub (10)
- Hub (152)
- U.S. DoD Hub (7)
- U.S. VA Hub (9)

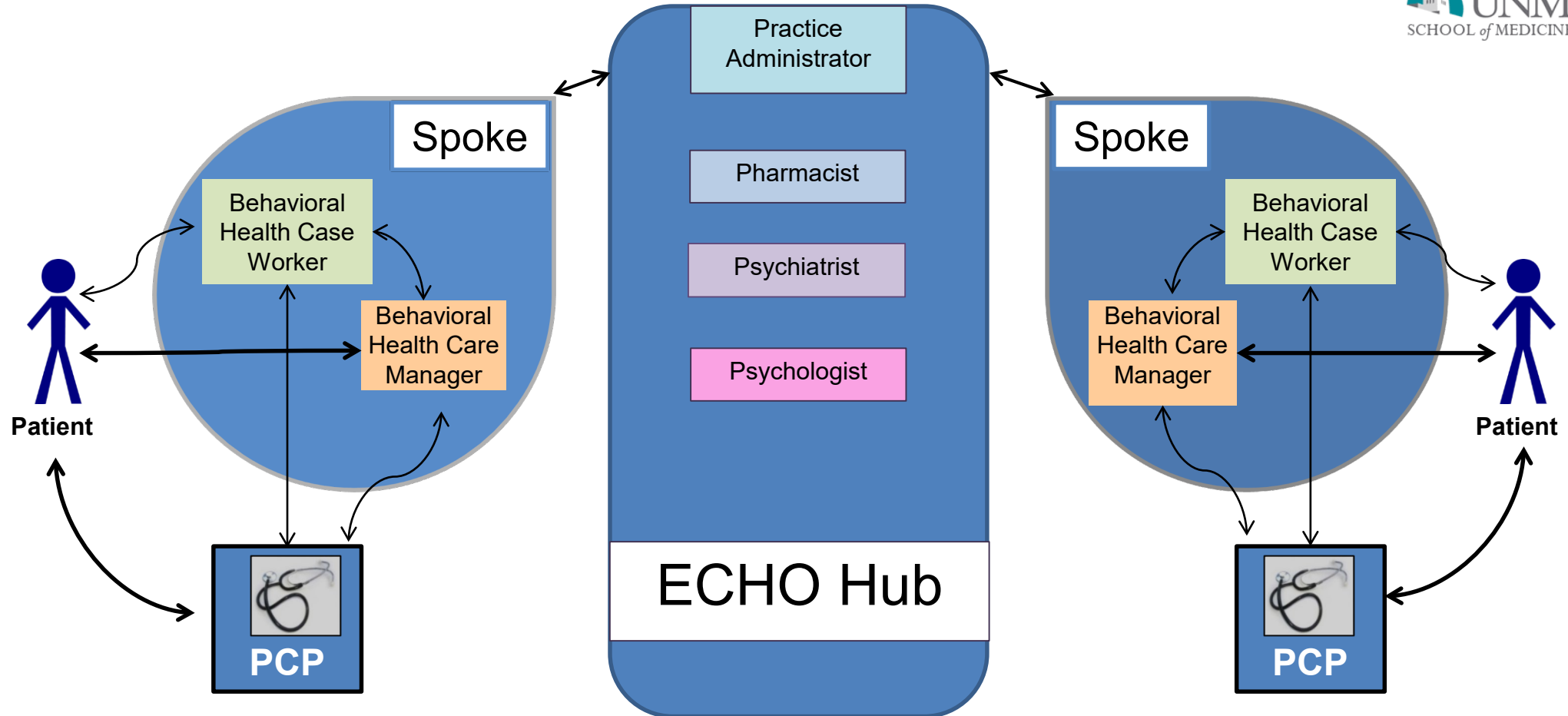
Key: Country Shading

- ECHO impact (25)
- Awaiting ECHO impact (145)



Updated: Jan 08 2018

GHS Behavioral Health Care Manager TeleECHO Clinic



Behavioral Health Care Manger ECHO Clinic Goal



- Strengthen and expand skills in brief evidence based psychotherapy
- Increase knowledge of psychotropic medications and psychiatric diagnoses
- Ensure standardization of psychiatric diagnoses
- Provide ongoing education about Collaborative Care model and implementation
- Expand and strengthen network of clinicians practicing Integrated Care
- Create a forum for a modified version of the common practice of group supervision

TeleECHO Clinic Agenda

- Zoom Invitation sent to each participant/spoke with agenda
- Introductions
- Case presentation(s)
- Drug of the day
- Didactic

Behavioral Health Care Manager TeleECHO Clinic 3/28/18

Attend by video or in person

Group Study Room #207

USC Medical School 2nd Floor

| | |
|---|---|
| <i>Interdisciplinary Specialty Team</i> | Eve Fields, MD; Heike Minnich, <u>PsyD</u> ; Jessica Anderson, CPC, MSM; Lynda Sykes, <u>PharmD</u> , BCPP; |
| <i>ECHO Facilitator</i> | Eve Fields, MD |
| <i>Didactic Speaker</i> | Heike Minnich, <u>PsyD</u> |
| <i>Didactic Topic</i> | Problem Solving Therapy-Part 3 |
| <i>Case Presenter</i> | Aja Duncan, LPC |
| <i>Case Presentation</i> | 101.007 |
| <i>Drug of the Day Presenter</i> | Lynda Sykes, <u>PharmD</u> , BCPP; |
| <i>Drug of the Day</i> | Effexor XR (Venlafaxine) |

TeleECHO Agenda

| <i>Time</i> | <i>Presentation</i> |
|--------------------|--------------------------------------|
| 12:30-12:35 | Welcome |
| 12:35-1:00 | Case Presentation and Discussion |
| 1:00-1:05 | Summary of Recommendations |
| 1:05-1:10 | Drug of the Day Presentation |
| 1:10-1:30 | Didactic Presentation and Discussion |

Didactic Topics: Psychotherapy

- Problem-Solving Therapy (4 sessions: Foundations, Applications, Special Populations)
- Behavioral Activation (2 sessions)
- Motivational Interviewing (2 sessions)
- Relaxation Techniques
- Solution Focused Therapy (planned)
- Brief CBT with Mindfulness (2 sessions planned)

Didactic Topics: Psychiatric Diagnoses

- Major Depression: Diagnosis and Severity Rating
- PTSD
- Social Anxiety Disorder
- Bipolar Disorder & Differentiating Bipolar Disorder from Major Depression
- Sleep Disorders/Insomnia
- Medical conditions with mental health symptoms/medications that can affect mental health

Didactic Topics: Other

Assessments:

Pain-Assessment on somatization in primary care
Substance Use Assessment
Suicide Screening and Prevention (planned)

Labs/Medications/PCP Practice:

Pharmacogenomics Testing
Antidepressants and Alternatives
Labs (planned)
2018 CPT for Integrated and Collaborative Care

Tools of the Trade



Case presentation form

- Accessed through EPIC or paper form
- Organizes case information to best facilitate discussion
- Formatted into a powerpoint presentation for clinic

Zoom software

- Secure online video conferencing software made available specifically for ECHO applications for free with partnership with ECHO Institute

iECHO software database

- allows for data collection regarding attendance, spoke locations, didactic topics over time

Outcomes 1/24/18 – 9/28/18

| Clinic Segment | Total Time | Average per Clinic |
|-------------------|--------------|--------------------|
| Total ECHO Clinic | 20 hr 13 min | 60 min |
| Case Presentation | 9 hr 51 min | 29 min |

591 minutes
Total time attributable to Collaborative Care CPT codes

20 Total ECHO Clinics Completed

52 CEUs distributed

| Attendance | # |
|--------------------|----|
| Average | 10 |
| Maximum | 14 |
| Minimum | 7 |
| Unique individuals | 19 |



Session Evaluation

Use the CFHA mobile app to complete the evaluation for this session.

Thank you!