

Weaving the Web to Care for Patients with Mental Health Concerns in Primary Care

Safia Khalfan B.Sc.Pharm C.D.E. APA
Corinne Bryant, BSc OT, MEd
Amanda Berg, MD Psychiatrist



Disclosure

We have no financial relationships with any commercial interest related to the content of this activity



Objectives:

- To understand the interrelationship between chronic disease and mental health
- To share learnings and innovative strategies of how the CFPCN has supported mental health in the health home and community
- To demonstrate the role of interdisciplinary teams in supporting patients with mental health in primary care
- To share our challenges and potential gaps
- To demonstrate the role of specialty care in partnership with primary care



Perspectives

- Chronic Disease and Interdisciplinary Team Perspective
- Mental Health Program Perspective
- Specialty/ Psychiatry Perspective



Mental Health and Chronic Disease:

*An INTERDISCIPLINARY TEAM (IDT)
Perspective*

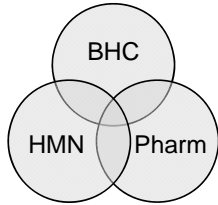


Calgary Foothills Primary Care Network (CFPCN)

- 2007: Interdisciplinary teams of nurses and pharmacists placed in physician offices
- 2008: Behavioural Health consultants (BHC)/ psychologists added to the team



**OVERLAPPING ROLES? HOW DO WE FIT?
THE RIGHT PROVIDER AT THE RIGHT TIME:
COLLABORATIVE CARE**



BHC=Behavioral Health Consultant
HMN=Health Management Nurse
Pharm=Pharmacist



Working Together vs Integrated Care Approach

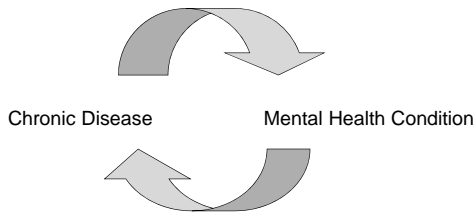
- Effective Communication
- Consultation
- Coordination
- Co-location
- Integration

Kates, N. Mazowiec, M. The Evolution of Collaborative Mental Health Care in Canada: A Shared Vision for the Future – Position Paper.

**Right Provider at the Right Time
PATIENT AND PROVIDER SATISFACTION**



Linking Mental Health and Chronic Disease



Linking Mental Health and Chronic Disease

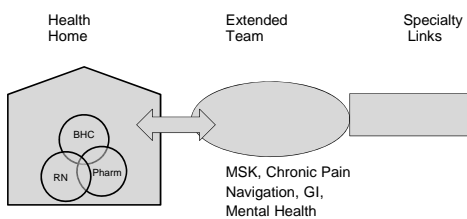
“The bottom line is that there is no health without mental health and the crossover between chronic illness is seriously being looked at as professionals begin treating depression to prevent heart disease”

“We don’t know what came first, the depression or the heart attack.”

Louise Bradley, president and CEO of the Mental Health Commission of Canada (Mar 2015)



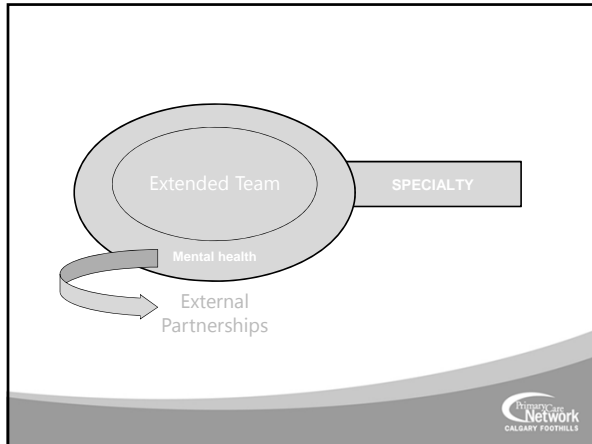
Calgary Foothills Primary Care Network (CFPCN)



Calgary Foothills Primary Care Network (CFPCN)

- 2007: Interdisciplinary teams placed in physician offices: nurses and pharmacists (RN/RX)
- 2008/2009: Behavioural Health consultants (BHC) added to the team
- 2010: Navigation Team developed
- 2011: Chronic Pain and MSK streams independently developed
- 2012: Streams co-located
- 2012/2013: Single Extended Team evolved
- 2014: Mental Health stream added





- ### Extended Team – Mental Health Stream
- Emphasis on self-management and function – chronic disease model
 - Interdisciplinary team which includes Assistance/ advocacy in solving problems related to housing and finances not addressed elsewhere.
 - Able to pull in resources from other streams of the Extended Team
 - Bridging care to other resources

- ### Extended Team – Mental Health Stream
- 560 Referrals from October 2014 to April 2015 at Extended Team and Riley Park Maternity Clinic (pre & post partum care)
 - Individual counselling and group based treatment offered
 - Top reasons for referral:
 - Management of depression
 - Management of anxiety
 - Diagnostic support
 - Counselling

- ### Extended Team – Mental Health Stream
- Physician feedback
 - 80% physicians feel the program helps their patients manage their conditions
 - 62% physicians feels that having patients participate in the program gives them a learning opportunity which enhances care for other patients
 - Patient feedback (anecdotal)
 - CBT group is very effective
 - Extended Team Mental Health is the “right place”

Extended Team – Mental Health Stream

CASE STUDY

- ### PREVENTION
- Happiness Basics
 - Craving Change
 - Cochrane Behavioral Assessment Clinic
 - PHQ-9 screens used across the CFPCN within the health home and Extended Team
 - Resource linking

OBJECTIVES

- ✓ To understand the interrelationship between chronic disease and mental health
- ✓ To share learnings and innovative strategies of how the CFPCN has supported mental health in the health home and community
- ✓ To demonstrate the role of interdisciplinary teams in supporting patients with mental health in primary care
- To share our challenges and potential gaps
- To demonstrate the role of specialty care in partnership with primary care



Specialty perspectives:

mental health in primary care



Our teams and roles in mental health

CHANGE
is the new
'Normal.'



Acknowledgements

- Yolanda Martens-van Hilst, Extended Team Program Manager
- Joe Kwan, Extended Team Manager
- Maureen McNaul, Program Manager- Population Health
- Martha Butler, Program Manager – Seniors and Mental Health
- June Bergman, Extended Team Physician Lead
- Our CFPCN interdisciplinary teams and management



Questions

