20 to 25 years of life lost for people with SPMI compared with age and state matched individuals*. The conventional medical system is not properly equipped to serve people with SPMI.

Our Patients Need More.

*Colton and Manderschide, 2006

- Our patients are dying in rank order of cardiovascular disease, cancer, stroke, pulmonary conditions, accidents (includes suicide), and diabetes.
- Our patients struggle with poverty, stigma, and the neurological deficits associated with mental illness that make accessing and responding to care unique.
- Our patients are interested in improving their health.

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CMHCs *are* equipped to meet the somatic needs of Our Patients

- Flexible & forgiving scheduling
- Waiting areas that patients can tolerate and can tolerate patients with SPMI
- Providers who understand the intersection of mental and somatic illness
- Medical providers who truly understand how neuro deficits of mental illness interfere with somatic health
- Team approach
- “One Stop Shopping”
- Longer appointments
- Patient comfort

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Barriers

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- Maryland Medicaid MCO's currently allow only one provider to bill for PCP services; we need to be the "second provider" to augment care for this population.
- Paneling-PCP in a CMHC
- Opening CPT HBAI codes: 96150, 96151, 96152, 96153 for RN/NP billing
- Case rate to pay for peer support, case management, health activities, and care coordination time of providers.
- Hospital admitting privileges
- NP prohibition

Barriers

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- Lower PCP reimbursement rates
- Longer face time with patients
- Flexible scheduling (to account for no-show / late rates)
- Reimbursement code for collaboration
- MA concerns about same day billing for SA/MH/PCP services
- Problems with MCO PCP's collaborating –need to incentivize them
- Access to MA data

Clients Directly Served

- Family Services Inc. Health Integration Project (HIP) (partnership with FQHC).....472
- Johns Hopkins Bayview Medical Center Access to Wellness (A2W) (hired medical staff).....271
- The Lower Shore Clinic (hired medical staff).....950
- Mosaic Community Services (MIH) (hired medical staff *and* partnership with FQHC).....287
- People Encouraging People (PEP)[1] (hired medical staff).....93
- The University of Maryland Medical Center (UMMC) (hired medical staff).....224
- The Way Station Inc. (hired medical staff *and* partnership with FQHC.....650

Total 2,947

[1]ACT Team only

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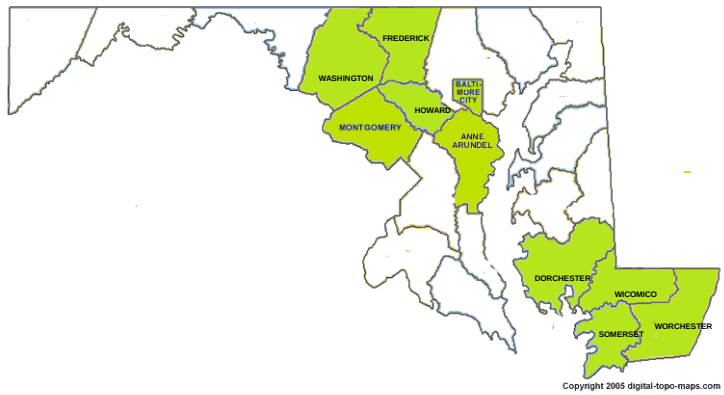
Health Integration in Maryland (Roundtable Providers)



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Data Currently Collected

- Emergency room visit dates (self report)
- Established primary care physician
- Date of last physical
- Medications
- Smoking status
- Substance abuse history
- Waist circumference
- Weight

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Data Currently Collected (continued)

- Fasting blood glucose or HbA1c
- Blood pressure
- BMI (body mass index)
- HDL (high-density lipoprotein)
- LDL (low-density lipoprotein)
- Colonoscopy
- PAP
- Flu/pnumovax shot
- Dental visit
- Eye exam

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Assessments

- AIMS (Abnormal Involuntary Movement Scale)
- BDI (Beck Depression Inventory)
- PHQ-9 (Patient Health Questionnaire)
- SATS (Substance Abuse Treatment Scale)
- Audit (Alcohol Use Disorders Identification Test)
- DAST (Drug Abuse Screening Test)

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Health Promotion Activities

- Smoking cessation
- Nutrition counseling
- Health education
- Weight reduction
- Health/fitness activities (walking groups, exercise)
- Wellness groups
- Yoga
- High blood pressure group
- Diabetes education
- Community Garden

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Types of Staff Providing Services

- Clinicians
- Nurse practitioners
- Peer counselors
- Primary care physicians
- Psychiatrists
- Registered nurses

General Outcomes (First Year)

- Increases in
  - Exercise
  - Healthy eating
  - Regular physical assessments
  - Coordination between somatic and mental health professionals
- Reductions in
  - Body mass index
  - Smoking
  - Blood pressure
  - Fasting glucose

Family Services Inc. (HIP) Specific Outcomes

	At Admission	Year After HIP Implementation
Blood Pressure ≥ 139/80	Average: 136/82	Average 127/75
Obesity/Overweight	44% lost *some* weight, average 12 lbs.	
High Average Fasting Glucose	149	134 (- 30-6%)

- 38 clients participated in weight management classes in the last six months
- All enrolled clients have had a physical

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Johns Hopkins Bayview Medical Center (A2W) Specific Outcomes

	Positive Direction	Year After A2W Implementation
Smoked Every Day	Down	- 33.8%
Quit Smoking	Up	+ 22%
Decreased BMI	Up	+ 17%
High Cholesterol	Down	- 43.5%

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The Lower Shore Clinic Specific Outcomes

	April – June 2012
Physicals	140

Outcomes to be tracked:

- Blood pressure
- Weight
- BMI
- HbA1c
- Smoking habit
- Alcohol habit
- Sobriety

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Mosaic Community Services (MIH) Specific Outcomes

	Year Prior to MIH (October 2009 – September 2010	Year After MIH Implementation (October 2010 - September 2011)
Inpatient Stays	98	1
Emergency Department Visits	107	3

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People Encouraging People (PEP) Specific Outcomes

	Prior to PEP (Integrated ACT team)	One Year After PEP Implementation (Integrated ACT team)
Total number of *Identified* Cardiovascular Risk Factors	66	157 (138%)
Fasting HDL Cholesterol	38.5% at risk levels	36.5% at risk levels
Waist Circumference *measured*	0%	53.4%
Body Mass Index *measured*	18.4%	75.7% (311%)
Blood Pressure *measured*	40.8%	78.6% (92.7%)
Clients with an Identified Primary Care Provider	66%	90.3% (36.8%)

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The University of Maryland Medical Center Specific Outcomes

	At Admission	One Year After UMMC Implementation
HBA1C > 7	17	11 (- 35.3%)
Blood Pressure > 140/90	36	11 (- 30.6)
BMI ≥ 30	58	41 (- 29.3)
LDL ≥ 100	44	34 (- 22.7)
Smokers	18	15 reduced (83%), 3 quit (17%)
Clients without primary care physician	71	45 (- 36.6)

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The Way Station Inc.

Outcomes to be tracked:

- Access to care
- Quality of care
- Consumer health
  - Compliance with primary care recommendations
  - Healthy life style
  - Medication adherence
  - Metabolic screenings (BMI, HDL, triglycerides, HbA1c or FBG)
- Medical costs
- Project replication

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Client Quote #1

"I have never been anywhere like this. All you guys do is help! You help me with appointments, you help me with my health, and you help me with my mind… and everything else. Because of you all I have a great doctor. She takes care of me, spends time with me, and makes sure I get the things I need. Since I have been coming here I've gained so much. Sobriety is no longer an issue… I know now that I don't need that stuff. I am much happier. I have a great relationship with my daughter and I want her to be proud of me. I am proud of myself."

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Client Quote #2

"Since I started attending [the program], I've gotten more help than I could imagine, than I could dream of. Things have been going so well. Everyone that works with me is very attentive. I feel very secure and comfortable. I am able to say exactly how I feel. I like everyone who works with me: my nurse practitioner, my primary are physician, my therapist, my psychiatrist, my service coordinator, and my case manager. They listen to all my needs. I've always been told that if something is going on with me I can call.... And I always get an answer. I am so grateful for [the program]!"

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"Sam's" Experience

A twenty-nine year old Caucasian man we will call "Sam" was discharged from a state psychiatric hospital and enrolled in our integration project in March 2011. Sam was a smoker with a significant medical history, including hypertension, asthma, hypothyroidism, and obesity. After one year in the project, Sam has lost 27 pounds through diet changes and exercise. His physician has been able to reduce his medications. Sam was even able to stop smoking for six weeks, and say's he'll try again!

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“Emma’s” Experience

Thirty-three year old African American “Emma” is diagnosed with schizoaffective disorder. Emma weighed 372 pounds and had high blood pressure when she enrolled in an integration project in December 2011. Her doctor prescribed blood pressure medication and a nurse provided education on a low-salt diet and physical activity. Emma has stopped drinking sugared sodas and has increased her vegetable and fruit intake. She completed a wellness group program and goes for brisk walks 3 times a week. After 6 months, Emma has lost 31 pounds and her blood pressure is under control