

# **Caring for People with Mental Health and Substance Use Disorders in Primary Care Settings:**

*Supporting a workforce for the provision of the essential components of care*

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August 26, 2020

# Strategic Emphases



- Blended behavioral and primary care
- Go where the grass is brownest
- Outreach and care coordination
  - Telehealth
- Training healthcare providers
- Value-based contracting
- Healthcare analytics



# CHS' Behaviorally Enhanced Healthcare Home

Behaviorist, Psychiatrist, CHC on PC team

- Shared patient panel and care plan
  - Integrated health record
- Shared support staff, physical space, and clinical flow
  - Access and collaboration at point of care
- Team based co-management and care coordination
  - Continuum of specialty mental health services

Together...  
**ENHANCING LIFE**

# CHS: Health Center as Learning System

- 40 + year history of training health care professionals
- Area Health Education Center (AHEC)
- Accredited Psychology Internship/Post-Doctoral Fellowship Programs
- Training partnerships with academic institutions- Medical Schools, Family Medicine, Psychiatry, Nursing, Psychology, Social Work, Nutrition, Pharmacy, Public Health
- CE/CME
- National Training Academies for Integrated Care

# Training in Integrated Primary Behavioral Health: Competencies for All Providers

- Assessment & Treatment of **Behavioral Health**
- Paradigm of **Primary Care**
- **Patient Engagement**
- Attention to **Contextual, Cultural, and Social Factors**
- **Team Based Care**
- Principles and Practices of **Behavior Change**

# Workforce Development in Integrated Care

## ACTIVE Strategies

- Orientation
- Shadow multiple providers
- Clinical team meetings
- CE/CME
- Practice Guidance

## PASSIVE Strategies

- Team-based multidisciplinary teaching
- Immersion in culture of integrated care
- Integrated Health Record
- Population Health analytics

# **Building Competencies: Common Elements in Assessment and Treatment of Depression and SUD**

- **Screening and Management** Protocols – population health analytics, training
- **Identification** – common presentations
- **Motivational Interviewing/Motivational Enhancement Therapy**
- **Common Elements** - CBT/ACT/PST; Behavioral Activation, Self Regulation, Relaxation, Cognitive Restructuring, Distress Tolerance
- **Trauma Informed Care**
- **Medication Management**
- **Values Based Approach**



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# Integrated Primary Behavioral HealthCare

