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Behavioral Health Screening in Primary Care Practices

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Behavioral Health Screening in Primary Care Practices

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PROBLEM STATEMENT/BACKGROUND

Behavioral Health Integration (BHI) is an important component of the Patient Centered Medical Home (PCMH) and necessary for whole person care. National studies estimate that in a one-year period, up to 30% of American adults suffer from one or more mental health problems.1

BHI is an opportunity to improve health outcomes and patient experience without significantly increasing healthcare costs. First step in BHI begins in primary care with screening for behavioral health conditions/issues.

As primary care practices focus on BHI, we need to understand different approaches taken by practices to implement behavioral health screening in primary care within the context of different BHI models.

AIMS

Objective 1: Identify process and system changes needed for implementing behavioral health screening in primary care.

Objective 2: Develop strategies to address identified patient behavioral health needs.

Patient-Centered Medical Home Model-BHI is part and parcel of each step

Models of Integrated Care: A Continuum

Coordinated

Care Coordination

Multi-disciplinary Care Team

Leadership Engagement

Data-Driven Quality Improvement

Patient Centeredness

Clinical Care Management

Clinic System Integration

Patient Involvement in Transformation

APPROACHES

An Overview of Multidisciplinary Team

(Reserved health clinicians)

An example of Standardized Behavior Health Screening Tool

BEHAVIORAL HEALTH SCREENING

Screening is the foundation of any level of BHI

If behavioral health needs are identified solely by PCPs who are under time pressure, about half of the people with depression are missed.2

• Screening enables a population approach to healthcare.
• Screening supports early identification and intervention and to monitor for changes in conditions.
• Screening for behavioral health introduces mental and emotional issues as a permitted area of conversation and of care.
• Screening everyone reduces stigma for those who have a positive result.

MA Primary Care Reform Initiatives

Primary Care Payment Reform (PCPR)

• Single payer, state-wide initiative
• Sponsored by MA Health & Human Services; legislatively mandated 46 participating practices
• 3-year demonstration: March, 2011 - March, 2014
• Included payment reform and technical assistance

MA Patient Centered Medical Home Initiative (MA PCMH)

• Multi-payer, state-wide initiative
• Sponsored by MA Health & Human Services; legislatively mandated 46 participating practices
• 3-year demonstration: March, 2011 - March, 2014
• Included payment reform and technical assistance

WORKFLOWS FOR BEHAVIORAL HEALTH SCREENING

Before the provider enters exam room

Medical Assistant (MA) reviews charts and identifies patients with target chronic illness and finds their last PHQ-9, indicating patients followed by behavioral health providers.

The huddle

Care team decides which patients will receive PHQ-9 form to complete.

After the patient checks in

Front desk gives the patient a paper PHQ-9 form to complete.

Rooming the patient

MA reviews the PHQ-9 with the patient and enters it in the chart. If the score is above the threshold, MA sets up orders for referral to behavioral health provider.

Provider in exam room with patient

Provider discusses referral to behavioral health provider with patient and signs the order entered by the MA. Provider may decide to discuss a behavioral health issue based on PHQ-9 score.

After the visit

Warm hand-off to someone on the behavioral health team. Referral processed.

Sample Workflow for Depression Screening in Primary Care Practices

Behavioral Health Screening Workflow at Boston Community Health Center

Table of MA PCMH Behavioral Health Screening: Change over Time

* For all patients, consider:

Do you currently smoke or use any form of tobacco? Yes

CRAFFT

• Have you ever been interested in getting treatment for tobacco use?

• Have you ever been interested in quitting tobacco use?

• Remember, the CRAFFT tool is a brief screen to assess readiness to participate in a conversation that could prevent injury, disease or more severe use disorders.*


Education.

¶ See Depression in Adults: Diagnosis and Treatment Guideline at: www.healthteamworks.org/guidelines/depression.html.

§ See Fetal Alcohol Spectrum Disorder (FASD) supplement, Preconception and Interconception Care Guideline, and Contraception Guideline at www.healthteamworks.org.

‡ See Guidelines for Alcohol and Substance Use Screening, Intervention, Brief Treatment, and Referral to Treatment at: www.healthteamworks.org/guidelines/sed.html.

If the score is above the threshold, MA sets up orders indicating patients followed by behavioral health providers.

Patient Centered Medical Home Initiative

Performance metrics allow practices to monitor the process and outcomes of screening and behavioral health integration.

REFERENCES


3. See Depression in Adults: Diagnosis and Treatment Guideline at: www.healthteamworks.org/guidelines/depression.html.


6. See Guidelines for Alcohol and Substance Use Screening, Intervention, Brief Treatment, and Referral to Treatment at: www.healthteamworks.org/guidelines/sed.html.

7. For national recommendations, references and additional copies of the guideline, go to www.healthteamworks.org or call (303) 446-7200. This guideline was supported with funds from SBIRT Colorado.