UW PSYCHIATRY INTEGRATED CARE TRAINING PROGRAM (ICTP)

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WHO GETS TREATMENT?

Wang et al 2005

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Behavioral Health Care in Washington State

Acute care psychiatric hospitals ~800

State Hospitals ~1000

CMHC ~140,000

Primary Care ~300,000

No Formal Treatment ~550,000

Population ~7 Million

Adults w/ MH Dx ~1 Million
WASHINGTON WORKFORCE: LIMITED ACCESS TO SPECIALTY MENTAL HEALTH PROVIDERS

Most counties without a psychiatrist or psychologist
HOW DO WE CLOSE THE GAP?

• Train more mental health specialists
  • UW Psychiatry Integrated Care Training Program (ICTP)

• Leverage mental health specialists more effectively
  • Partnerships
    ▪ Collaborative Care / primary care
    ▪ ECHO Case Conference
    ▪ Consultation to community hospitals
  • Technology (tele psychiatry)
Evidence Based Integrated Care: Collaborative Care

Effective Collaboration

Prepared, Pro-active Practice Team

Practice Support

Informed, Active Patient

Outcome Measures

Population Registry

Treatment Protocols

Psychiatric Consultation

[ACTIVE PATIENTS]

<table>
<thead>
<tr>
<th>Patient ID</th>
<th>Name</th>
<th>Diagnosis</th>
<th>Age</th>
<th>Gender</th>
<th>Date-Initial</th>
<th>Date-Engage</th>
<th>Date-Engage</th>
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Problem Solving Treatment (PST)
Behavioral Activation (BA)
Motivational Interviewing (MI)
Medications

PHQ-9
IMPACT: Summary

1) Improved Outcomes:
   • Less depression
   • Less physical pain
   • Better functioning
   • Higher quality of life

2) Greater patient and provider satisfaction

3) More cost-effective

→ THE TRIPLE AIM

“I got my life back”

Integrated Care Training Program
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1. Psychiatrist Can Support Collaborative Care Remotely
2. UW PACC: Psychiatry and Addictions Case Conference

FREE to in WA State

- Started July 2016
- Available through tele-video
- Weekly sessions
  - Mental health and addictions lectures
  - Case consultation
- Training opportunity
3. UW PCAT: Tele-video access for community Hospitals

Capital Medical Center

- Support by UW psychiatrists 7 days/week
- Tele-video consultation from psychiatrist for ED and inpatient wards
UW Integrated Care Psychiatry Training Program

Funding
• Funded and supported by the Washington State Legislature through the Safety-Net Hospital Assessment, working to expand access to psychiatric services throughout the State of Washington.

Vision
• We believe there is no health without mental health and that by training psychiatrists and other healthcare providers in evidence-based integrated care, we will increase the access to effective mental health care across Washington State.

Mission
• The mission of the University of Washington Integrated Care Training Program (UWICTP) is to improve the health of Washingtonians by preparing a workforce to advance effective, integrated behavioral healthcare.
Strategies For Psychiatrist Education

Residents
- Integrated care pathway
- Collaborative care rotation
- Area of distinction

Fellows
- Integrated care fellowship
- Integrated care training for all fellows

Continuing Education
- Community trainings
- UW PACC
- Website

Faculty Development
Impact

July 2015

December 2016
Impact

TRAINEES

- 37 Faculty Contributing to ICTP training
- 15 UW Psychiatry Fellows
- 20 UW Psychiatry Residents
- 109 Community-Based Psychiatrists
- 23 Collaborative Care Sites Trained
  - 3 New Implementation Sites
- 410 UW PACC Attendees in 17 sessions
Future Directions: Improve Access to Effective Treat for ALL Washingtonians

• Psychiatric nurses training
  – Expand all training opportunities to this group of providers

• Training other team members: PCPs, Care Managers
  – Training the model of Collaborative Care
  – Using technology as part routine practice
  – Behavioral interventions delivered via technology

• Financing
  – Adopt Collaborative Care codes for Medicaid and commercial payments
  – Ensure all services delivered via technology are reimbursable
Questions?

Website: [http://ictp.uw.edu/](http://ictp.uw.edu/)