



**MEHARRY
VANDERBILT**
Alliance
SINCE 1999

Implementing an Integrative Care Model to Improve Access to Behavioral Health

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Head of Research & Innovation

School of Global Health

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**Behavior Health & Primary Care
Integration Conference**

Lipscomb University

Nashville, TN

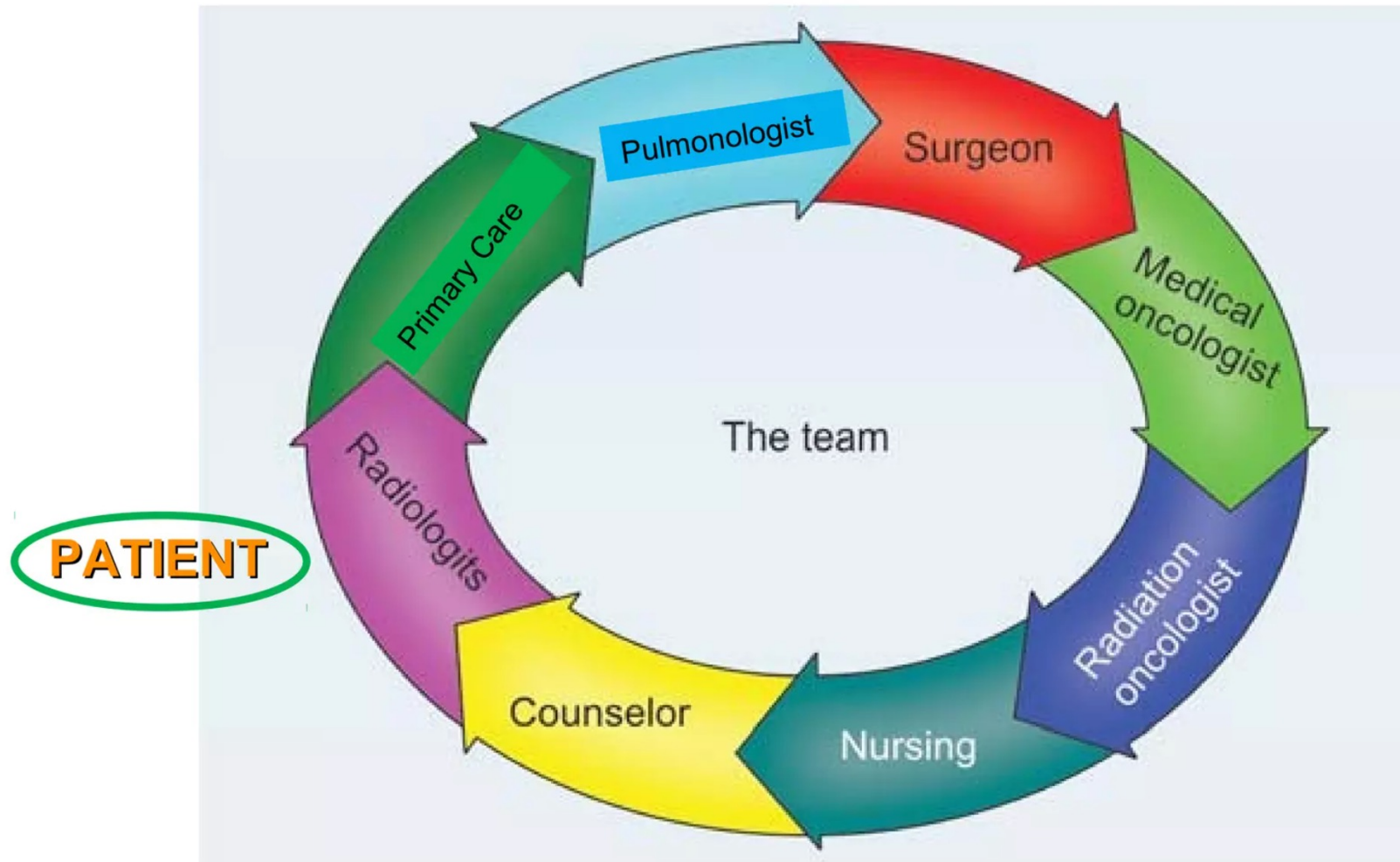
July 27, 2024



VANDERBILT-INGRAM CANCER CENTER

Episodic or Serial Care Model

Example: Lung Cancer

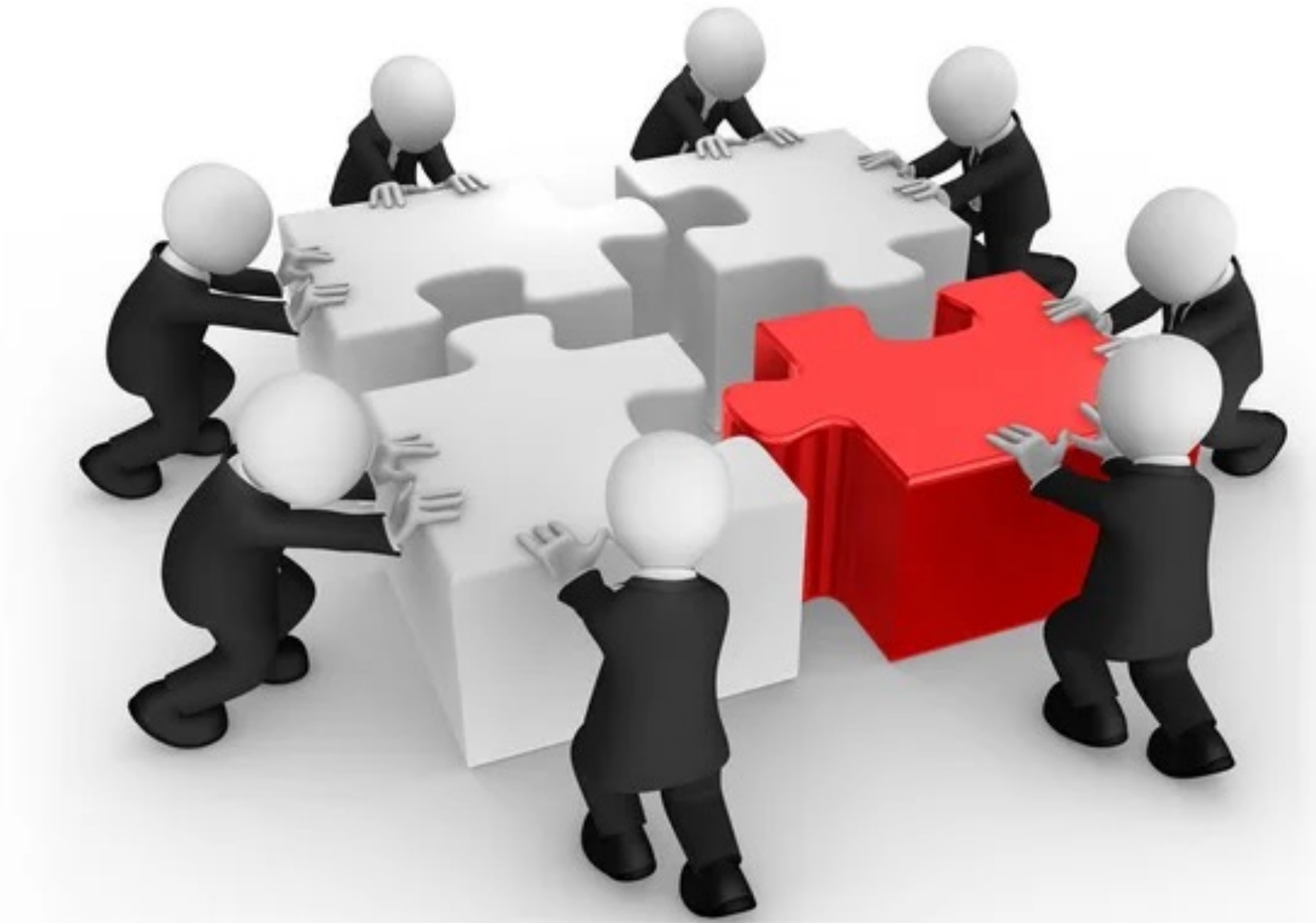


Disadvantages of Episodic Care

- Often excludes direct patient input
- Increases time for care
- Duplicative / inefficient and incomplete
- Increased barriers for underserved communities
- Lacks effective oversight
- Variation in quality and safety

Poor patient outcomes!!

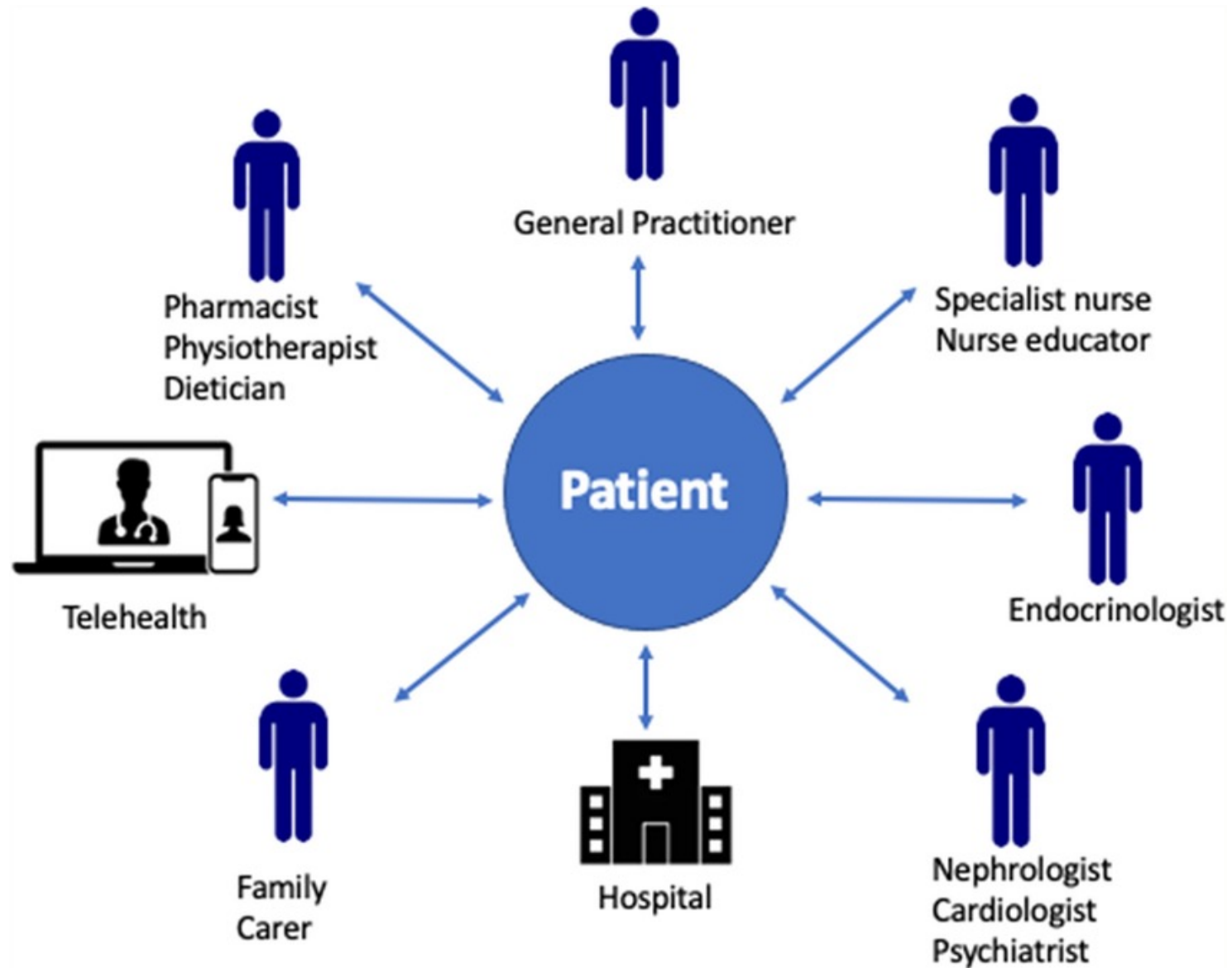
Multidisciplinary Care





Integrated Health Care:

Collaboration between health professionals to provide complete treatment to patients and improve overall well-being



Patient-centered care



Behavioral health vs Mental health

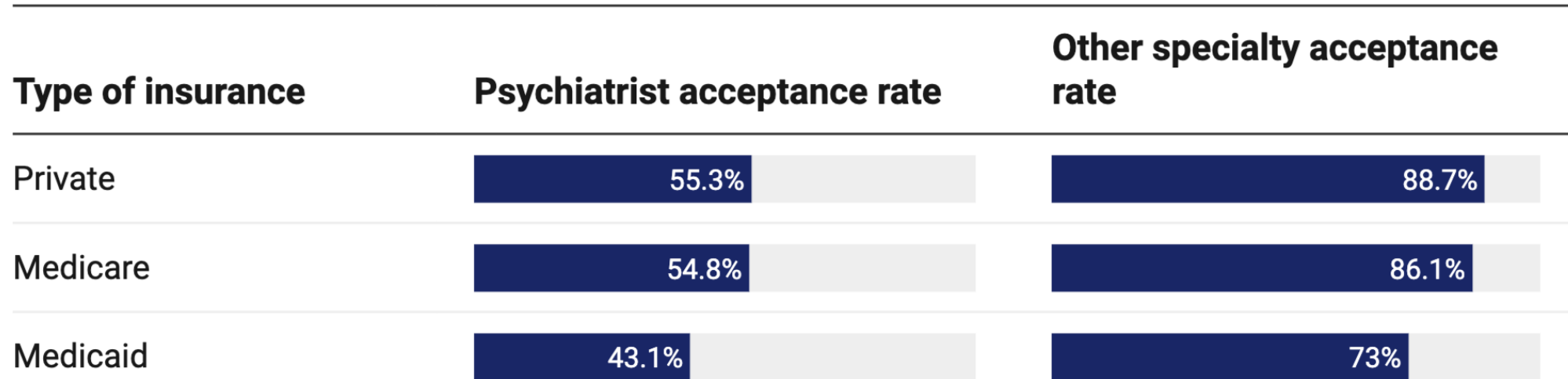
An important distinction to make



Mental health focuses on a person's psychological and emotional well-being, while behavioral health also considers lifestyle choices, physical health, and social determinants.

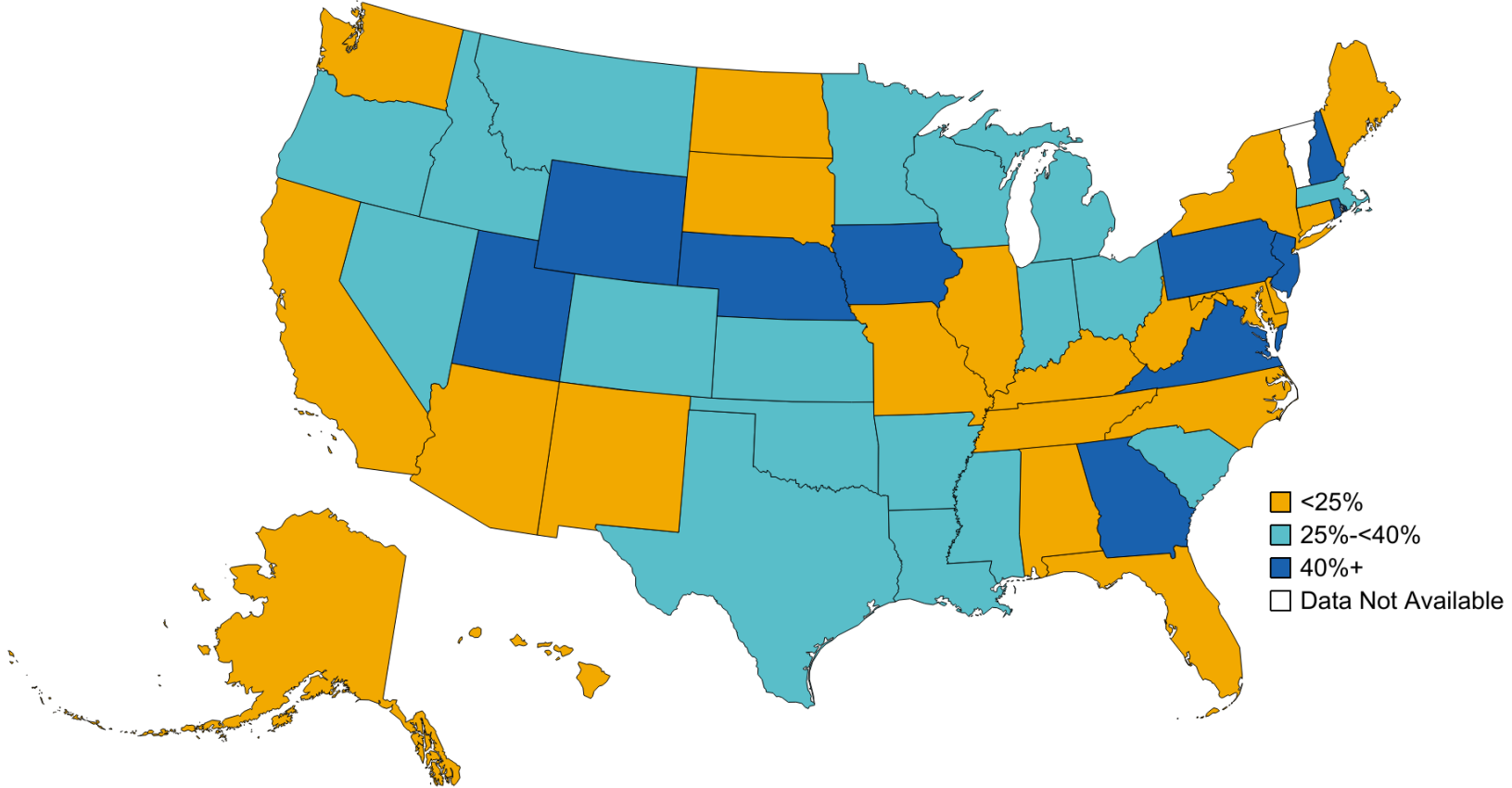
Psychiatrists are less likely than other specialties to accept private, Medicare, and Medicaid insurance

Insurance acceptance rates among psychiatrists and other specialties, 2005–2010



<https://www.americanprogress.org/article/the-behavioral-health-care-affordability-problem/>

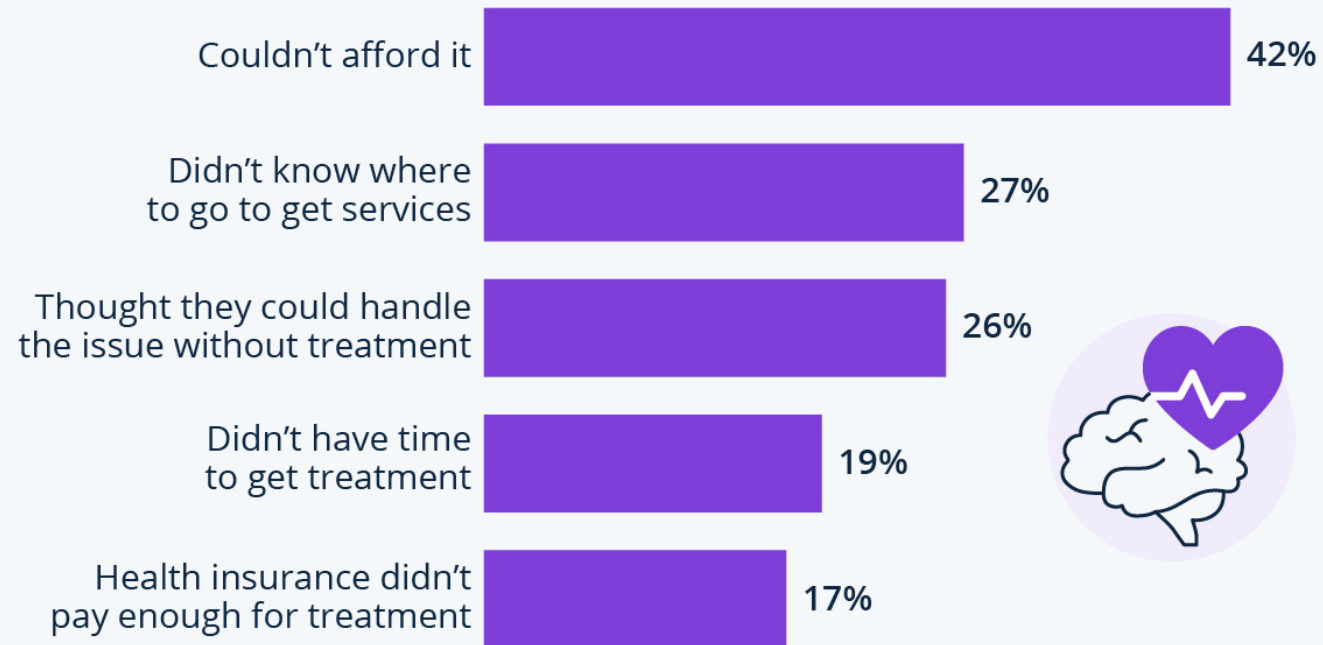
Percentage of need met in mental health care Health Professional Shortage Areas, 2021



Source: KFF. State Health Facts. Mental Health Care Health Professional Shortage Areas (HPSAs) as of Sept. 30, 2021. San Francisco, CA: KFF. Accessed July 6, 2022.

Mental Illness: Cost Is Major Barrier to Treatment in the U.S.

Most common reasons given by U.S. adults with any mental illness for unmet treatment needs in 2022



'Any mental illness' is defined as having a diagnosable mental, behavioral or emotional disorder other than a developmental or substance use disorder.

Source: Mental Health America





When it comes to attitudes toward seeking **MENTAL HEALTH** services, more than

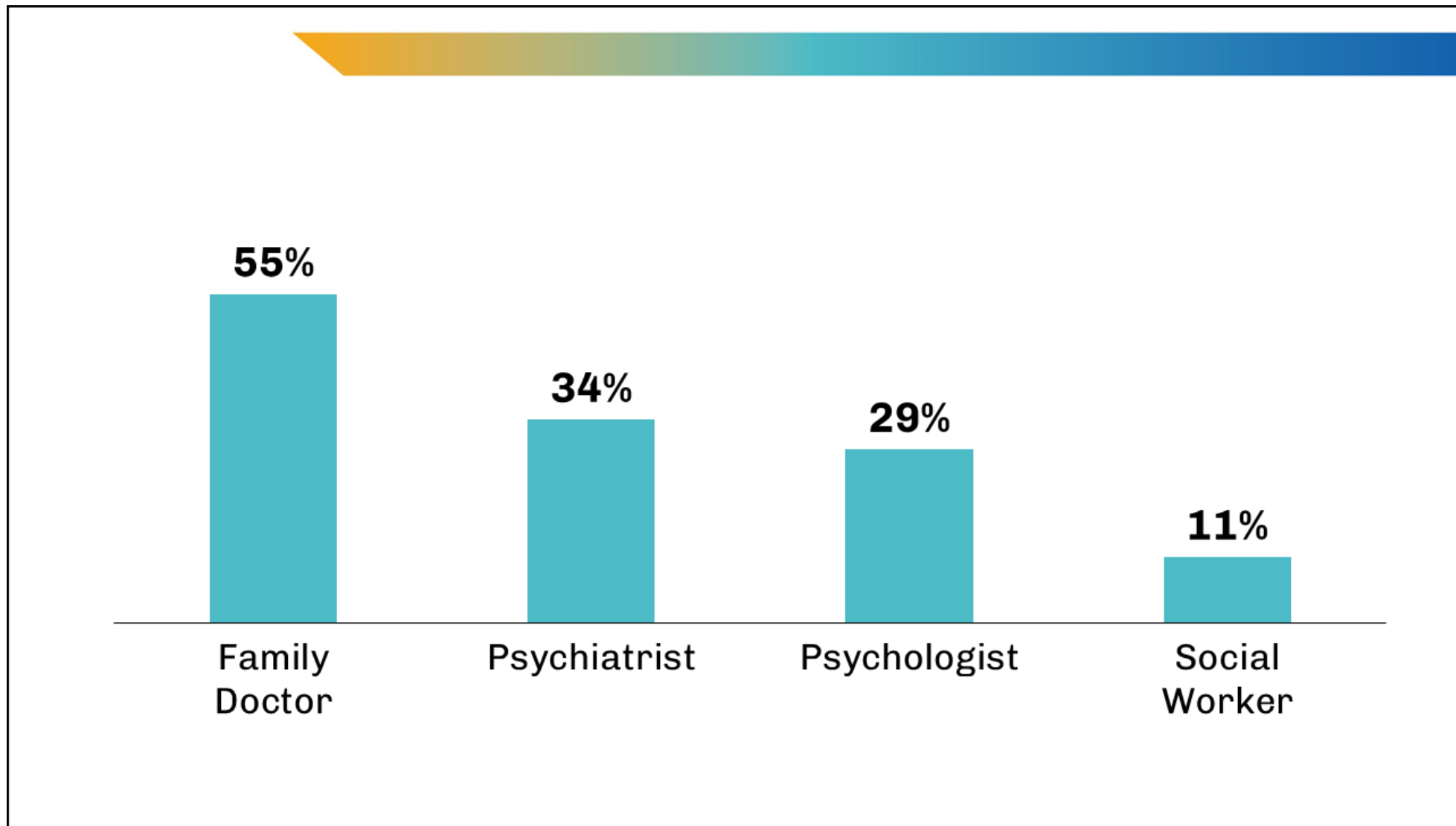
80%



of **Black Americans** are very concerned about the **STIGMA** associated with mental illness, and this concern often discourages the seeking of treatment.

— *Nursing Research*, 2013

#BlackHealthFacts



Percentage of adults with any mental illness who saw or talked to a mental health provider (2019)

<https://www.aamcresearchinstitute.org/our-work/issue-brief/exploring-barriers-mental-health-care-us>

THE ANNUAL COST OF UNTREATED MENTAL ILLNESS



EMERGENCY ROOM CARE

\$38.5 billion¹



INCARCERATION

\$37 billion^{2,3}



MEDICAL COMORBIDITIES

\$132.6 - \$351 billion, est.⁴



LOST PRODUCTIVITY

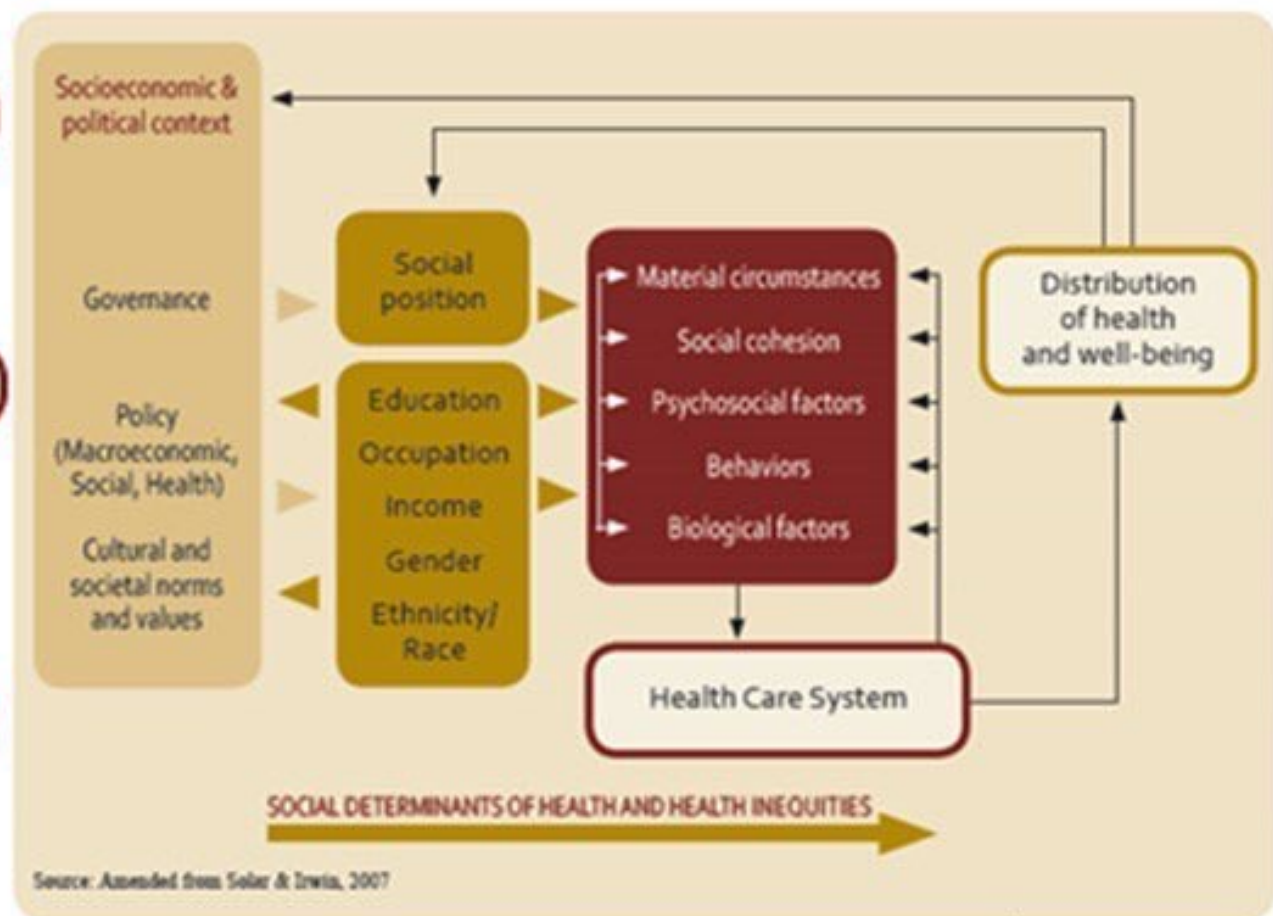
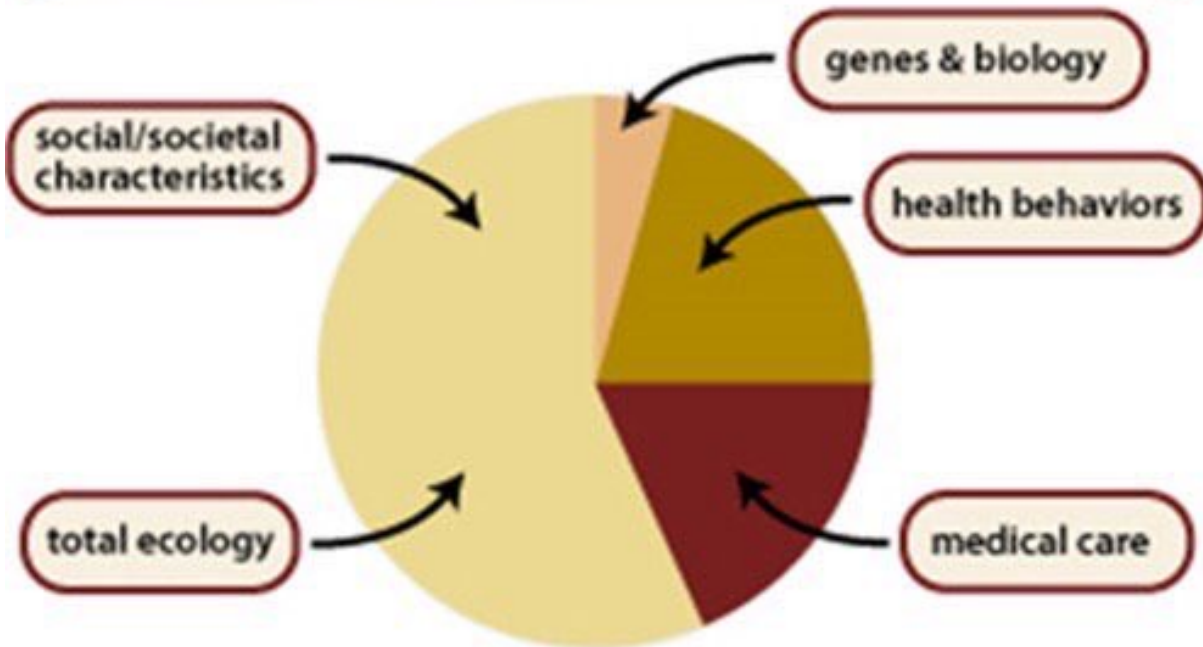
\$193.2 billion⁵

Integrated health care = Interprofessional care

Sharing of information among team members related to patient care and the establishment of a comprehensive treatment plan to address the biological, psychological and social needs of the patient.

The interprofessional health care team includes a diverse group of members (e.g., physicians, nurses, psychologists and other health professionals), *depending on the needs of the patient.*

DETERMINANTS OF POPULATION HEALTH



Greatest Predictor of Health

- **Socioeconomic status**

- Income

- Occupation

- Education

Children living in poverty are 7X more likely to have poor health

UNNATURAL CAUSES
...is inequality making us sick?

A seven-part documentary series exploring racial & socioeconomic inequalities in health.

Do we ALL have an EQUAL chance for HEALTH?

Replay »

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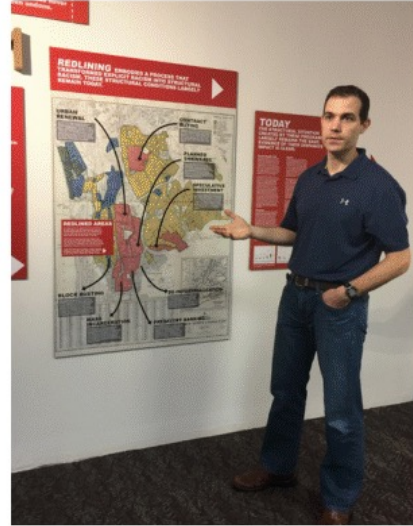
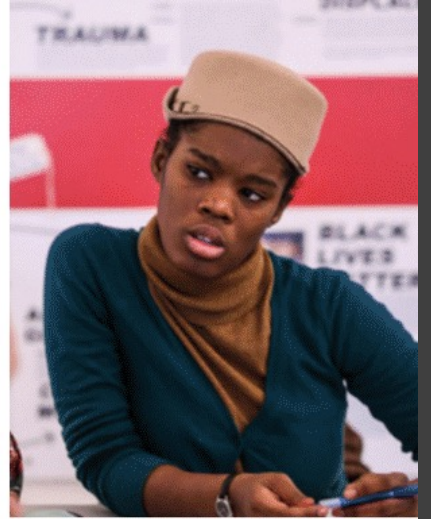
UNDESIGN THE RED LINE

Interactive Exhibit

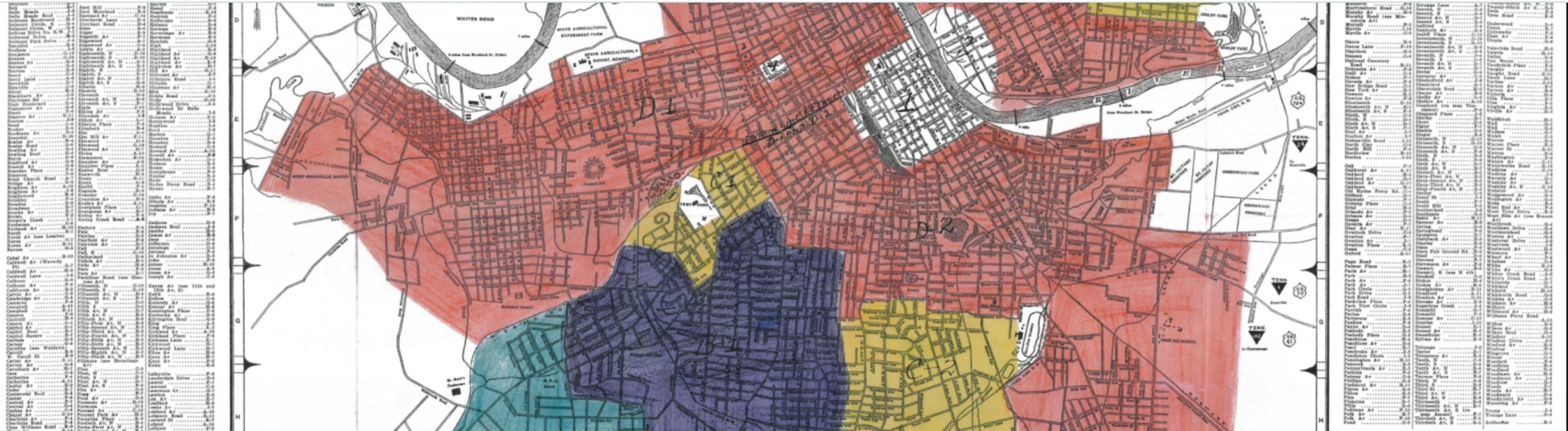
Connecting the history of housing discrimination and segregation to the political and social issues of today.

www.enterprisecommunity.org/undesign-the-redline

Explore the history.
Share your perspective.
Transform your communities.



<http://www.clevelandnp.org/undesigntheredline/>



Housing Segregation in Nashville

Exploring the legacy of de jure segregation in Nashville

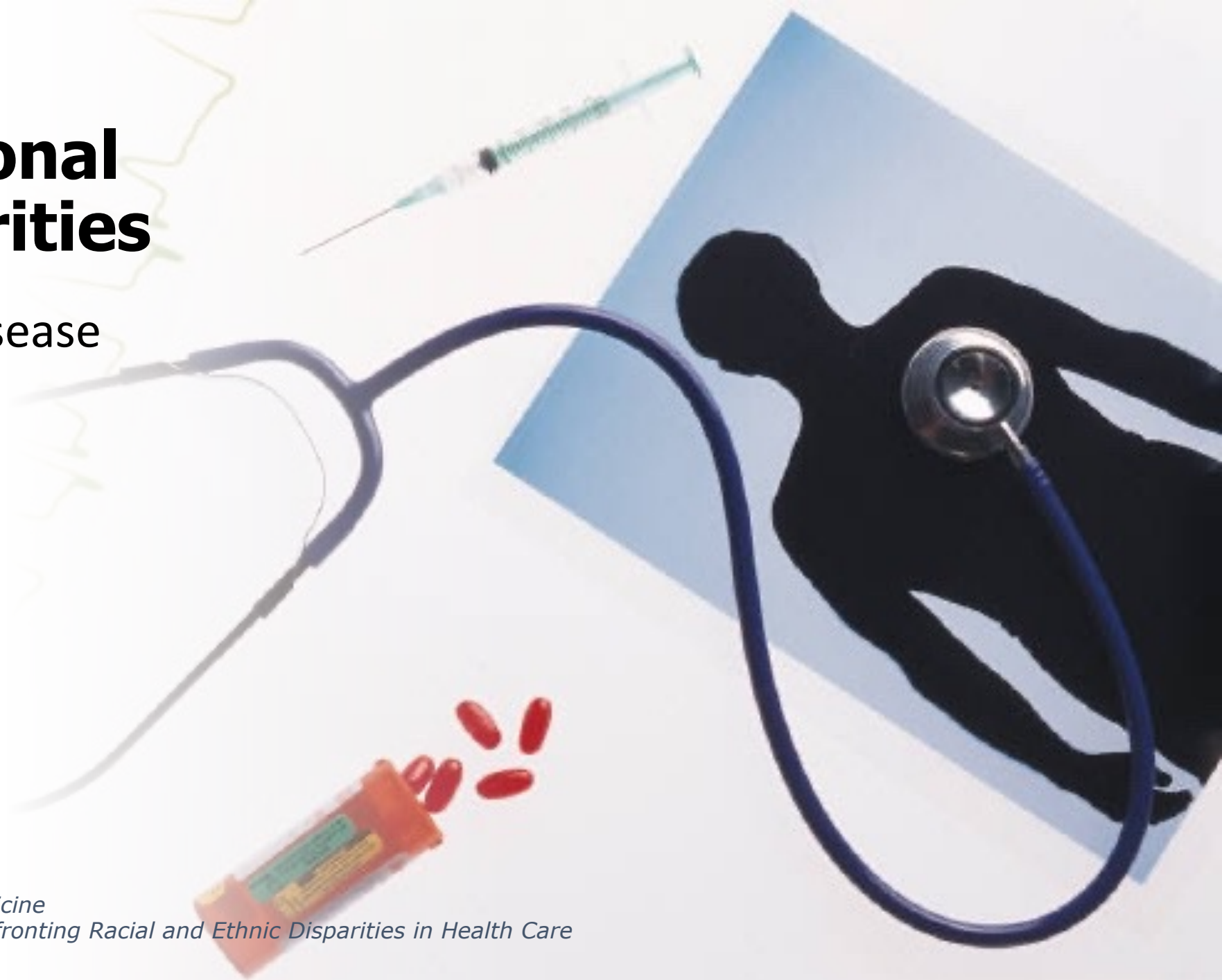
Isabelle Jones, Paula Jimeno Lara, Agustin Tornabene

November 12, 2020

Leading National Health Disparities

- Cardiovascular Disease
- Cancer
- Diabetes
- HIV/AIDS
- Infant Mortality
- Asthma
- Mental Health

*National Institute of Medicine
Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care*



Social Determinants of Health (SDOH)

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education		Stress	
Support	Walkability				
	Zip code / geography				

Health Outcomes
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Populations at Greatest Risk for Inequities

- Racial/Ethnic Minorities
- Rural vs. Urban
- Adolescent/Young Adult
- Geriatric/Older Adult Populations
- LGBTQ+/Sexual & Gender Minorities
- The differently abled

Lower Socioeconomic Status

Equality



Equity



PEOPLE: Assemble the Right Team

- Explore effective integrative strategies
- Discuss the critical role of healthcare administrators
- Training the next generation of behavioral specialists
- How to engage community partners

Define

Align

Connect

Plan

Keeping an Inclusive Perspective on Community Practice & Behavioral Health

Panel Discussion/Q&A



- ***Katina Beard, MSPH***
Chief Executive Officer
Matthew Walker Comprehensive Health Center Inc.
Nashville TN



- ***Douglas Ribiero, PhD***
Professor and Department Chair
Psychology, Counseling and Family Science
Lipscomb University
Nashville TN