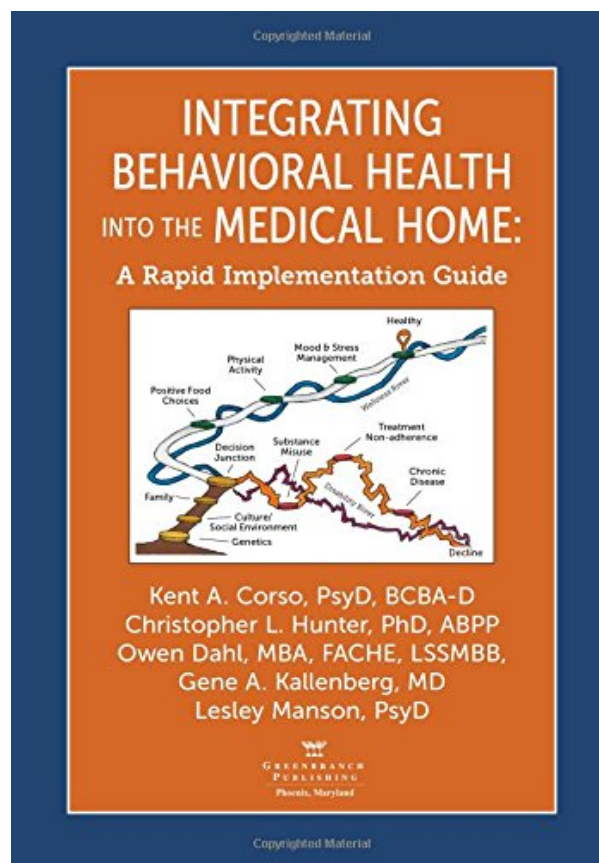


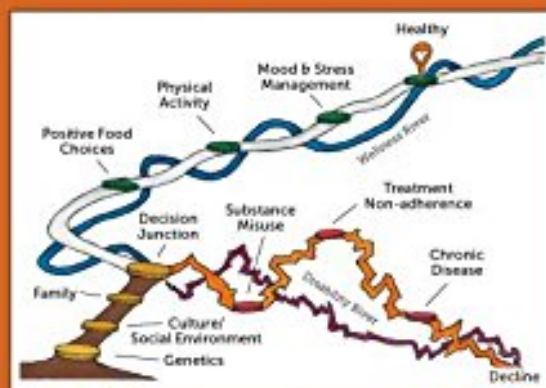
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INTEGRATING BEHAVIORAL HEALTH INTO THE MEDICAL HOME: A Rapid Implementation Guide



Kent A. Corso, PsyD, BCBA-D
Christopher L. Hunter, PhD, ABPP
Owen Dahl, MBA, FACHE, LSSMBB,
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Lesley Manson, PsyD


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Review

For those ready to move up to integrating behavioral health in primary care, this book should be the first stop. It is easy to read, comprehensive, and extremely practical down to the level of job descriptions, worksheets, staffing ratios, and templates. The business and finance sections are easy to understand yet sophisticated they should be required reading for all leaders working in primary care. These authors have produced something of real value. Bravo, and Thank You! Frank Verloin deGruy III, MD, MSFM Woodward-Chisholm Professor and Chair Department of Family Medicine University of Colorado School of Medicine Aurora, CO A welcome and timely resource for organizations looking to engage in integrated behavioral healthcare. It summarizes the published literature, information from case studies, and the authors' experiences from years in the field. Written in a concise, user-friendly format which will guide you step-by-step through the implementation process. I wish that this book existed years ago when KP started the integration journey. Andrew Bertagnolli, PhD Senior Manager Integrated Behavioral Health Care Management Institute Kaiser Permanente Oakland, CA Available at just the right time, this 'bottom line up front' book provides concise guidance for healthcare companies seeking to integrate behavioral health services into primary care. The authors provide a variety of forms to assist with selection of a service delivery model, develop a business plan, and evaluate return on investment. It concludes with a variety of case studies and exemplars to assure reader understanding and confidence in moving forward. Bravo! Patricia J. Robinson, PhD Director of Training and Program Evaluation Mountainview Consulting Group Portland, OR I am tremendously excited to share this short book with all of my colleagues who are striving to establish and improve their own Primary Care Medical Home via integrating behavioral health which means about everyone I know! The experienced authors achieve this book's stated purpose as 'A Rapid Implementation Guide' with succinct practical summaries of key points highlighted at the start of each chapter and often followed by easily understood appendices. This book is well referenced and written to help all of us, from novices to experienced pioneers. Macaran (Mac) Baird, MD, MS Professor and Chair, Department of Family Medicine and Community Health University of Minnesota Medical School Minneapolis, MN Just in the nick of time with healthcare reform, Corso, Hunter, Dahl, Kallenberg, and Manson bring us an eminently readable, highly practical manual to guide the process of integrating

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About the Author

Kent A. Corso, PsyD, BCBA-D, currently holds an adjunct assistant professor position in the Department of Family Medicine at the Uniformed Services University of Health Sciences. He leads the primary care behavioral health program for the Military Health System in the Washington, D.C., region, which enrolls more than 137,000 beneficiaries. Dr. Corso is the president of NCR Behavioral Health, a consultation group that assists diverse healthcare delivery systems in the United States and abroad in the development of profitable, cost saving, quality-enhancing integrated behavioral health programs by leveraging population health principles, cutting-edge practice models, sound business strategies, and high-quality training. Christopher L. Hunter, PhD, ABPP, is board certified in clinical health psychology and works for the

Defense Health Agency as the Department of Defense (DoD) program manager for behavioral health in primary care. As the DoD lead for the last seven years, he has worked to develop policy, secure funding, and oversee the rollout of primary care behavioral health services for 3.3 million Military Health System enrollees. He is a previous chair for the Society of Behavioral Medicine's integrated primary care special interest group and is a Collaborative Family Health Care Association board member. Owen Dahl, MBA, FACHE, CHBC, LSSMBB, of Owen Dahl Consulting, based in Houston, TX, is the author of *Think Business! Medical Practice Quality, Efficiency, Profits* and consultant, public speaker and adjunct professor. He is an independent consultant with an affiliation with the Medical Group Management Association (MGMA), and he has developed training programs in various belt levels in Lean Six Sigma and the application to today's medical practice. Dr. Gene Rusty Kallenberg has been the chief of the Department of Family Medicine and Public Health and vice chair of the Department of Family and Preventive Medicine at the University of California, San Diego (UCSD) since 2001. Dr. Kallenberg also is the director of the new UCSD Center for Integrative Medicine, which opened in 2010. Dr. Kallenberg's interests include new models of primary care, mental health/primary care collaboration, integrative medicine and undergraduate/graduate medical education, and competency assessment in the content areas of communication skills, doctor-patient-family relationships, health systems, and professionalism. Lesley Manson, PsyD, serves as a clinical assistant professor and director of integrated training initiatives at Arizona State University's Doctor of Behavioral Health Program. She is a former president of the North Coast Association of Mental Health Professionals in California and was honored with certificate training from the Johnson and Johnson UCLA Health Care Executive Program. She is also a master trainer for the Institute for Health Care Communication and conducts workshops in the area of clinician-patient interaction and communication to meet the Triple Aim.

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Integrating Behavioral Health into the Medical Home: A Rapid Implementation Guide offers up- to-the-minute guidance on how to integrate behavioral health (BH) into primary care in a manner which is legal, profitable, clinically effective, time-efficient, and reflective of best practices. A one-of-a-kind practical resource not available anywhere else, the distinguished authors present the facts here to help you make rapid and accurate decisions while integrating for the first time or improving your current integrated BH program. The book is geared toward practice leaders or anyone responsible for launching and overseeing a BH service. Topics Include Why? Understand how healthcare delivery and population management must incorporate behavioral health, especially in the medical home Which service delivery model is the right fit for your organization? And how to roll-out a program system-wide Learn how to leverage integrated behavioral health services in the medical home to help you achieve the Triple Aim How to develop and organize your team and get buy-in from all stakeholders Personnel selection and training all staff to deliver team-based success How to shoot past business competitors who do not have these programs Sample business tools: policy samples; templates for business case analyses; surveys for your medical staff; sample pro formas, funding and program evaluation tools, and much more... Insider Tips: A step-by-step guide to achieve the ROI (Return on Investment) desired Clear Do's and Don'ts to improve financial and clinical outcomes Best Practices: Case Examples of outcomes and cost savings How to make these programs worth developing and sustaining... clinically and financially TABLE of CONTENTS SECTION I: GETTING STARTED Introduction Chapter 1: Why Integrate Behavioral Health? Chapter 2: Shared Interprofessional Skills: Language and Collaboration Optimize Operations Chapter 3: What Are Your Needs? Chapter 4: A Menu of Integrated Behavioral Health Options SECTION II: BUSINESS DEVELOPMENT, POLICY, AND OPERATIONS Chapter 5: Policy Chapter 6: Business Development Chapter 7: Calculating Value and Revenue Cycles Chapter 8: Measuring Your Program s Impact Chapter 9: Hiring Chapter 10: Training Chapter 11: Facilitating the Transition Process to Integrated Care SECTION III: CASE STUDIES, PROFILES, AND EXEMPLARS Chapter 12: System Initiatives IMPACT Colorado Access Aetna Cherokee Health Systems Intermountain Health Edmonton Southside Primary Care Network The Piedmont Health Group

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Review

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Woodward-Chisholm Professor and Chair Department of Family Medicine University of Colorado School of Medicine Aurora, CO A welcome and timely resource for organizations looking to engage in integrated behavioral healthcare. It summarizes the published literature, information from case studies, and the authors' experiences from years in the field. Written in a concise, user-friendly format which will guide you step-by-step through the implementation process. I wish that this book existed years ago when KP started the integration journey. Andrew Bertagnolli, PhD Senior Manager Integrated Behavioral Health Care Management Institute Kaiser Permanente Oakland, CA Available at just the right time, this 'bottom line up front' book provides concise guidance for healthcare companies seeking to integrate behavioral health services into primary care. The authors provide a variety of forms to assist with selection of a service delivery model, develop a business plan, and evaluate return on investment. It concludes with a variety of case studies and exemplars to assure reader understanding and confidence in moving forward. Bravo! Patricia J. Robinson, PhD Director of Training and Program Evaluation Mountainview Consulting Group Portland, OR I am tremendously excited to share this short book with all of my colleagues who are striving to establish and improve their own Primary Care Medical Home via integrating behavioral health which means about everyone I know! The experienced authors achieve this book's stated purpose as 'A Rapid Implementation Guide' with succinct practical summaries of key points highlighted at the start of each chapter and often followed by easily understood appendices. This book is well referenced and written to help all of us, from novices to experienced pioneers. Macaran (Mac) Baird, MD, MS Professor and Chair, Department of Family Medicine and Community Health University of Minnesota Medical School Minneapolis, MN Just in the nick of time with healthcare reform, Corso, Hunter, Dahl, Kallenberg, and Manson bring us an eminently readable, highly practical manual to guide the process of integrating behavioral into physical healthcare. Healthcare reform provides the guidelines, this book provides invaluable blueprints that can be adapted to your context. It's even occasionally funny! We live in a period of rapid change in healthcare; new financing incents comprehensive integrated care without providing guidance about how to make the care a practical reality. This essential book fills that gap everything from integrated care models, financing, personnel, skill development, and exemplars. Susan H McDaniel, PhD ABPP Dr. Laurie Sands Distinguished Professor of Families & Health Director, Institute for the Family, Department of Psychiatry Associate Chair of Family Medicine University of Rochester Medical Center Rochester, NY --manuscript review

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This book hits the mark!!!

By Amazon Customer

A great read and must have for students of integrated behavioral health and health care and community

professionals alike! As an academic primer, the book provides learners with the salient basics and material for understanding the evidence base for IBHMH. For the professional and community, the book is road map for IBHMH planning through evaluation. Various planning and evaluation checklists, and the plethora of resources included, make for a versatile tool for the IBHMH pioneer's journey. Double kuddos to the authors! Dr. Kenneth A. Ray, DBH, MEd.

1 of 1 people found the following review helpful.

A must-read for those working in primary care settings.

By Fi

This book helps to identify the value of integration through patient health care outcomes, provider support, and fiscal strategies. Recommended read!

I was excited to learn that Dr. Lesley Manson, PsyD was co-authoring Integrating Behavioral Health into the Medical Home because she was my consultant to learn PCBH and she is amazing!

As a Primary Care Integrated Behavioral Health provider in a small rural health clinic I especially appreciated how this book introduces and explains the benefits of PCBH services.

I see patients before and after their medical appointments for brief targeted goal oriented interventions to help them create small measureable goals to improve their health and wellness, goals of eating more fruits and veggies, getting more exercise or a better night's sleep.

I work with patients on smoking cessation and diabetes and high blood pressure management in short-term, solution focused; goal oriented appointments using evidenced based treatments for health and wellness education and risk reduction.

I engage in brief interventions and appointments to help patients with mental health issues like stress management, anxiety, depression or insomnia and I work with patients in crisis, to assess their safety, address their risk and thoughts and plans of suicide and I refer them to the appropriate level of care.

I see firsthand how Primary care providers and organizations navigate the demands of managed care for improved patient outcomes and reduced cost while struggling with shorter appointments, longer days and more complex patients. PCIBH providers are the support needed to improve patient outcomes, reduce cost of chronic illness and provide on the spot mental health support. I see PCBH providers as the wave of the future and in a few years all of primary care will wonder how they ever did without PCBH providers.

1 of 1 people found the following review helpful.

I have found this to be one of the most useful and easy-to-read guides about the most important aspects of ...

By Nelly

As a clinical health psychologist who provides both clinical and administrative services in primary care for the past 10 years, I have found this to be one of the most useful and easy-to-read guides about the most important aspects of doing the work of integration of behavioral health in primary care. For someone with little to no experience in this field to the provider who has been practicing for years, I feel like this is a resource everyone can learn from or at the minimum obtain validation about the direction of their integration. I made sure all of the key people in my organization had copies and will be using my copy as a resource for the many presentations I give on the topic. To have all of the pertinent resources in such an organized and well-written manner is a win-win for the field and all of the organizations who are aspiring to integrate their behavioral health services into primary care. Couldn't feel more satisfied or pleased with this book!

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Review

For those ready to move up to integrating behavioral health in primary care, this book should be the first stop. It is easy to read, comprehensive, and extremely practical down to the level of job descriptions, worksheets, staffing ratios, and templates. The business and finance sections are easy to understand yet sophisticated they should be required reading for all leaders working in primary care. These authors have produced something of real value. Bravo, and Thank You! Frank Verloin deGruy III, MD, MSFM Woodward-Chisholm Professor and Chair Department of Family Medicine University of Colorado School of Medicine Aurora, CO A welcome and timely resource for organizations looking to engage in integrated behavioral healthcare. It summarizes the published literature, information from case studies, and the authors' experiences from years in the field. Written in a concise, user-friendly format which will guide you step-by-step through the implementation process. I wish that this book existed years ago when KP started the integration journey. Andrew Bertagnolli, PhD Senior Manager Integrated Behavioral Health Care Management Institute Kaiser Permanente Oakland, CA Available at just the right time, this 'bottom line up front' book provides concise guidance for healthcare companies seeking to integrate behavioral health services into primary care. The authors provide a variety of forms to assist with selection of a service delivery model, develop a business plan, and evaluate return on investment. It concludes with a variety of case studies and exemplars to assure reader understanding and confidence in moving forward. Bravo! Patricia J. Robinson, PhD Director of Training and Program Evaluation Mountainview Consulting Group Portland, OR I am tremendously excited to share this short book with all of my colleagues who are striving to establish and improve their own Primary Care Medical Home via integrating behavioral health which means about everyone I know! The experienced authors achieve this book's stated purpose as 'A Rapid Implementation Guide' with succinct practical summaries of key points highlighted at the start of each chapter and often followed by easily understood appendices. This book is well referenced and written to help all of us, from novices to experienced pioneers. Macaran (Mac) Baird, MD, MS Professor and Chair, Department of Family Medicine and Community Health University of Minnesota Medical School Minneapolis, MN Just in the nick of time with healthcare reform, Corso, Hunter, Dahl, Kallenberg, and Manson bring us an eminently readable, highly practical manual to guide the process of integrating

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We all have a neck connecting our head and body. This means every aspect of physical health is influenced by our minds. Addressing either physical health or mental health without integrating the two leads to failure something we can't afford to have happen. *Integrating Behavioral Health into the Medical Home: A Rapid Implementation Guide* is the tool everyone needs in order to facilitate truly integrated healthcare a must read!! Paul Grundy, MD, MPH IBM's Global Director of Healthcare Transformation President, Patient-Centered Primary Care Collaborative Hopewell Junction, NY Most patients who are depressed or anxious or who need mental health treatment start at their primary care office. Most never get to a psychiatrist they are treated by their PCP. Adding an organized behavioral health component will improve patient care and provide support for the primary care clinician. This book provides an invaluable, specific road map for practices. Betsy Nicoletti, MS, CPC Author, *The Field Guide to Physician Coding*, 3rd Edition Northampton, MA --manuscript review

About the Author

Kent A. Corso, PsyD, BCBA-D, currently holds an adjunct assistant professor position in the Department of Family Medicine at the Uniformed Services University of Health Sciences. He leads the primary care behavioral health program for the Military Health System in the Washington, D.C., region, which enrolls more than 137,000 beneficiaries. Dr. Corso is the president of NCR Behavioral Health, a consultation group that assists diverse healthcare delivery systems in the United States and abroad in the development of profitable, cost saving, quality-enhancing integrated behavioral health programs by leveraging population health principles, cutting-edge practice models, sound business strategies, and high-quality training. Christopher L. Hunter, PhD, ABPP, is board certified in clinical health psychology and works for the

Defense Health Agency as the Department of Defense (DoD) program manager for behavioral health in primary care. As the DoD lead for the last seven years, he has worked to develop policy, secure funding, and oversee the rollout of primary care behavioral health services for 3.3 million Military Health System enrollees. He is a previous chair for the Society of Behavioral Medicine's integrated primary care special interest group and is a Collaborative Family Health Care Association board member. Owen Dahl, MBA, FACHE, CHBC, LSSMBB, of Owen Dahl Consulting, based in Houston, TX, is the author of *Think Business! Medical Practice Quality, Efficiency, Profits* and consultant, public speaker and adjunct professor. He is an independent consultant with an affiliation with the Medical Group Management Association (MGMA), and he has developed training programs in various belt levels in Lean Six Sigma and the application to today's medical practice. Dr. Gene Rusty Kallenberg has been the chief of the Department of Family Medicine and Public Health and vice chair of the Department of Family and Preventive Medicine at the University of California, San Diego (UCSD) since 2001. Dr. Kallenberg also is the director of the new UCSD Center for Integrative Medicine, which opened in 2010. Dr. Kallenberg's interests include new models of primary care, mental health/primary care collaboration, integrative medicine and undergraduate/graduate medical education, and competency assessment in the content areas of communication skills, doctor-patient-family relationships, health systems, and professionalism. Lesley Manson, PsyD, serves as a clinical assistant professor and director of integrated training initiatives at Arizona State University's Doctor of Behavioral Health Program. She is a former president of the North Coast Association of Mental Health Professionals in California and was honored with certificate training from the Johnson and Johnson UCLA Health Care Executive Program. She is also a master trainer for the Institute for Health Care Communication and conducts workshops in the area of clinician-patient interaction and communication to meet the Triple Aim.

As known, book *Integrating Behavioral Health Into The Medical Home: A Rapid Implementation Guide* By Kent A. Corso, PsyD, BCBA-D, Christopher L. Hunter, is popular as the home window to open the world, the life, as well as new thing. This is just what individuals currently need so much. Also there are many individuals who do not like reading; it can be a selection as reference. When you truly need the methods to develop the next motivations, book *Integrating Behavioral Health Into The Medical Home: A Rapid Implementation Guide* By Kent A. Corso, PsyD, BCBA-D, Christopher L. Hunter, will truly lead you to the method. Moreover this *Integrating Behavioral Health Into The Medical Home: A Rapid Implementation Guide* By Kent A. Corso, PsyD, BCBA-D, Christopher L. Hunter,, you will have no regret to get it.