

From Preconception to Parenting: Behavioral Health Screening, Intervention, and Collaborative Care

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65,000 voices



Malcolm Baldrige
National Quality Award

2011 Award Recipient

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Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness

Mission

Working together with the Native Community to achieve wellness through health and related services



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Goals

Shared Responsibility

Commitment to Quality

Family Wellness



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Customer Ownership



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Operational Principles

- R**elationships between customer-owner, family and provider must be fostered and supported
- E**mphasis on wellness of the whole person, family and community (physical, mental, emotional and spiritual wellness)
- L**ocations convenient for customer-owners with minimal stops to get all their needs addressed
- A**ccess optimized and waiting times limited
- T**ogether with the customer-owner as an active partner
- I**ntentional whole-system design to maximize coordination and minimize duplication
- O**utcome and process measures continuously evaluated and improved
- N**ot complicated but simple and easy to use
- S**ervices financially sustainable and viable
- H**ub of the system is the family
- I**nterests of customer-owners drive the system to determine what we do and how we do it
- P**opulation-Based systems and services
- S**ervices and systems build on the strengths of Alaska Native cultures



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Core Concepts

- W**ork together in relationship to learn and grow
- E**ncourage understanding
- L**isten with an open mind
- L**augh and enjoy humor throughout the day
- N**otice the dignity and value of ourselves and others
- E**ngage others with compassion
- S**hare our stories and our hearts
- S**trive to honor and respect ourselves and others



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Objectives

- Understand the Southcentral Foundation Nuka System of Care
- Understand the Use of Screening in the Medical Home Model
- Understand Perinatal Screening and Interventions for Health Behavior Change



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SCF Medical Home

- Integrated Care Model in a Medical Home
 - Providers- MD, NP, PA, BHC, Dietitians, Pharmacist
 - Case Managers- RN
 - Certified Medical Assistant
 - Case Management Support
 - Administrative Support
- Other Campus services:
 - Health Education
 - Nutaqsiivik
 - Family Health Resources
 - Behavioral Health: Behavioral Urgent Response, Four Directions, Dena a Coy, MAT (Naltrexone/Vivitrol/Suboxone), Learning Circles

Behavioral Health Consultants

Behavioral Health Consultant (BHC):

- 16 BHCs in PCC, 5 BHCs in Pediatrics, 5 in Valley Native Primary Care Center (VNPCC)
- MSW or MS in Counseling Psychology (most are licensed LCSW or LPC)

What do BHC's do?

- Screening, assessment, brief intervention, education and follow-up/monitoring for patients experiencing mental/medical health issues and life stresses
- Joint visits and care conferences with provider teams for complex cases
- Consultation and education to providers and case managers on behavioral health issues
- Provide psycho-educational to aid in treatment and understanding
- Consultation with specialists, referral for longer term therapeutic interventions



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Routine Screenings for All

- ASQ 2 m/o-5y/o (Pediatrics-: ASQ SE at 18 m/o) at WCC
- SDQ 6y/o – 17y/o annually
- PRIME MD (PHQ-9) 18y/o + annually
- CRAFFT 11y/o – 17y/o annually
- SBIRT 18y/o + annually



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CRAFFT

- Recommended by American Academy Pediatrics
- Mnemonic acronym of first letters of key words in the six screening questions.
- Annually for 11 y/o – 17 y/o (valid through 21 years old)
- Self-administered – provided to family/teen at check-in



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The CRAFFT Screening Questions

Please answer all questions honestly: your answers will be kept confidential

Part A

Part B

- | | No | Yes |
|--|--------------------------|--------------------------|
| 1. Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you ever use alcohol or drugs while you are by yourself, or ALONE? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you ever FORGET things you did while using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever gotten into TROUBLE while you were using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |

should cut down on your drinking or drug use?

6. Have you ever gotten into TROUBLE while you were using alcohol or drugs?

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CRAFFT data

- How many seen yearly
 - January 2016 – Dec 2015, average of 83 per month
 - Increase in July, August, September associated with school physical time
- How many positive
 - Average of 7 of those 83 administered are positive
- How many receive intervention
 - Average of 30 received an intervention (intervention includes – screenings, too)

SBIRT

Screening, Brief Intervention, Referral and Brief Therapy

- Began as a partnership between SCF and CITC in 2004
- Grant with goal of providing access and linkages to treatment and services
- Proactive approach/Early Intervention
- Customer-Owner driven and voluntary



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Please complete

1. How often do you
0 Never

BHC completes questions remaining questions.

5. How often during the last year have you found that you were not able to stop drinking once you had started?
0 Never 1 Less than monthly
2 Monthly 3 Weekly
4 Daily or almost Daily

6 10 or more

3. How often do you
occasion?

Please complete questions 1-4 only

1. How often do you drink anything containing alcohol?

id to do
ig?

6. How often during the past year have you failed to do what was expected of you because of drinking?
0 Never 1 Less than monthly
2 Monthly 3 Weekly
4 Daily or almost Daily

7. How often during the past year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?
0 Never 1 Less than monthly
2 Monthly 3 Weekly
4 Daily or almost Daily

you are drinking?
0 0- 1 drink
2 3 drinks
4 5-6 drinks

AUDIT Score (total Q1-3 & Q5-11): _____

Question 4 Score: _____

Positive Score:

- For women or men age 65 years or older, a score of 7 or higher on Questions 1-3
- For men under age 65, a score of 8 or higher on Questions 1-3
- For everyone, a score of 1 on Question 4

0 No

SCORE Q1-Q3: _____

BHC completes que

5. How often during were not able to s
0 Never
2 Monthly
4 Daily or alm

AUDIT Score (total Q

Question 4 Score:

0 Never
2 Monthly
4 2-3 times a
6 Daily

4. Do you use non-~~r~~
cocaine, or heroin
as Oxycontin?

0 No

SCORE Q1-Q3: _____

of your drinking?
0 Never 1 Less than monthly
2 Monthly 3 Weekly
4 Daily or almost Daily

10. Have you or someone else been injured because of your drinking?
0 No
2 Yes, but not in the past year
4 Yes, during the past year

11. Has a relative, friend, doctor, or other health care worker been concerned about your drinking and suggested you cut down?
0 No
2 Yes, but not in the past year
4 Yes, during the past year

SBIRT Data



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PRIME-MD (PHQ-9) Depression Screen

- Administered yearly by CMAs during check in or BHCs
- In national primary care research, more than half of outpatient medical visits are for somatic complaints, which are often associated with depression and anxiety
- Value in treating mental health as equally important part of overall health



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Less than 2 days

3 to 6 days

7 to 11 days

Greater than 12 days

FOR 1 if 2 or greater on 1 and/or 2 continue below

L	3. Do you have trouble sleeping? Do you find yourself having trouble falling asleep, or staying asleep? Are you sleeping too much, or not enough?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		0	1	2	3
<u>Questi</u>	4. Do you feel your energy has decreased, that you are tired more than you used to be?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		0	1	2	3
	5. Have you had a decrease - or an increase in your appetite?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL SCORE _____

Can you tell me, using the scale, how difficult have these problems been for you? (at work, getting along with other people, family, and children)?

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Not at all	Somewhat	Very	Extremely
yourself jumping from one thing to another? Can't stay focused on reading or a TV show?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	1	2	3
8. Do you feel you have slowed down, that you don't get as much done in a day? Or are you just the opposite. Do you feel nervous, restless, just can't seem to sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	1	2	3
9. Have you ever thought of hurting yourself – or that you would be better off dead?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	1	2	3
along with other people, family, and children)?	Not at all	Somewhat	Very	Extremely

BHC Intervention

- The BHC briefly discusses with the client their screening and results, gives brief psychoeducation as related to their mental and physical health.
- Brief intervention is considered 1-5 sessions
- Goal: Harm Reduction!



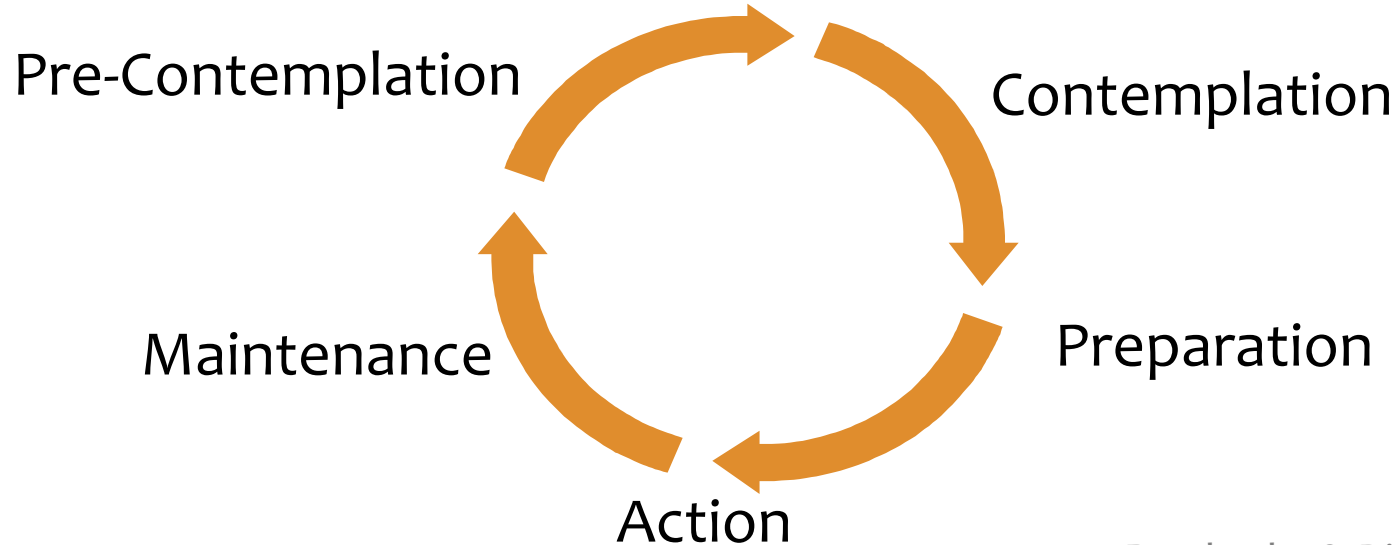
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Stages of Change

Assess readiness to change



Prochaska & DiClemente, 1986

Motivational Interviewing

Provider must:

- Respect autonomy of patients and their choices
- Take readiness to change into account
- Acknowledge ambivalence
- Allow patient to select target

■ Educate

Customer-Owner:

- Is active decision-maker
- Must believe they be successful in behavior change

Perinatal Care Philosophy

- Pregnancy and new parenting as best time to make changes in health in your life
- Falls in line with our number one SCF Goal: Reduce the rate of domestic violence, child abuse and neglect
- Some other goals include reducing rates of suicide, obesity, and substance abuse and improving management of CVD and diabetes



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Resistance or Non-Adherence?

- Getting curious... what may be behind that?
- Generational Trauma
- Adverse Childhood Experiences
- Epigenetics



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Preconception

- STD checks ,+SBIRT in women , Plan B, negative pregnancy tests, SDQ
- Focus on feelings about pregnancy/birth control, DV, mental health
- Opportunities:
 - To identify hx of mood disorder, trauma history
 - To use Motivational Interviewing for behavior change (especially nicotine, marijuana, even caffeine)
 - To set goals for self/relationship/or parenting

Positive Pregnancy Intervention

- History

- No structured intervention/assessment first trimester
- Missing important time to make changes

- Alcohol/drugs

- Relationships

- Making decisions about pregnancy

- Start preparing for parenting

- What about Preconception?



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BHC Contact at Pregnancy Screen

Positive Pregnancy Screening BHC Visit

1) How are you feeling about being pregnant? (options)

2) Pregnancy history

(Gravida- # of pregnancies , Para- # of live births) (TAB=therapeutic abortion(choice), SAB=spontaneous abortion (miscarriage)

*First pregnancy? Hx miscarriage? Past pregnancy/birth experiences?
Past breastfeeding experiences?

*Review LMP/EDD (as a double-check measure) (LMP=last menstrual period, EDD=estimated due date)



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BHC Contact at Pregnancy Screen

Positive Pregnancy Screening BHC Visit

3) Safety

- Domestic Violence? (When you and your partner fight, what does that look like? Leaving & pregnancy most dangerous times, lethality assessment or safety plan as needed. *Don't ask these questions if partner is in the room*)
- Drugs/Alcohol/Caffeine/Nicotine?
- Mental Health (hx postpartum depression/perinatal mood disorder or anything else?)
- Social Supports? Hx OCS involvement?
- On Meds?



BHC Contact at Pregnancy Screen

Positive Pregnancy Screening BHC Visit

4) Resources

- WIC/Food Stamps/Denali Kid Care/Housing
- Dietitian, Health Ed?
- Nutaq referral

5) Next Steps

- Referred to integrated midwifery team
- PCP/CM team will call within 2 days to review meds
- Review +Pregnancy Packet, including picking up folic acid at pharmacy
- Encourage any f/u or questions with their PCP



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Prenatal Interview

- Conducted by integrated midwife case manager
- Started to create bridge for prenatal team and take burden off of 1st prenatal appointment
- Screens chart and looks at past appointments/patterns
 - Have they seen a BHC? Unsure how many have already but finds it helpful when they have
 - will co-schedule with BHC during this interview if risk factors appear
 - Most helpful for substance use treatment resources



Lactation Support

- Importance for attachment/bonding, health, decrease in abuse/neglect
- Intervention during prenatal care
- Great breastfeeding initiation rates at ANMC d/c from Mother Baby Unit



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Nutaqsivik Nurse Family Partnership

- Referral by 28 weeks, involved w/family up until child is 2 y/o
- Home visiting RN's, often IBCLC's or lactation educators
- Structured evidence based curriculum
- Support's SCF goals/vision/mission
- Includes BHC/Clinician on team
- Intensive work with mom, child, and family system



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Postpartum Opportunities

- Importance of Screening, when and where?
- Tools to use – PRIME MD vs Edinburgh Depression Screen
- Integrated Pediatrics, WCC



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Snuggle Time

- Identified lack of support for new parents, similar groups very successful at other hospitals
- Run by Lactation Consultant with support from BHC team
- Goals- increase social support for new parents, value in peer advice, increase # of mom's sustaining breastfeeding, decrease # of unnecessary ER/PCC visits



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Snuggle Time Content

- Sign in (document in baby's chart)
- Check-in
- Songs, baby sign, books
- Baby massage and baby food making demonstrations
- Open conversation around: return to work, travel, common parenting anxieties and worry, sleep and self-care (including exercise/birth control), Anticipatory guidance around SIDS/SBS

Well Child Visits

- Ages & Stages Questionnaire (2 m/o- 5y/o)
- Implemented in Peds originally to increase utilization and prevention
- State of Alaska became involved with ABCD Screening Academy
- BHCs and Anticipatory Guidance
- Broader developmental questions/concerns from family
- Identify behavior problems early and preventative parenting



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Opportunity for Discussion

- What of these processes are you already doing?
- Which do you want to start in your agency?
- Barriers or challenges?
- What are we missing?



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Review

- SCF model
- Preconception Interventions
- Pregnancy Interventions and Resources
- Postpartum and Parenting Interventions and Resources



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Thank You!

Qaġaasakung

Aleut

Quyanaq

Inupiaq

‘Awa'ahdah

Eyak

Mahsi'

Gwich'in Athabascan

Igamsiqanaghalek

Siberian Yupik

Háw'aa

Haida

Quyana

Yup'ik

T'oyaxsm

Tsimshian

Gunalchéesh

Tlingit

Tsin'aen

Ahtna Athabascan

Quyanaa

Alutiiq

Chin'an

Dena'ina Athabascan



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