



Promoting Wellness and Recovery

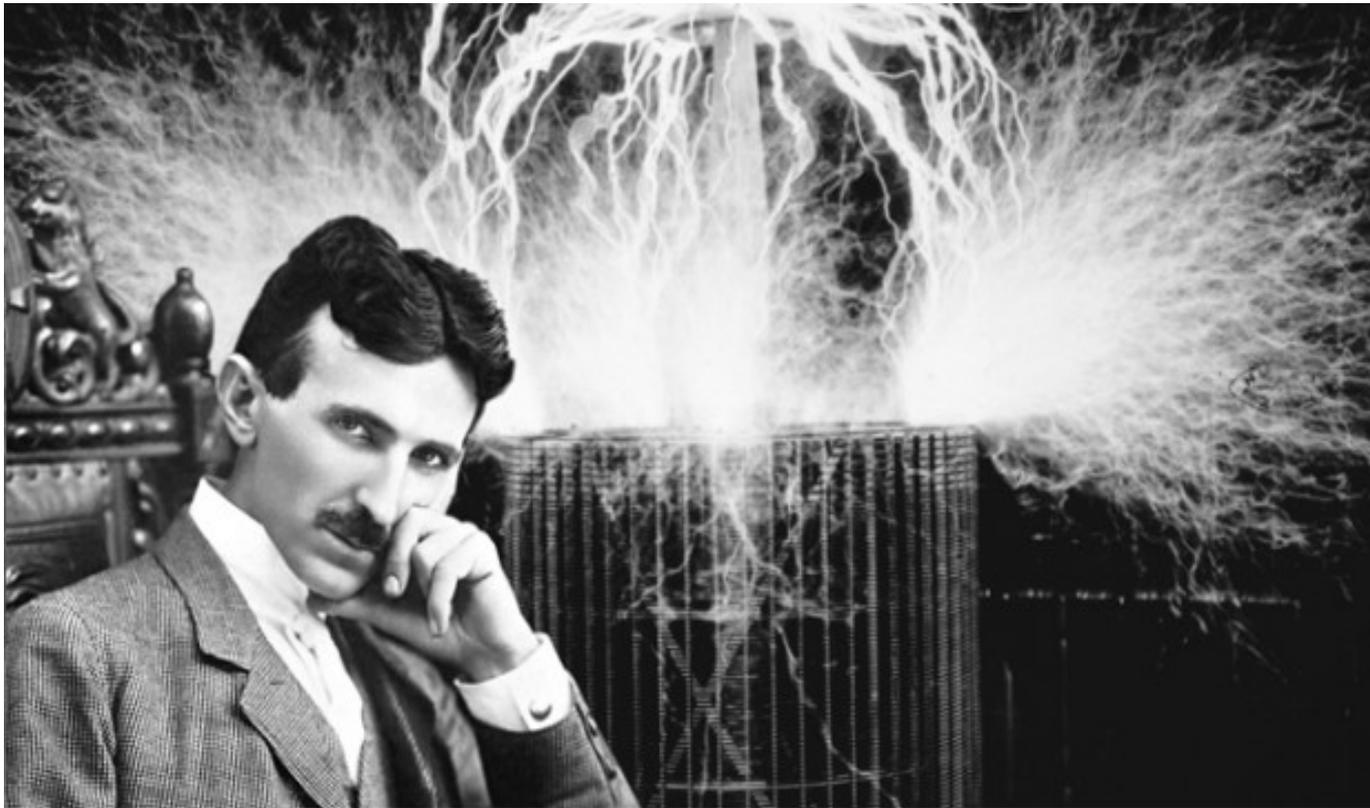
John R. Kasich, *Governor*
Tracy J. Plouck, *Director*

**Trending of Best Practices-
OHA Private Psychiatric Inpatient Provider
Conference
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BRIGHT IDEAS!

- Nikola Tesla- Inventor of Alternating Current (AC) electricity



BACKDROP

- Social/ economic stress/ strain- economic “hard times”/ “bump” in the unemployment
- Widening gap between those who “have “ and those who “have not”
- Expansion of insured populations- ACA and Medicaid expansion
- Mental health parity in place for insured patients



BACKDROP (2)

- Further consolidation of behavioral healthcare practices- fewer independent practitioners (?)
- Shortage of categories of healthcare professionals- psychiatrists
- Publication of DSM-5. Changing terminology/ conceptualizations of disorders. Billing code changes.



PATIENT FACTORS

- Growing recognition of the effects of brain trauma and life traumas on cognition/ behavior/ well- being
- Shift in substance use patterns-
“Explosion” of prescription opioid use problems



BH SERVICE CHARACTERISTICS- OPTIMAL

- Easily- accessed/ readily available services, “least-restrictive” environment
- Rapid/ efficient assessment
- Proactive engagement of patients
- Patient- centered care/ respect for patient choice
- Patient as a partner in treatment
- Individualized treatment- “right “ services and amount of treatment, rapidly adjusted for changing patient needs



BH SERVICE CHARACTERISTICS- OPTIMAL (2)

- Significant use of group treatment/ family inclusion in treatment/ incorporation of community supports
- Clinician continuity
- Service coordination/ integration
- Culturally- competent care
- Data- driven care/ Performance improvement (Lean methods)
- Cost- effective care



BH SERVICE CHARACTERISTICS- OPTIMAL (3)

- Incorporation of technology into treatment settings- telepsychiatry, e- mail communication with patients, mobile apps to support treatment
- Use of non- physician medical staff for psychiatric care activities- APRNs, PAs
- Use of Peer Support Staff, Certification of Peer Supporters (CPSS)



ORGANIZATIONAL CHARACTERISTICS- OPTIMAL

- Efficient
- Responsive/ Flexible
- Teamwork highly valued
- Communication- effective
- Clinician experience- recruitment / retention of high quality staff



ORGANIZATIONAL CHARACTERISTICS- OPTIMAL (2)

- Commitment to staff training, creating a learning environment
- Strong alignment of Leadership and clinical staff- shared goals
- No fault culture, staff are consistently rewarded for high- quality service to patients



COMMONLY USE “BEST PRACTICES” (EVIDENCE- BASED PRACTICES)

- Prevention services- MH and AOD
- Recovery concepts- 2011 SAMHSA working definition of recovery from mental and substance use disorders: “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”
- Integrated treatment of MH and AOD issues-
IDDT
- Trauma- informed care
- Integration of behavioral and physical healthcare (health homes)



COMMONLY USE “BEST PRACTICES” (EVIDENCE- BASED PRACTICES) (2)

- Integration of behavioral and physical healthcare (health homes)
- CBT/DBT/MI- Stages of Change Model
- Use of psychotropics for specific MH conditions- treatment algorithms
- Medication- assisted treatments for addictions (MAT)



THANKS FOR LISTENING!

