

Advancing a Texas Health Assessment Tool

**A Mental Health Transformation
Project Initiative**



Consistent with the New Freedom Commission and State Comprehensive Mental Health Plan

□ Plan goals

- Integration of health and mental health
- Increase mental health screening
- Increase coordination with federally qualified health centers (FQHCs)
- Implementing a “no wrong door” approach to service delivery

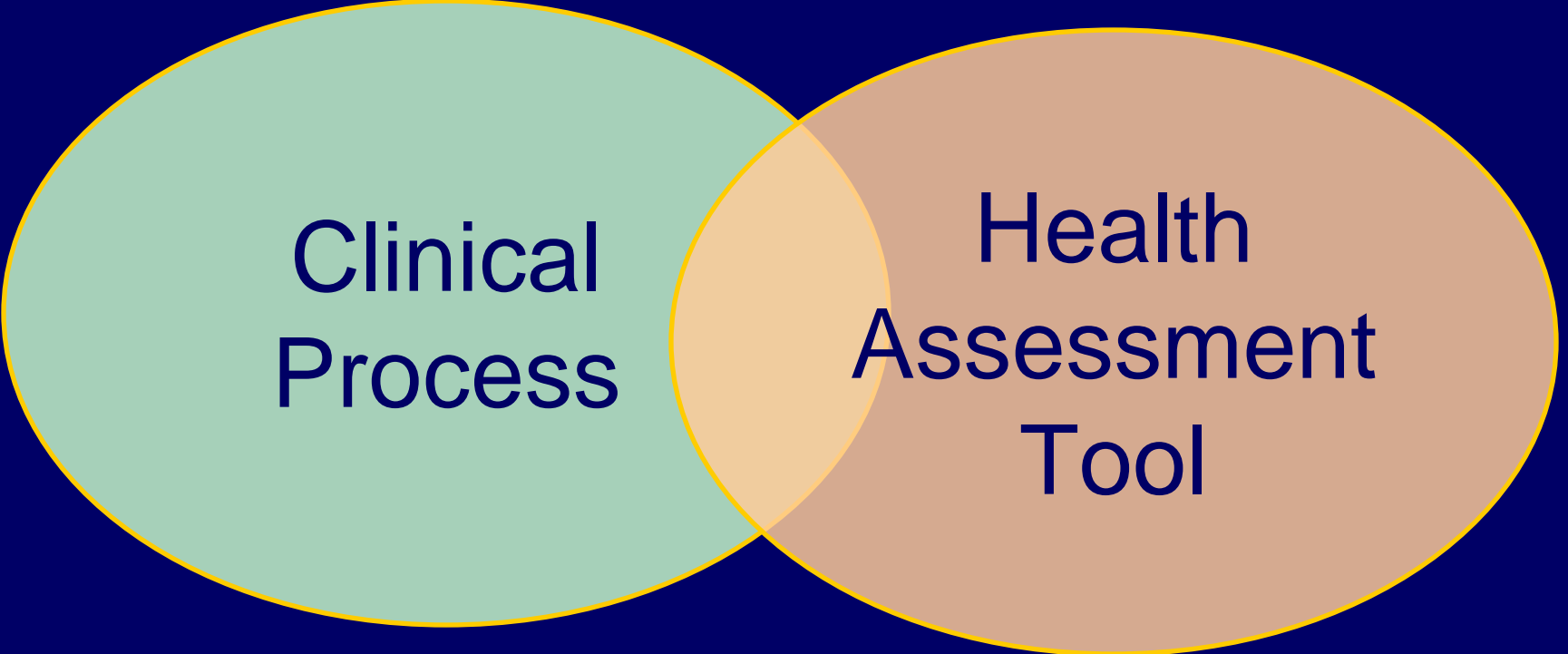


Purposes and Objectives

- ❑ To demonstrate the coordination and integration of service delivery at the local level, based on the risk factors identified by a screening tool
- ❑ To demonstrate the feasibility of utilizing computer-assisted screening tools to identify individuals at risk for mental and physical health conditions
- ❑ To measure co-morbidity incidences across populations
- ❑ To improve care for individuals with some permutation of physical and mental health issues
- ❑ To demonstrate local and state collaboration as a means to continuously monitor and improve physical and behavioral health services

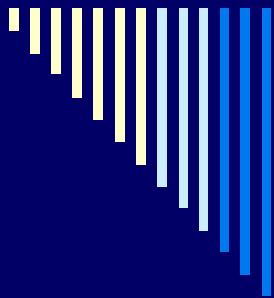


Two Threads of Integrating Care



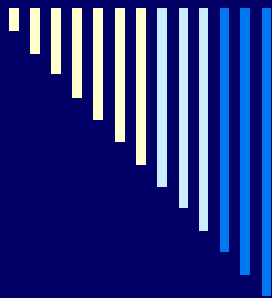
**Clinical
Process**

**Health
Assessment
Tool**



Implementation Model (State level)

- ❑ Central office contracts for provision of tool
- ❑ Tool questions identified in collaboration between state and local partners
- ❑ Central office provides technical assistance to support clinical changes at local level
- ❑ Central office facilitates training
- ❑ Central office reports on aggregate data and system utilization
- ❑ Central office identifies additional partners and coordinates system expansion



Implementation Model (Local level)

- ❑ Local communities contribute to development of tool
- ❑ Each community identifies health care locations that can address community members' health care needs
- ❑ Local entities identify initial area of focus
- ❑ Participating entities coordinate service delivery and serve as referral points for individuals
- ❑ Technical assistance in integration provided through state contractor
- ❑ Use of peers as navigators and support coaches for wellness



Clinical Process Improvements

- Development of partnerships between organizations
 - MHT supplying Checklist
- Worksheets to facilitate changes



Tool Concept

- A comprehensive tool that gathers self-reported information to determine the need for services.
- The implementation of this tool is based on U.S. Preventive Services Task Force.
- Local service providers can view aggregate and identified information using the reports.



Assessment Basics

- The assessment must address both physical and behavioral health issues
- The assessment is being developed as a collaborative effort between state and local staff
- The assessment tool should not *require* the client to provide numerical scores about vital statistics such as specific cholesterol levels or specific blood pressure



Topic Areas

- Overall Health/Activities
- Family Medical History
- Chronic Conditions
- Cancer Screening
- Screening for Lipid Disorders - Cholesterol
- Hypertension
- Reproductive Health
- Gynecological Screening
- Dental Health
- Nutrition
- Obesity
- Injury Prevention
- Exercise and Fitness
- Sleep and Sleep Habits
- Medication Use
- Alcohol Use
- Tobacco Use
- Depression
- Anger
- Anxiety and Panic Disorder
- PTSD
- Eating Disorders



Project Activity

- Project has been initialized with MHT Community Collaboratives
- Vendor selected for health assessment tool
- Target population: adults
- Tool will be available in English and Spanish
- Communities working towards clinical integration



Funding

- Mental Health Transformation funds used for infrastructure
- Working with other DSHS programs and offices
- Reimbursement strategies
- Sustainability