

Integrating Mental and Physical Health Care Using a Health Assessment Tool

TEXAS MENTAL HEALTH TRANSFORMATION PROJECT

Advancing Integrated Care in Texas Communities

KEY POINTS

- Focus areas include cardiovascular disease, diabetes, tobacco, alcohol, obesity, and mental health.
- Consumers will be able to complete a questionnaire and receive a custom report on their health risks.
- Clinicians will help clients review their reports and identify resources to help address medical needs.

Persons with mental illness die an average of 25 years younger than the rest of the population. To help improve this population's longevity, the Mental Health Transformation (MHT) Project, a partnership between the Governor's Office, the Texas Legislature, state agencies, federal entities, and consumers, has allocated resources to advance the integration of physical and mental health care at the local level with an initial focus on five Community Collaboratives across Texas.

Within each Collaborative, the Local Mental Health Authority (LMHA) is working in partnership with Federally-Qualified Health Centers (FQHCs) to develop and implement plans that accelerate integrated care between health care providers.

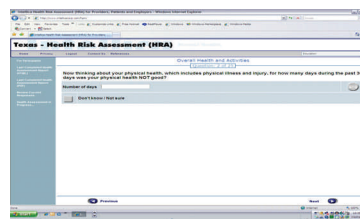
To assist with this integration, Collaboratives participating in the initiative are being provided a web-based Health Assessment that helps identify an individual's risk for conditions including diabetes, cardiovascular disease, smoking, alcoholism, substance abuse, obesity, and depression.

The use of a Health Assessment will provide access to improved data that empowers the consumer with information to improve their health and well-

being and allows clinicians to better understand and address the whole-health needs of the individual.

The assessment can be completed by answering a computer-based survey about the consumer's health history and lifestyle choices.

The survey will be available in both English and Spanish and has been designed to be simple and can be implemented using a computer mouse or touch screen.



Health Risk Assessment tool

After completing the survey, the consumer can read and print a customized report that can help them understanding of their risks. Health care providers can view a version of the customized report that will help them work with the consumer to answer questions and identify appropriate next steps for care.

The success of the initiative is heavily reliant on the commitment of clinical staff.

In addition to the Health As-

essment, the MHT Project is also providing resources to assist clinics and care sites in modifying workflow processes and coordinating care with other organizations within the community.

Local Contacts

Collaboratives can insert local contact information here

About the Initiative

The MHT Integrated Care Initiative is a collaborative effort between LMHAs and FQHCs in the Nacogdoches County Mental Health Collaborative, the Bexar County Safety Net, the Williamson County Community Collaborative, Llano Estacado Alliance for Families, and the Coastal Bend Rural Health Partnership, and the Department of State Health Services.

Information about state-level Mental Health Transformation Project may be found on the world wide web at www.mhtransformation.org.

This publication was made possible and the project described supported by grant number 5 U79 SM057485-04 from the Substance Abuse and Mental Health Services Administration (SAMHSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of SAMHSA.