

# The Nuts and Bolts of Integrating Behavioral Health into a Primary Care Curriculum

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# Significance

SAMSHA (2014) stresses the importance of training primary health care providers to provide evidenced based diagnosis and treatment of behavioral health problems.

# The Reality

SAMSHA reports over 15.2 million people have a major depressive episode (MDE). Of those, more than one-third of adults (38.3%) did not seek professional help (SAMSHA, 2015).

Other SUD data shows that over 20 million Americans ages 12 and older needed treatment for a substance use disorder in 2013. Less than 3 million people received any treatment.

# Background

- Medical University of South Carolina- CON MSN/ DNP - over 200 online FNP PNP and ANP students enrolled.
- CON faculty recognized the need to include integrated behavioral health content in both course work and on campus immersions.
- An already overloaded curriculum invited an innovative approach to threading content into PBL's and learning immersions.

# Content !



# Facts

- By 2020, mental health and substance use disorders will surpass all physical diseases as a major cause of disability worldwide (SAMSHA, 2014 ).
- SAMSHA HRSA Center for Integrated Health Care Solutions offers guidelines for integration of services in primary care.

# The current emotional climate

The influence of today's changing culture makes diagnosing behavioral health issues more challenging.

- **More violence** - more trauma, PTSD
- **Racial unrest** - instability, increase in crime
- **Technology advances**- increased stress? working 24 /7
- **Gender /Sexuality awareness** - increased importance of gender neutral approaches to assessment
- **Drug and alcohol use** - legalization issues and increase in binge use

# Integrating Behavioral Health Content

- Beginning early in Advanced Health Assessment we begin a knowledge scaffolding process that includes:
  - Advanced interviewing skills
  - Advanced communication techniques
  - Motivation interviewing techniques
- Assessment tools are introduced and integrated in a campus immersion with case study presentations.



# Integration of Mind and Body

- It is critical for NP's to understand how some of the worst health and social problems in our nation can arise as a consequence of adverse childhood experiences (CDC ,2013).
- Presentation of landmark ACE study research and the long term health outcomes early in NP program.
- Results suggest certain early experiences are major risk factors for the leading causes of illness and death.

# Advance Care Management Courses

- **ACM 1-** Cases with major depression , PTSD, SUD, eating disorders
  - **ACM 2-** Cases with generalized anxiety disorder, child abuse, depression in the older adult, veteran centric issues (TBI, SUD)
  - **ACM 3-** Cases with end of life issues (grief and loss, depression) bullying, mood disorder, dementia/delirium
- \* cases vary in age, gender and ethnicity

# Learning Intensives

- Four on campus learning intensive sessions.
- Increase comfort and confidence in handling difficult issues (for example how do you ask about history of trauma ?).
- OSCE sessions to validate a skill set (such as interviewing for depression, details of CC).
- Case presentation with student interaction
- Expert seminar sessions that support and augment the health assessment and ACM course.

# An Integrated Immersion Case

Michael Vox is a 43 year old that has been in a same sex relationship for the past 15 years. He reveals to you that he has known that he is female since he was 15 years old. He admits to feeling anxious and experiencing insomnia. He would like to begin the transgender process but is not sure how to have this conversation with his partner and what steps that need to be taken next.

- *What advice would you, as the NP offer to him at today's visit?*

# Immersion case presentation

- Large and small group dialogue.
- Show videos prior to a case presentation to open discussion.
- Students from 3 distinct generational groups – make for a rich discussion.

# Shifting the focus

- Shift NP education towards integrating behavioral health in all aspects of patient care.
- Move towards teaching NP's to recognize the opportunity to intervene early .
- Encourage primary care practices to embrace a holistic approach to managing patient care.
- Potential to change the stigma of mental health and begin to embrace as preventative, treatable legitimate illnesses.

# References

- IOM (Institute of Medicine) 2011. *The Future of Nursing: Leading Change, Advancing Health*. Washington, DC: The National Academies Press.
- Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). *Data*. Retrieved from: <http://www.samhsa.gov/data/>.