Chronic Disease Management for Adults with Serious Mental Illness

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Practice Administrator, Prevention Services
Austin Travis County Integral Care
Our Organization

- Austin Travis County Integral Care provides community-based behavioral health and developmental disabilities services in Travis County serving primarily low income and Medicaid recipients.

- Funded through Federal, State and Local sources, Integral Care

- Offers a range of services that emphasize the whole health of the individual.

- Services include intake and assessment, crisis response, outpatient counseling, transitional housing, and many others designed to provide the best possible care, at the right time, in the right place.
TO IMPROVE THE LIVES OF PEOPLE AFFECTED BY BEHAVIORAL HEALTH AND DEVELOPMENTAL AND/OR INTELLECTUAL CHALLENGES

26,000 People Served at 46 Locations Each Year

91% of individuals who receive services have an income of $20k or less and 52% earn less than $5k—all are in dire need of care.

Austin Travis County
Integral Care
Behavioral Health & Developmental Disabilities Services
An Integrated Care Model

• 2009: E-Merge Program – behavioral health services in community medical clinics
• 2011: Health Integration Project: medical services in behavioral health clinics
• 2013: Chronic Disease Management Program – community supports for persons with serious mental illnesses (SMI) to self-regulate their chronic diseases
• Integral Care programmatic development to address health disparities
25 Years of Life

- Individuals with a mental illness live, on average, 25 years less than the general population
  - Poor/No access to healthcare
  - Higher rates of chronic diseases (70/40)
  - 50% more likely to be obese
  - Psychiatric medications

Tobacco Use Among People with Mental Illness

• People with mental health (MH) and substance use disorder (SUD) diagnoses are consuming tobacco 2 to 3 times more than the rest of the population.

Shrestha L. CRS Report to Congress: Life Expectancy in the United States August 6, 2006

• The system in which they receive care traditionally does little to change tobacco use.

• The behavioral health system needs large systemic changes to address this problem.

• Tobacco control has to date largely ignored this issue.
1 in 3
More than 1 in 3 adults (36%) with a mental illness smoke cigarettes, compared with about 1 in 5 adults (21%) with no mental illness.

3 in 10
About 3 of every 10 cigarettes (31%) smoked by adults are smoked by adults with mental illness.

1 in 5
Nearly 1 in 5 adults (or 45.7 million adults) have some form of mental illness.

Source: CDC Vital Signs, Feb. 2013
Actual Causes of Death, Texas 2001

Tobacco kills more than AIDS, Heroin, Cocaine, Alcohol, Car accidents, Fire and Homicide - COMBINED

Source: Vital Statistics, Texas Department of Health, Texas Commission for Alcohol and Drug Use, Mother's Against Drunk Driving (MADD)
The Chronic Disease Management Program is a voluntary program designed to assist and empower individuals with chronic disease conditions in the following areas:

- Diabetes Management
- Obesity Management
- Tobacco Cessation
- Physical Activity
Program Goals

- Remove barriers
- Provide support
- Increase ability to self-manage chronic conditions
- Improve health outcomes
- Encourage independence
- Make lifestyle changes
- Celebrate success

"I wouldn't be alive if it weren't for this program."

Mandy F.
Click here to hear consumers and staff’ testimonies

Getting InShape

GETTING INSHAPE
HELPING ONE INDIVIDUAL’S MIND AND BODY AT A TIME
SEE PAGE 8

The CHW team, especially her peer support specialist friends, helped her to recognize her resilient inner strength and helped her to identify her goals that she was working towards. They helped her keep her appointments and track her progress.

“I want to do this, and I like doing it, and, dammit, I’m doing it!"

“Goodness knows, I tried to talk to good friends, and they were just annoyed to death with me, and they helped me in a much more good fashion than I did.”

She means the help she received from the CHW program to keep her healthy lifestyle and habits. Without it, she certainly wouldn’t be the same person she is today.

Both through the CHW program and the improvements in her physical and mental health, she learned to value the importance of health and wellbeing.

Through these changes, Health in Action was able to create a new fitness routine for her. She now has a healthy diet, better sleep habits, and a new set of goals to work towards.

She believes that her story is not just hers, but it is everyone’s story. It is about finding the motivation and support to make positive changes in one’s life.

To learn more about InShape, visit Integralcare.org

Getting One Individual’s Mind and Body at a Time

Getting One Individual’s Mind and Body at a Time

The name is a Heidt, and it wasn’t long ago that a woman like her wouldn’t be able to do all she could. Today, she is a smiling, confident, physically active woman, and she wants to share her story with others.

The Heidt team worked with her and helped her to identify her goals. They provided her with the tools and support she needed to achieve them.

The weight gain effect was a very common problem in her population and led to physical health problems. Getting involved in the Integrative Care program helped her to achieve her goals. She no longer feels as overwhelmed, and she feels in control of her life.

There are stories of success, but they aren’t just about the numbers. They are about the people who were able to make a change in their lives.

This is her story of success, but it’s not the only one. There are many more stories of success that can be found in the Integrative Care program.

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Exercise Management

• InSHAPE (Self Health Action Plan for Empowerment) is a comprehensive program to improve health and longevity of people experiencing mental illness developed by Ken Jue at Monadnock Family Services

• Studies have clinically significant improvements in cardiorespiratory fitness when participating in InSHAPE for one year.

Clinically Significant Improved Fitness and Weight Loss Among Overweight Persons With Serious Mental Illness Stephen J. Bartels, M.D., M.S. Sarah I. Pratt, Ph.D., 2013
Initial Results –

- Initial review of data (2014) drawn from electronic health records of individuals who have participated in a minimum of 40 CDM services shows this approach to be promising.
  - 86% showed improvement in blood pressure.
  - 70% show improved heart rates.
  - 75% have seen reduced waist measurement (average 1.5 inches) and
  - 80% have lost weight (average 11 pounds).
The below table includes all Chronic Disease Management recipients who received a service from July 25, 2013 through November 17, 2014. The Pre-CDM Admissions include any facility episodes that ended on July 24, 2012 through the day before the first CDM service. 3 of the 4 CDM IP Admissions occurring after the person received CDM services were for people who received fewer than 20 CDM services (2 of these received 1 service)

<table>
<thead>
<tr>
<th></th>
<th>Pre-COM Total Admissions</th>
<th>Post-COM Total Admissions</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emergency Department</strong></td>
<td>7</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td><strong>Psychiatric Inpatient</strong></td>
<td>22</td>
<td>4</td>
<td>18</td>
</tr>
<tr>
<td><strong>Partial Hospitalization Program</strong></td>
<td>4</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td><strong>Crisis Respite</strong></td>
<td>20</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td><strong>Intensive Outpatient Program</strong></td>
<td>4</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total Admissions</strong></td>
<td>57</td>
<td>20</td>
<td>37</td>
</tr>
</tbody>
</table>
Individuals Enrolled Participating in 40+ Services
*Currently in the process of analyzing data further