

Transforming Your Practice: Expanding Your Skills to Work in New Settings

APA**PRACTICE**
ORGANIZATION

Promoting and supporting practicing psychologists

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Today's webinar will discuss the growing movement toward integrated health care and the opportunities available for psychologists:

- ❑ Psychologists role in integrated health care
- ❑ The benefits and steps necessary to transform your clinical practice
- ❑ A free long-term technical assistance program

There will be an opportunity for Q&A during this webinar – questions previously submitted from psychologists who registered for the webinar, as well as questions that come up during the session. Please use your chat box to submit questions at any time during the presentation.

Integrated Health Care

- Collaboration between health professionals to provide complete treatment to patients and improve overall well-being
- Includes a diverse group of members (e.g., physicians, nurses, psychologists and other health professionals), depending on the needs of the patient



Integrated Health Care Benefits

- Reduces depressive symptoms
- Enhances access to services
- Improves quality of care
- Lowers overall health care costs



Where does it apply?

Integrated health care delivery can benefit individuals in settings across the lifespan:

- Primary care
- Specialized medical settings (e.g., rehabilitation units, cardiology and surgical centers)
- Long-term care settings
- Community-based health centers
- Social service sites

Psychologists in Integrated Health Care

These integrated behavioral health practices around the country feature psychologists and physicians working together in pediatric, obstetric/gynecological and family practice settings around the country.



<https://youtu.be/hl4rPBOKMQo>

How Psychologists Can Contribute

- Identify practices that contribute to disease and behaviors that enhance healthy lifestyles, functional capacity, and treatment adherence
- Provide early intervention and wellness services, including behavioral health assessment and treatment



How Psychologists Can Contribute, cont.

- Provide interprofessional, team-based care in pediatric, adult, older adult, and family-oriented health care settings
- Diagnose and treat mental and behavioral health problems (e.g., depression, suicide risk, anxiety disorders, and addiction), which can co-occur with physical health conditions
- Help differentiate normal processes from pathology, side effects of medications, adjustment reactions, pain, and insomnia or a combination of these problems

How Psychologists Can Contribute, cont.

- Offer competence and expertise in areas such as training, consultation, and supervision; program development and evaluation; quality improvement; leadership and team coaching; and outcome evaluation
- Assess local population needs for health services to develop and evaluate program interventions to meet those needs
- Develop empirically based interventions that are responsive to specific individual, community, and population characteristics

Examples of Psychologists in Integrated Health Care

There are several examples of psychologists working in integrated health care at this website: <http://www.apa.org/health/psychologists-integrated-care.aspx>



https://youtu.be/fH_s8VVJD1s

The Evolving Health Care System

U.S. health care system is rapidly moving from a volume driven, fee-for-service model to multiple integrated care models and value-based payments



The Integrated Health Care Alliance (IHCA)

- A cooperative agreement between APA's Center for Psychology and Health and the Centers for Medicare and Medicaid Innovation (CMMI)
- A technical assistance and workforce development project that will enroll and provide behavioral health providers with clinical and business leadership skills needed to work in primary care and specialty practices that are implementing models of integrated care



Practice Transformation

- What does it involve?
- What are the skills or resources necessary?
- What are the benefits?

CMMI's Transforming Clinical Practice Initiative

- 1** Support more than 140,000 clinicians in their practice transformation work
- 2** Improve health outcomes for millions of Medicare, Medicaid and CHIP beneficiaries and other patients
- 3** Reduce unnecessary hospitalizations for 5 million patients
- 4** Generate \$1 to \$4 billion in savings to the federal government and commercial payers
- 5** Sustain efficient care delivery by reducing unnecessary testing and procedures
- 6** Transition 75% of practices completing the program to participate in Alternative Payment Models
- 7** Build the evidence base on practice transformation so that effective solutions can be scaled

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IHCA Goals

- Develop, share, and adapt comprehensive quality improvement strategies in conjunction with other healthcare and professional organizations
- Prepare BH practices to thrive in value-based reimbursement models



IHCA Provides to Psychologists:

- Access to the APA's six-hour training on integrated primary care
- Access to a two-hour training on business and payment models for integrated primary care
- Both courses will provide free CE credits
- Throughout the three-year project duration, access to other relevant training and materials, technical assistance, and more

Five Phases of Transformation

1. **Set Aims**

Develop and share a vision and detailed plan that addresses goals of transformation with specific clinical outcomes and utilization.

2. **Use Data to Drive Care**

Continuous, data-driven quality improvement is about understanding performance at all levels and bringing systems, technology and people together to make the practice better.

Five Phases of Transformation, cont.

3. **Achieve Progress on Aims**

Building on the previous phases, the practice has met its targets and has sustained improvements in metrics, efficiency and patient access.

4. **Achieve Benchmark Status**

The practice has reduced unnecessary testing and hospitalization, can demonstrate its incorporation of patient participation, and is providing coordinated and evidence-based care.

Five Phases of Transformation, *cont.*

5. Thrive as a Business via Pay-for-value Approaches

The practice is ready for an alternative based payment arrangement.



Benefits to Participation

Participating in the Integrated Health Care Alliance will help you:

- Improve patient outcomes
- Prepare for alternative payment models
- Gain a competitive edge



Benefits to Participation, cont.



Free subscription to Mental & Behavioral Health Registry



Use current expertise in new ways while developing new & in-demand skills



Advocate for psychology by providing data and feedback specific to psychologists to health care leaders



Earn up to 8 hours of CE credit at no cost to you**

****Continuing Education credits are sponsored by the APA Office of Continuing Education in Psychology (CEP). The APA CEP Office has reviewed and approved the programs to offer CE credits for psychologists. The APA CEP Office maintains responsibility for the content of the programs.**

Enrolling in the Integrated Health Care Alliance

- Clinicians and practitioners from any size practice are eligible to participate
- You will be expected to complete one baseline Practice Readiness Assessment (PRAT), and three follow-ups at six-month intervals
- You will also be asked to report clinical quality data through the new Mental & Behavioral Health Registry



INTEGRATED HEALTH CARE ALLIANCE



Gain support and resources for new business models designed for practicing psychologists



Receive expert training on integrated care and ongoing support of your transformation



Participate in a community of change-making clinicians and health professionals

**APA IS HELPING YOU PREPARE FOR THE FUTURE AT NO COST TO YOU
ENROLL TODAY AND TRANSITION TO NEW WAYS OF PRACTICING**

WWW.APA.ORG/IHCA-ENROLL

Question and Answer Time



Participant Questions

- A lot of integrated models appear to lean toward social workers. How can psychologists emphasize their skills and value?
- Can you suggest opportunities and steps to take dependent on the point in one's career (jr., mid-, sr.,)?
- How would I go about soliciting a role/partnership/collaboration?

Live Questions



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Participant Questions

- What are some of the hurdles and advantages to implementing integrated health care systems in community settings?
- How do I bill for integrated care and incorporate it into my practice?
- What should training programs do to prepare their students for integrated health care?

Additional resources on Integrated Health Care

APA Center for Psychology & Health:

<http://www.apa.org/health/index.aspx>

**For more information or to register
for the Integrated Health Care
Alliance:**

<http://www.apa.org/ihca/about.aspx>

Check out Progress Notes!



If you enjoy the content of our monthly webinars, be sure to check out Progress Notes. Progress Notes is a podcast produced by the APA Practice Organization with practicing psychologists in mind. Episodes cover a range of topics that affect practitioners, including the financial and legal aspects of running a business. Listeners will also hear expert analysis on developments in health care policy along with stories that highlight the work of fellow psychologists.

<http://www.apapracticecentral.org/business/podcasts/index.aspx>

Thank you for attending today's webinar.

A link to today's recorded webinar will be emailed to all registrants within 48 hours. In addition, the slides and the recording will be available on the APA Practice Organization website in a few weeks. (www.apapracticecentral.org)

We'd like your feedback on this webinar; with each recording email, there is a link to a survey. We would appreciate it if you would take the time to fill it out.

Have a great day!