

Mental Health Association in Milwaukee County
“Sharing Patients: Promoting the Treatment of Mental Disorders in Primary Care”

Additional Resources:

All of the resources listed below can be accessed electronically by visiting the Primary Care Professionals page on the Mental Health Association’s website.
www.mhamilw.org/education/primarycareprofessionals

The MacArthur Initiative on Depression and Primary Care at Dartmouth and Duke-
www.depression-primarycare.org

The MacArthur Initiative’s mission is to enhance a primary clinician’s ability to recognize and manage depression. Quality improvement focused information. Works toward an evidenced-based, chronic care model utilizing clinical and systems strategies to effect change and break down barriers to effective depression care. See specifically:

- About the Initiative- How the initiative came about, its vision and the people involved in its continued growth and development.
- Resources for Clinicians- Comprehensive tools and resources for clinician, care manager and staff education in the management of depression.
- Resources for Organizations- Resources and tools for health care organizations, employers and health plans seeking to enhance the management of depression.
- Publications and Links- Listings of publications and links for locating other agencies and organizations with an interest in the treatment and study of depression.

Depression in Primary Care- Linking Clinical and System Strategies www.wpic.pitt.edu/dppc

A five-year, \$12 million national program with the goal of increasing the use of effective models for treating depression in primary care settings. The program was developed to address three issues: 1) Depression is a serious and prevalent chronic disease that should be conceptualized in a way that is parallel to other chronic conditions, 2) Longitudinal chronic illness care approaches to depression treatment are effective, but not currently implemented by health systems and practitioners, 3) Putting these approaches into place requires a combination of clinical and economic systems strategies at multiple levels, engaging patients/consumers, providers, practices, plans, and purchasers. See specifically:

- Depression in Disease Management Practices for Chronic Conditions
www.wpic.pitt.edu/dppc/downloads/Depression_in_Disease_Management_Practices_for_Chronic_Conditions_FINAL.doc
- Journal Watch- A Compilation of Current References and Abstracts Relevant to the Key Stakeholders Involved in Depression and Primary Care
www.wpic.pitt.edu/dppc/journalwatch.htm

Improving Chronic Care- www.improvingchroniccare.org

Improving Chronic Illness Care, a national program of The Robert Wood Johnson Foundation, is dedicated to the idea that United States health care can do better. The 99 million Americans who suffer from diabetes, depression and other chronic conditions can lead healthier lives. Providers who care for chronically ill patients can be better supported with guidelines, specialty expertise and information systems. Overall health care costs can be lowered through better care delivery. All this is possible, by transforming what is currently a reactive health care system into one that keeps its patients as healthy as possible through planning, proven strategies and management

Research and quality improvement site geared toward helping the chronically ill. Fosters regional clinical improvement initiatives, collaborations/links with a focus on change with health plans and provider groups.

The National Chronic Care Consortium Online (NCCC)- www.ncccconline.org

This Web site includes archived materials developed by the National Chronic Care Consortium. It provides access to advanced knowledge for serving people with multiple, complex chronic conditions. It offers tools and methods for addressing numerous aspects of integration of care for people with serious chronic conditions—clinical, administrative, financial, and cultural. It provides a framework, strategies, and sample policy specifications for reforming barriers that impede the ability of plans and providers to provide quality, cost-effective care. This Web site includes archived materials developed by the National Chronic Care. See especially:

- Chronic Care Reform Checklist- a distillation of NCCC experience,
- SASI- a tool to self-assess your organization's chronic care capabilities,
- CareLink- a record of 3 1/2 years of key articles on chronic care issues from 50-plus publications
- Chronic Care Networks for Alzheimer's Disease- tools and descriptions and research results from this seminal Alzheimer's care demonstration.

U.S. Department of Health and Human Services Agency for Healthcare Research and Quality (AHRQ)- www.ahrq.gov

The AHRQ is dedicated to improving the quality, safety, efficiency and effectiveness of health care for all Americans. Information about depression, its causes, treatment options, professionals providing treatment, national programs and assistance. See specifically:

- *Screening for Depression in Adults: Effects of Integrated Interventions to Improve Recognition and Management of Depression* (article)- www.ahrq.gov/clinic/3rduspstf/depression/depresswh.pdf
- *Researchers Examine Efforts to Improve Primary Care for Depression* (article)- www.ahrq.gov/clinic/3rduspstf/depression/depsum2.htm
- *Depression PORT (Patient Outcomes Research Team) Publishes Latest Findings* (article)- www.ahrq.gov/research/jul99/799ra8.htm#head1
- *New Program Helps Local Managed Care Practices Improve Depression Care Provided by Primary Care Doctors* (article)- www.ahrq.gov/research/dec99/1299ra13.htm#head3

Intermountain Health Care- Management of Depression 2004 Update

www.ihc.com/xp/ihc/documents/clinical/103/8/5/cpmdepression.pdf

The care process model (CPM) was created by a subcommittee of the Intermountain Health Care (IHC) Primary Care Clinical Program, Behavioral Health Clinical Program, Mental Health Integration Team, and Psych Advisory Council. The goal of the CPM- and supporting materials such as evaluation forms and patient education materials- is to help providers deliver the best clinical care in a consistent and integrated way.

This booklet includes information of the etiology and symptoms of depression, an evaluation and diagnosis algorithm, a treatment overview and medication algorithm, and information on special populations including bipolar disorder, children, and adolescents.

Arizona Health Futures Winter 2003- The Humpty Dumpty Syndrome: Integration and Behavioral Health- www.slhi.org/publications/issue_briefs/pdfs/ib-03winter.pdf

This issue examines one of the most prevalent and perplexing characteristics of the American health care system: the fragmentation of services for integrated conditions, and its consequences.

MaineHealth Clinical Integration Division- www.mainehealth.com/mh_professional/default.htm

MaineHealth has taken a leadership role in developing programs to improve chronic illness care in Maine through its Clinical Integration programs, currently focusing on the clinical management of asthma, cardiovascular disease, diabetes, and depression.

National Institute of Mental Health- www.nimh.nih.gov

Working to improve mental health through biomedical research on mind, brain, and behavior. See specifically:

- **Primary Care Research Program (82-SEPC)-** www.nimh.nih.gov/dsir/82-sepc.cfm This program includes studies on the delivery and effectiveness of mental health services within the general health care sector; recognition, diagnosis, management, and treatment of mental and emotional problems by primary care providers; coordination of general medical care with and referrals to mental health specialists; provision of psychiatric emergency services, consultation/liaison psychiatry, and other psychiatry, psychology, and social work services within the general medical care sector; studies that improve understanding of how to best improve care for people with mental disorders and co-occurring physical conditions.

Behavioral Health as Primary Care: Beyond Efficacy to Effectiveness (Book)

www.contextpress.com/product_info.php?cPath=22&products_id=70

The United States is facing a healthcare crisis. Costs are escalating at multiples of the rate of general inflation. 40 million Americans are uninsured. The rate of medical errors is unacceptably high. What can be done?

Integrated care defined as the better coordination of behavioral health services with medical services, holds much promise in addressing the above problems. This volume, the result of a national conference sponsored by The Nicholas and Dorothy Cummings Foundation and the University of Nevada, Reno, assists practitioners, researchers, administrators, and decision makers in understanding the practical issues surrounding how to integrate behavioral healthcare with medical/surgical care.

World Mental Health Day Project 2005- *Mental and Physical Health Across the Life Span: The Relationship Between Physical and Mental Health*- www.wmhd.net

The theme of this year's World Mental Health Day is mental and physical health across the life span, emphasizing the importance of recognizing the interdependence of good mental and physical health at every stage of life. This year's World Mental Health Day theme stresses the important fact that "there is no health without mental health," and urges increased awareness and understanding that good physical health and good mental health are important for successful growth and development at all stages of life.

PubMed- www.pubmed.gov

PubMed is a service of the National Library of Medicine that includes over 15 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to full text articles and other related resources.

Medscape- www.medscape.com/psychiatryhome

Medscape offers specialists, primary care physicians, and other health professionals the Web's most robust and integrated medical information and educational tools. After a simple, 1-time, free registration, Medscape automatically delivers you the specialty site that best fits your profile. You can also change your Medscape homepage to any of our other specialty and profession sites at any time. Some of Medscape's key features include:

- Original, professional medical content, including review articles, journal commentary, expert columns, patient education articles, book reviews, and more;
- More than 850 online CME activities;
- Conference Coverage: Thought leaders summarize key data and presentations from major medical meetings;
- The Internet's first primary-source medical journal, *Medscape General Medicine*;
- Selected daily professional medical news in your specialty from Reuters, Medscape Medical News, and medical news journal publishers;
- Physician Optimized MEDLINE;
- Free subscription to Medscape's *MedPulse*, a weekly email newsletter that highlights what's new in your specialty on Medscape;
- More than 125 medical journals and textbooks;
- Business, financial, managed care, and medical practice information

Productivity Impact Model- www.depressioncalculator.com

The Productivity Impact Model (PI Model) can help estimate depression's costs to your company, and can also project the benefits when depressed employees receive treatment.

The PI Model uses detailed algorithms based on established clinical research and applies them to your own workforce to determine the incidence of depression within your organization. The PI Model then predicts the expected number of days each year your employees will be absent or suffer low productivity due to their depression, and the associated costs. Finally, the PI Model will project the net savings that will accrue with treatment of those employees suffering from depression. The PI Model is a research-based management tool. It does not rely on anecdotal evidence or results from biased sources.

Mid-America Coalition on Healthcare Community Initiative on Depression- (CID) www.machc.org

The Community Initiative on Depression began in 1998 when the Mid-America Coalition on Health Care embarked on a project with eight Kansas City area employers to identify the leading health risks in the local employed population and their dependents, using the U.S. Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System. A multi-faceted approach involving coordinated worksite, clinical and community strategies would then be developed to address a single health risk area identified from the findings.

A BRFSS survey of the health risks of the 45,000 employees and dependents was conducted by the Kansas Department of Health & Environment, and the aggregate results were analyzed by William M. Mercer, Inc. Comparisons were made between Kansas City data and the national statistics and goals in *Healthy People 2010*. A consensus was reached by the participating employers to focus their efforts on the human and financial costs of depression – one of the most prevalent and undiagnosed diseases in the workplace.

The broad objectives of the Coalition's Community Initiative on Depression were to, 1) De-stigmatize depression, 2) Identify the direct and indirect costs of depression, 3) Create a community infrastructure to support appropriate and timely diagnosis and treatment. See specifically:

- Description of the CID
www.machc.org/documents/10_CID%20Overview%2010-04.doc

- Primary Care Depression Reimbursement: Myths v. Facts www.machc.org/documents/8-Depression%20Myths%20vs%20Facts_12_14_04.pdf
- Primary Care Depression Reimbursement: Tips for Physicians and Practice Managers www.machc.org/documents/18-Strategies%20for%20Reimbursement%2012-14-04.pdf
- CID Accomplishments- www.machc.org/documents/11_Accomplishments%203-051.pdf

PULSE- <http://radio.weblogs.com/0108660>

PULSE is a free service, gathering new and noteworthy Internet resources for mental health providers, family members of individuals with mental illness, consumers of mental health services and consumer advocates. PULSE is researched, edited and designed by Bill Davis.

Psychiatric News- <http://pn.psychiatryonline.org/current.shtml>

Bi-monthly e-newsletter featuring professional news, government news, clinical information, research and health care economics.