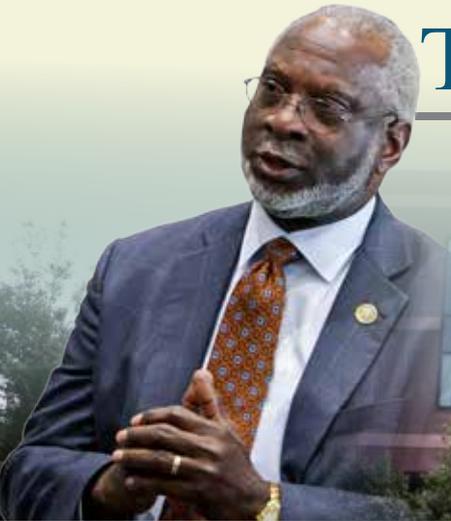


# The Satcher Health Leadership Institute



## *The Power of* Partnerships & Collaborations

In conjunction with and in addition to our leadership development programs, the Satcher Health Leadership Institute at the Morehouse School of Medicine carries out its mission through partnerships and collaborations to improve health and well-being. We strive to exercise the ethical dimensions of leadership with all of our partners: exhibiting *integrity* in our dealings, treating our partners with *respect* and *civility* in seeking mutually beneficial relationships, and operating with a spirit of *community* in recognizing shared concerns and resources.

We are delighted to share some of the successes of collaborations between the SHLI Division of Behavioral Health and community partners in this Special Edition. Our partnerships that have developed programs that integrate primary care and mental health care have helped enhance access to mental health services, reduce stigma associated with mental health care, reduce the cost of care, and raise the overall quality of comprehensive health care. Partnering with agencies like the State of Georgia and Grady Memorial Hospital has dramatically improved the care of persons with mental health emergencies; declining use of restraints in emergency rooms, decreased waiting time, and a nearly 50% reduction in cost are all results of integrated care programs. We are grateful for the sup-

port of the Kaiser Permanente Foundation and the Kaiser Permanente clinics at which some of our programs have been carried out.

In addition to the collaborations between the Division of Behavioral Health featured here, our other divisions have engaged in fruitful partnerships with a number of local, state, and national organizations. The Divisions of Health Promotion and Disease Prevention and Health Policy and the Center of Excellence for Sexual Health have all worked with the Centers for Disease Control and Prevention to enhance their leadership development programs and provide practicum opportunities. With CDC support, we have been able to expand our Community Health Leadership Program beyond our local community and state, and we are now preparing community health leaders from at least nine states in the country. Our health policy fellows have also collaborated with agencies that include AID Atlanta, Georgia Equality, and CARE. Finally, we are working with the World Conference of Mayors to develop public health leaders within local communities.

It is because of these partnerships that we can experience a special sense of accomplishment and unusual level of hopefulness, particularly for children and families in our community.

*“It is because of these partnerships that we can experience a special sense of accomplishment and unusual level of hopefulness, particularly for children and families in our community.”*

David Satcher, MD, PhD  
Director, Satcher Health Leadership Institute  
16th Surgeon General of the United States

### IN THIS EDITION

Learn about SHLI's integrated care community partnerships.

# Improving Wellness Through Integrated Care

By Martha N. Okafor, PhD, MPA

Mental illness affects over 45 million adults in the U.S. and is expected to be the leading cause of disability worldwide by 2020. In recognition of this, the SHLI Division of Behavioral Health formed joint partnerships with the MSM Department of Psychiatry and Behavioral Sciences, Kaiser Permanente Community Benefits, and the Georgia Department of Behavioral Health and Developmental Disabilities to develop a model for improving health outcomes and reducing disparities of persons living with mental illness. The articles from guest contributors at six community health center partner sites in this Special Edition describe their quality improvement practices on integrated care. The transformative leadership of Dr. David Satcher and Dr. Gail Mattox, Chair of the Department of Psychiatry and Behavioral Sciences at MSM, were paramount to making this initiative successful, and the quality and impact are also largely due to the committed leadership of the project staff, Victor Ede, MBBS, MSCR and Rosemary Kinuthia, RN, MPH, with Yvonne Kirkland's excellent support.



Martha N. Okafor, PhD, MPA is the Director of the Division of Behavioral Health at SHLI and Director of the Collaborative Integrated Care Initiative



Integrated Care Community of Practice Academy members at the end of year celebration event in December, 2013

# Spalding Health Initiative Delivers!

By Pam McCollum, MA, LPC

In 2012 the Spalding Health Initiative in Griffin, Georgia piloted an integrated care mobile unit to improve health outcomes for individuals with comorbid chronic medical and psychiatric conditions. A grant from SHLI supports the partnership between the McIntosh Trail Community Service Board, the Hope Health Center, and Spalding Regional Hospital. In 2013, SHLI renewed funding to McIntosh Trail to expand its program that connects providers with social services to address social determinants like access, education, and stigma. It has now developed a health home model targeting patients with heart disease who also exhibit depression and/or anxiety. Hope Health, an indigent care clinic that provides interventions addressing psychosocial barriers to meeting health goals, uses a behavioral health consultant to provide mental health evaluations and individualized treatment plans.

Pam McCollum, MA, LPC is the Executive Director of the McIntosh Trail Community Service Board

# Technology Streamlines Mental Health Screening at Asa G. Yancey Health Center

By Glenda Wrenn, MD, MSc

The SHLI integrated care partnership at the Asa G. Yancey, Sr., MD Health Center in Atlanta promotes and advances efforts to improve depression care. Since 2011, integration at the clinic has grown



Asa G. Yancey Kiosk Inauguration Ceremony, June, 2013

to include adult and child/adolescent psychiatric consultations. The center provides an integrated care training setting for psychiatric residents. Under the leadership of Medical Director Irshad Syed, MD, the clinic is recognized locally and nationally for innovations that have further improved integrated practice. With Integrated Care Quality Improvement funding from SHLI and several other small grants, the clinic developed and placed a kiosk in the waiting area that offers free, customized, patient-centered mental health screenings. This service is now available to all clinic patients and is part of a provider care practice improvement project.

Glenda Wrenn, MD, MSc is an Assistant Professor of Clinical Psychiatry at MSM, and embedded at the Asa G. Yancey center.

## Healthy Living Group Inspires Patients at North Fulton Service Center

By Tiffany Cooke, MD, MPH

In partnership with Grady Memorial Hospital and the Fulton County Department of Health, SHLI launched an integrated care collaborative at Grady's North Fulton Neighborhood Clinic in 2011. Through a quality improvement grant, and under the leadership of medical directors Drs. Humira Syed and Sultan Simms, the collaborative offers a healthy living group where patients with diabetes, hypertension, and obesity can learn how their physical and mental health impact one another. The stress reduction and mood elevation techniques they learn can motivate participants, impacting their overall well-being. This year, the collaborative will continue the sessions and design practical motivational interviewing tools for primary care providers that will help them address behavioral and physical health problems with patients during routine office visits. A key limitation in this project is lack of access to psychiatric specialty care for patients with severe problems because of the distance to Community Service Boards and Grady psychiatric outpatient offices.

Tiffany Cooke, MD, MPH is an Assistant Professor of Clinical Psychiatry at MSM and embedded at the North Fulton Service Center

## Cobb CSB Teaches Coping, Reduces Anxiety

By Debbie Strotz

As a partner in SHLI's Integrated Care Collaborative since 2011, the Cobb County Community Service Board received a grant to implement a wellness program that



Cobb CSB Wellness and Relaxation Room

teaches mindfulness and meditation as coping mechanisms to address anxiety. Two groups of 10 clients each with co-occurring hyper-

tension and anxiety attended weekly group sessions in a designated relaxation room with corresponding outdoor green space at Cobb CSB. The relaxation room and green spaces remain open for use during non-group hours. Pre and post surveys utilized the General Anxiety Disorder Scale (GAD-7) to assess clients' coping mechanisms and overall anxiety, and their blood pressures were taken

monthly. Preliminary results revealed statistically significant reductions in blood pressures and improvements in anxiety symptoms. This project will expand this year by including a tobacco reduction intervention.

Debbie Strotz is the Director of Rehabilitation and Recovery Services at Cobb CSB

## Grady East Point Clinic Links Pediatric and Psychiatric Care

By Sarah Vinson, MD and Tiffany Cooke, MD, MPH

In order to explore the promising approach of integrated care in addressing mental health care access and disparities, SHLI, in collaboration with MSM faculty, began working in the Grady East Point Clinic in 2012. Needs assessments that drew on the perspectives of nurses, physicians, administrators, and patients explored the specific psychiatric needs of children, adolescents, and adults who visit the clinic. The resulting coordinated psychiatric-pediatric care has offered real-time consultation and treatment of these three distinct populations. Treatment modalities have included individual and family therapy and psychopharmacology. Grand rounds presentations and didactic sessions with residents in pediatrics and family medicine on mood, anxiety, and psychotic disorders have also broadened the collaboration between psychiatrists and pediatricians.

Sarah Vinson, MD and Tiffany Cooke, MD, MPH are Assistant Professors of Clinical Psychiatry at MSM and embedded at the Grady East Point Clinic

## Educational Group Decreases Hypertension, Depression at St. Joseph's Mercy Care

By Cathryn Marchman, LCSW, JD

Since 2011, SHLI and St. Joseph's Mercy Care Services have shared joint leadership in integrating behavioral health and primary care. Mercy Care's Gateway Center clinic piloted an integrated behavioral health care program in 2012, which has now expanded to three additional locations. Through a grant from SHLI, St. Joseph's implemented group interventions for patients with depression and hypertension. Participants successfully developed and incorporated skills that increased their overall well-being. Of the 41 clients who participated in psycho-educational sessions, 48% experienced an increase in knowledge, 50% had a decrease in depression, and 70% experienced a decrease in blood pressure. With second-year funding from SHLI, St. Joseph's will adapt and replicate the Cobb County Community Service Board's meditation intervention for patients with anxiety and hypertension.

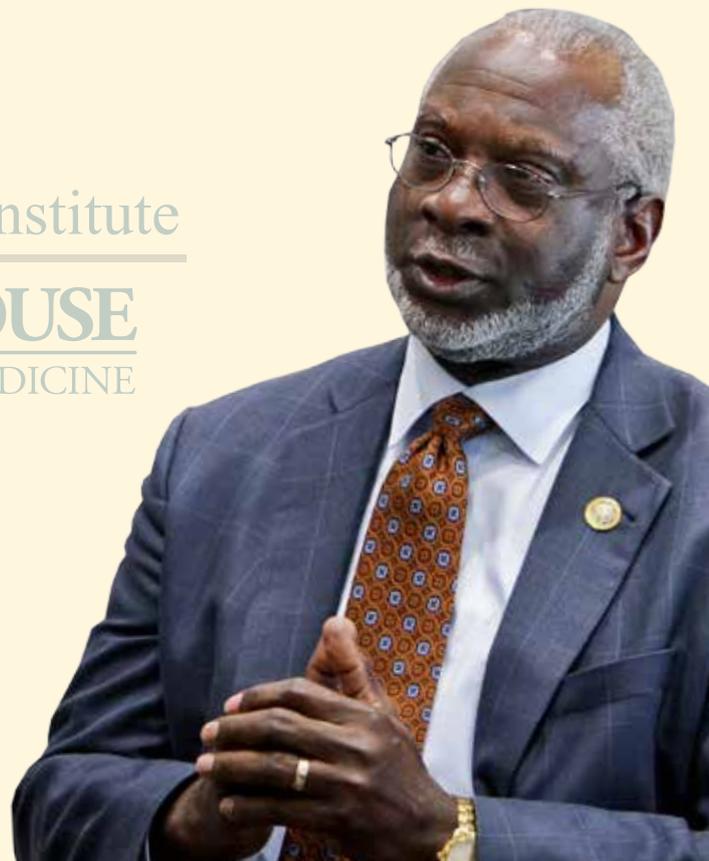
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