Caring for our Patients
Caring for Ourselves

Adolescent Mental Health and Substance Use and Provider Wellness

Stanley Weinberger, MD, MS
Chris Pellegrino, MS, ASQ CMQO/E
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Disclosure

- We have no relevant financial relationships to disclose or conflicts of interest to resolve

- We will discuss no unapproved or off-label pharmaceuticals

Goals for Improving Adolescent Care

- **Improve Adolescent Depression Screening and Follow-Up**
  - Depression Screening
  - If positive depression screen improve follow-up plans of care
- **Improve Adolescent Substance Use Screening and Follow-Up**
  - Alcohol/drug Screening
  - If positive for being at risk of alcohol/drug use improve follow-up plans of care
  - Implement "brief intervention" to respond to positive screens
- **Improve Assessment of Anxiety and Follow-up when concerning**
- **Improve Assessing and Discussing Emotional Well-Being**
- **Provider Wellness: Take care of ourselves in the process**

Adolescent Mental Health & Substance Use Provider Wellness

November 1: Complete Maslach Burnout Inventory on-line
November 1: Submit 3 months of baseline data (10 charts per month) prior to making changes
        July 16 – August 15
        August 16 – September 15
        September 16 – October 15

Develop and submit your PDSA Log
(wait for baseline if able)

Dec to May: Collect and submit monthly data (6 months)*
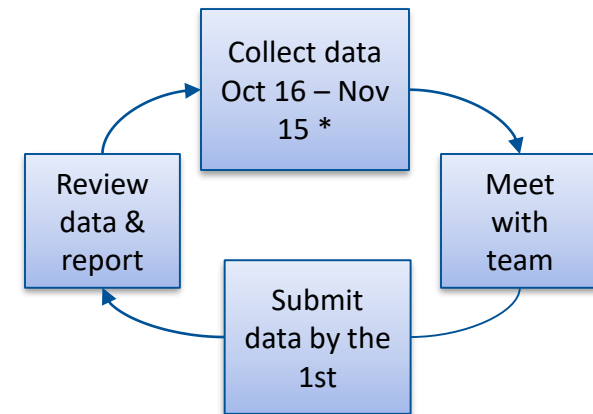   Meet with your team, Review data and results
        Develop PDSA Logs (at least 1/month)
        Submit monthly PDSA sheets

Complete Maslach Burnout Inventory at end of project

Scheduled Monthly Topic-specific Phone Calls (attend at least 3)

Collect data Oct 16 – Nov 15 *
Meet with team
Submit data by the 1st
Review data & report

Monthly

*New this year:
Data Collection Tools & Schedule
PDSA Form re-worked

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Data Collection: REDCap

Was adolescent assessed for depression?
- ○ Validated tool
- ○ Informal assessment
- ○ No assessment

Was adolescent assessed positive for depression?
- ○ Yes
- ○ No

Which validated tool(s) were used (check all that apply)
- ☐ PHQ-2
- ☐ PHQ-9
- ☐ PHQ9A (modified for teens)
- ☐ Other validated tool

Other validated tool for depression:
_____

Was adolescent screened positive for depression?
- ○ Yes
- ○ No

Confidential

Was there a depression plan of care? (Check all that apply)
- ☐ F/U appointment in office
- ☐ Mindfulness activity
- ☐ Resources provided
- ☐ In-office counseling
- ☐ Structured negotiated interview
- ☐ Prescribed medication for depression
- ☐ Referral
- ☐ Patient declined services
- ☐ Crisis Center/911/Emergency Department
(Check all that apply)

Was adolescent assessed for anxiety?
- ○ Validated tool
- ○ Informal assessment
- ○ Not assessed for anxiety

Did adolescent assess positive for anxiety?
- ○ Yes
- ○ No

Which validated tool was used?
- ○ GAD
- ○ SCARED
- ○ Other validated tool

Other validated tool for anxiety:

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MOC 2018/2019 Adolescent Mental Health & Substance Use

Please complete the survey below.

Thank you!

Please complete 10 chart reviews for adolescents who have received an adolescent well visit by you, or someone at your practice in the last month.

Practice Name
_____

Date
_____

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Provider Wellness

CHAMP 2018-2019 Abbreviated Maslach Inventory

Record ID

I deal very effectively with the problems of my patients	○ Every day ○ A few times a week ○ Once a week ○ A few times a month ○ Once a month or less ○ A few times a year ○ Never
I feel I treat some patients as if they were impersonal objects	○ Every day ○ A few times a week ○ Once a week ○ A few times a month ○ Once a month or less ○ A few times a year ○ Never
I feel emotionally drained from my work	○ Every day ○ A few times a week ○ Once a week ○ A few times a month ○ Once a month or less ○ A few times a year ○ Never

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The Metrics

Adolescent Depression Screening

- Increase the % of adolescents screened for depression at a HSV with a validated tool by 10% from baseline.
- Increase the % of adolescents with positive depression screen with follow-up plan of care specified by 10% from baseline.

Adolescent Alcohol and Drug Use Screening

- Increase the % of adolescents screened for adolescent alcohol/drug at HSV using a validated tool by 10% from baseline.
- Increase the % of adolescents who were positive for being at risk of alcohol/drug use with follow-up plan of care by 10% from baseline.

Adolescent Anxiety Screening

Adolescent Anxiety Screening positive with plan of care

Adolescents assessed for emotional well-being & topics discussed

Provider wellness (average mean score)

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Getting Started

- Attending the Learning Session
- Assembling your team
- Considering best practices, protocols
- New ideas for change

- AIM Statement
- Measures, data collection plan

| Innovation | Pilot | Implementation | Spread |

From Institute for Healthcare (IHI) Open School

Office Systems Inventory

Adolescent Mental Health and Substance Use
Office Systems Inventory

Practice Name: _____ **Date:** _____

Instructions: The purpose of this tool is to help primary care practice assess the extent to which their office systems promote and support caring for adolescents with mental health and substance use concerns. It is recommended that the *entire practice team* complete this tool together during the learning session.

For the purpose of this project, we will focus on the reliability around guidelines for screening for depression and substance abuse specifically.

Use the following rating system to evaluate your practice. Circle 1, 2, OR 3.

1 = We do this well; Substantial improvement is not currently needed.

2 = We do this to some extent; Improvement is needed.

3 = We do not do this well; Significant practice change is needed.

Community Resources				Supports MOC Measure
Inventory	1	2	3	Practice has an up-to-date list of developmental-behavioral pediatricians, adolescent medicine specialists, community-based and school-based mental health and substance abuse professionals, youth recreational programs, and family and peer support programs and mental health care coordinators.	2, 4, 7
Core Services	1	2	3	Practice team is knowledgeable about eligibility requirements, contact points, and services of the programs and providers listed above.	2, 4, 7
Collaborative Relationships	1 1	2 2	3 3	Practice team has collaborative relationships with school and community-based providers of key services for: • Mental health concerns • Substance use concerns	2, 4, 7
Health Care Financing					
Coding	1	2	3	Primary care practice has coding and billing procedures to capture payment for primary care mental health-related and substance use services covered by major health plans, including	all

Office Systems Inventory

- Review your completed Office Systems Inventory

- Review your practice report.

- Where are your gaps?

- What are your priorities?

- What changes will you make?

- What will you "trial" first?

- What will have the biggest impact?
    - What will your 1st PDSA cycle be?

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What's in a PDSA cycle?

Model for Improvement

What are we trying to accomplish?

How will we know that a change is an improvement?

What change can we make that will result in improvement?

Act | Plan
Study | Do

VCHIP Small Test of Change Worksheet   Date: _____

Planning What happened last month that will inform this month's test of change. Identify the problem you are trying to solve.

Specific Aim: Chosen Aim to move forward on a Project Goal:

Describe your first (or next) test of change.	Responsible	When	Where
List the tasks needed to set up this test of change.	Responsible	When	Where
Predict what will happen when the test is carried out.	Measures of Success		

Do Run the test. Describe what happened when you ran the test:

Study Describe the measured results and how they compared to the predictions:

Act Describe what modifications to the plan will be made for the next cycle from what you learned:

Worksheet from the Institute for Healthcare Improvement

Quickly test changes on a small scale, observe what happens, tweak changes, test again

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Goals/Measures and Data Collection

Information in binder includes

Goals/Measures and Data Collection

- Instructions for completing data collection form
- Project measures and definitions sheet
- Data collection sample (you will use REDCap)
- PDSA Activity Log

Other information:

- Monthly Collaborative Calls
- Contact information
- MOC Tracking Log
- Model for Improvement overview

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Next Steps for SBIRT

Discuss/explore different ways to enhance SBIRT skill building and competency

Thoughts:

- Clinical Training Simulation (Kognito in NH)
- Case-based learning: ECHO – (Extension for Community Healthcare Outcomes) or other platform