



Primary Care/Behavioral Health Special Projects Program: Year Two Award Recipients

Complex Care Team - Planning and Implementation

Advocates, Inc.

The proposed project will accelerate the planning and implementation of a team-based approach to serving these individuals. This evidence-based intervention, which incorporates population health "hot-spotting" principles, will integrate Advocates' care management services with their behavioral health outpatient, emergency, residential services and collaborate with external primary care partners. Together, the team will identify and engage their HNHC population and facilitate access to timely, cost-effective care that will improve health outcomes and lower cost. Funding will be used to secure release time that will allow these early career providers to be the drivers of the proposed project and, ultimately, change agents within the organization.

SUD Clinical Training Initiative

Bay Cove Human Services

This proposed project will work to establish infrastructure to support the inclusion of Recovery Coaching in the agency's continuum of care, and to ensure the agency's ability to recruit, hire, and retain a skilled workforce of Recovery Coaches that is able to support individuals in their journey to recovery. This process will be fulfilled through a collaboration between Bay Cove Human Services and the Massachusetts Organization for Addiction Recovery (MoAR).

Sugary Beverages Diabetic Education

Brockton Neighborhood Health Center

The proposed project details that Dr. Sonia Kamal will focus specifically on education patients, providers, and all staff about the impact of sugary beverages on the Hemoglobin A1c levels of diabetic patients. This education and the visual tools will also be incorporated into BNHC's group diabetic visits, which offers group medical visits with a primary care provider and a registered dietician in their teaching kitchen. Hemoglobin A1c levels will be measured at baseline upon first use of this educational tool, then again three months and six months later to evaluate the effectiveness of this tool in improving outcomes for our diabetic patients.

Primary Care Mental Health Care Partners: Advancing Social Work in an ACO Setting

Cambridge Health Alliance

This project will specifically focus on activities which enrich the cultural and linguistic competence of the Primary Care Behavioral Health Integration PCBHI program and develop meaningful measures of clinical, workforce and cost-related outcomes which help CHA meet their goals as an Accountable Care Organization. Funding will be used to address and fill this essential need by: 1) developing a robust social work training curriculum around this role; 2) opening the program as a training venue for others in patient engagement roles throughout our system who may benefit professionally; and 3) offering clinical supervision to LCSW care partners seeking to advance as LICSW providers.



**Developing Value-based Population Health Approaches for
Children with Developmental Disorders and Serious Emotional Disturbances
Cambridge Health Alliance**

This project will support CHA's accountable care organization (ACO) transition by helping to develop value-based population health strategies for children with developmental disorders and children with serious emotional disturbances (SED). This will be focused on through a co-production approach, in which the project will collaborate with families of children in each population to gain insight into the care experienced within and outside of CHA. Specific opportunities for improvement will focus on unnecessary use of acute care services, and fragmentation of care. Funding will support time in developing these strategies, and a small portion of time for data analytic support from the Health Equity Research Lab.

**Eliminating Gaps in Behavioral Health Patient Care
Charles River Community Health**

The proposed project aims to improve behavioral health patient care, especially high risk patients and those who have had psychiatric hospitalizations through a planning phase to enable thoughtful and detailed strategies to be developed, as well as professional development, and a program implementation component. Additionally, the project will utilize external partnership building, enhancing internal communication and processes, professional development, and patient engagement. The proposed project will focus on serving patients with a wide range of behavioral health diagnoses including mood disorders such as major depressive disorder, patients with severe and pervasive mental illness including schizophrenia and schizoaffective disorder, substance use disorders and patients with dual medical - behavioral health diagnosis, and high risk patients.

**Improving BMI Screening and Provider Care for Weight Management
Charles River Community Health**

This project will have three goals, to first improve internal systems for BMI screening at Charles River Community Health via a series of 3 in-service trainings for their providers and 1 in-service for medical assistant to gain the knowledge and confidence to address weight management with their patients. Second, integrate waist and height measurements and weight management screenings into annual appointments for adults. Last, lead two series of 3-session, patient education groups to help participants gain a deeper understanding of weight management with behavior health integration for effective weight management.

**Safer Prescribing in Addictions Recovery Care
Dimock Community Health Center**

The proposed program will focus on medication safety and responsible de-prescribing for women in early recovery from substance use disorder. Building on a recent DSRIP-funded pilot (polypharmacy tool to detect unsafe medication regimens in patients with substance use disorder), this project will establish sustainable oversight by a licensed psychiatric prescriber over the medication regimens being received by clients in Dimock's Women's Renewal Program, a Clinical Stabilization Service residential program, in order to reduce the risk of negative outcomes associated with complicated psychotropic/addiction medication regimens, improve the safety of highly vulnerable patient population, all within the context of preparing them for the next level of outpatient care.



Gender Treatment and Consultation for Children and Youth (GTCCY)

Family Service Association

This project will assist in the development of a transgender treatment, training, and consultation specialty within Family Service Association's Behavioral Health Clinic through have an LMHC clinician trained to become a Board-Certified Transgender Specialist. The focus will be training for the provision of treatment to children, youth and young adults age 6 to 25 and their families. The clinician will provide training and consultation to agency staff at their Behavioral Health Clinic, After School Day Care program, and CBHI programs (Community Service Agency, In-Home Therapy, Therapeutic Mentoring and Family Resource Center.) Additional training and consultation will be made available to the ACOs, the local school system, and other youth-driven community agencies, as well as developing a task force and resource guide to assist families in identifying transgender-informed resources in the local community. Funding will support the lead psychiatrist's time for planning, implementing, and refining the program, as well as other key collaborators to ensure a multifaceted (clinical, operational, and financial) approach.

Building Capacity to Address Social Determinants of Health

Greater Lawrence Family Health Center

The aim of this project is to build the organization's capacity to pursue universal social needs screening and foster community partnerships to address unmet needs. A team of a lead physician and community health worker will oversee this project, with the support of additional health center faculty and family medicine resident physicians, public health and medical students, and patient volunteers. The team will work to: identify best practices for universal social needs screening, develop robust resources and referral networks to address social needs, integrate screening and referrals into the health center's EMR, and partner with patients to create a patient advisory group to guide and participate in social needs interventions. Funding will be used to provide the lead physician time for team and program development and implementation over a six month period.

Apoyando a la Comunidad

Justice Resource Institute (JRI)

This project, Apoyando a la Comunidad (Supporting the Community), will develop internal resources and tools to support our Spanish speaking staff in delivering services and will yield increased retention of staff with this specialty through incorporating key resources and supports in Spanish, including core training modules, peer supervision, and clinical tools such as SDM and treatment planning guides. Supporting and retaining the Spanish speaking team members will lend to sustainable diversified workforce and improved access to behavioral health in the communities served across Eastern Massachusetts. Funding will be used to support a bilingual project Lead and Regional Leads who will dedicate time to incorporating key resources and supports in Spanish, including core training modules, peer supervision, and clinical tools such as SDM and treatment planning guides.

Psychiatry Curriculum for Primary Care Practitioners

MGH Revere HealthCare Center

The goal of this project is to assist primary care clinicians in improving their knowledge base and skills in mental health care. The proposed project will utilize the established relationship between psychiatry and primary care at MGH-Revere and MGH Primary Care-Broadway to develop and implement a psychiatry curriculum for primary care practitioners. The funding will be used to support the lead provider in the curriculum development and to analyze the outcome measures.



Improving Diabetes Care for Special Populations

Lowell Community Health Center

This project aims to reduce health disparities and improve overall health for Cambodian diabetes patients through Diabetes-related training for project leads; trainings for clinical staff on diabetes disease and importance of screening for diabetes sequelae; and improved screening systems and processes. This project will also expand Khmer Diabetes Group Visits, and community health education through local Khmer-language media and community partnerships. Funding will support CME diabetes training for Ms. Bradshaw and Dr. Lim; project management activities and clinical trainings; work effort of a Khmer-speaking community health worker and Quality Analyst; expansion of the Diabetes Group Visit, and community outreach activities.

Prime Time for Pulmonary Monitoring

Lowell Community Health Center

This project will focus on improving the tools, PEFR meters and spirometry, for monitoring lung function at Lowell Community Health Center through providing each of eight medical departments with peak expiratory flow meters, and training the physicians, nurse practitioners, nurses and medical assistants how to use them; teaching patients how check PEFR at home and develop an Asthma Action Plan based on their PEFR readings; and providing spirometry in house with dedicated health care providers. The goal of this project is to provide better management of both asthma and COPD, improve lung function and prevent exacerbations. Funding will be used to purchase a spirometer, PEFR meters, supplies, spirometry training for three health care providers, speaker's fee for pulmonologist, two lunches for medical staff, staff time for PEFR training sessions.

Behavioral Intervention for Smoking Cessation in Patients with Serious Mental Illness

North Suffolk Mental Health Association, Inc. (Freedom Trail Clinic)

This project has two main goals: one is to show the efficacy of group smoking cessation counseling to decrease overall smoking rates among SMI patients, and the second is to build an agency-wide smoking cessation educational curriculum for all North Suffolk Mental Health Association (NSMHA) clinical providers, improving diagnosis and access to treatment. Funding will cover protected time for the provider to engage in the above special project, minimum time of the medical director for project supervision, front desk staff support and cost of supplies.

Collaborative Care Project

ServiceNet

In collaboration with Valley Medical Group in Greenfield, ServiceNet will develop behavioral health and substance use treatment capacity within a primary care practice through integrating mental health clinicians into the medical team to provide person-centered care to patients experiencing co-occurring and complex medical, mental health, and substance use disorders. The project will pilot the implementation of evidence-based approaches such as impacts to address mental health conditions, and through evidence based treatment including SBIRT and Motivational Interviewing. Funding will support on-site early career mental health clinicians who will provide assessment, treatment and care coordination to ensure that patients get the services to address their needs.



Smoking Cessation Program

South End Community Health Center

SECHC's "Kick the Nic/Bienestar Sin Fumar" Smoking Cessation program will combine both motivational strategies tailored for each individual patient, coupled with hypnosis sessions and oral replacements; patients and their PCPs will add medication assisted treatments such as Chantix or Wellbutrin if needed or appropriate. This project will consist of three sessions- delivering information about the power of hypnosis and assess the level of the participants' motivation to quit this habit, actual hypnosis for those individuals showing behavioral signs of being motivated and a booster session with hypnosis.

Early Intervention and Empowerment

South End Community Health Center

This project is grounded in trauma-informed practices that support families by creating a safe space where they can learn, collaborate, and empower one another, taking into account cultural, historical and gender issues that have impacted their lives in order to increase parents' knowledge of trauma on early childhood development; decrease parental stress via collaborative evidence-based interventions (to address trauma-related behaviors); and provide resources and connections to address individualized needs. Funding will support the Early Childhood Integrated Behavioral Health Clinician.

Promoting Health Equity by Empowering Women to Honor Health Vows Centered in Mindfulness

Southern Jamaica Plain Health Center

The program will aim to change the consciousness, level of mindfulness, thinking patterns, and individual behaviors, which act as barriers to achieving health equity. A seven-part workshop series will be carried out under the theme of seven Health Vows, designed by Dr. Liza Swedarsky, promoting mindfulness, self-awareness, self-empowerment and emphasizing educational advice and tools aimed to inspire participants to navigate complicated health care systems with confidence and direct goals. Funding will be used for workshop curriculum design, materials development, graphic design work, and salary support for Dr. Swedarsky and funds for equipment and at support a clerical secretary.

Developing and piloting new models of primary care and community-based behavioral health care integration

Vinfen

With this project, Vinfen will embed licensed behavioral health clinicians in BIDCO primary care practices that have a disproportionate number of high-cost patients with serious mental illness and/or substance use disorders. The behavioral health clinicians will extend the reach of the primary care team into the community supporting patients to access behavioral health resources, health-related social services, and other community-based resources. The funding will enable two Vinfen, early career licensed behavioral health clinicians to spend a day each week on site at the primary care sites, and permit Vinfen's Director of Care Coordination to dedicate an average of 4 hours each week to oversee the design and implementation of the programs