

# Treating the Whole Person: Community Behavioral Health's Role in an Integrated, Trauma-Informed Response to the Opioid Epidemic

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# Community Behavioral Health Centers

- What are they?
- JFK and 1963
- A day in the life

# Costs Associated

- \$200 Billion on Behavioral Health
  - Most costly condition (National Health Expenditure Accounts)
- Number one leading cause of disease burden (Kaiser Family Foundation)
- Opioid Epidemic
  - \$78 billion a year
    - 3.6% for treatment (\$2.8 Billion)
    - Remainder due to loss of employment, overdoses, emergency department visits, etc. (National Institute on Drug Abuse)

# Role In Responding to Opioid Epidemic

- Outpatient treatment
- Inpatient treatment
- Referrals
- Medication Assisted Therapies

# Hub and Spoke

- History
  - Started in Vermont
  - System partners do not talk to each other
- Hub
  - Requires MAT
- Spokes
  - Referral sources
  - Variety of services
- Navigators
  - Creating inductions into the system

# Integrated Managed Care

- January 2020 mandated integration
- Behavioral health changes
  - Funding
  - Behaviors

# Pillars of Integration

1. Team Based Care
2. Evidence Based Care
3. Measurement Based Care
4. Population Health

# Examples of Integration

- Physical health inside behavioral health centers
- Behavioral Health Specialists
- Professional Collaborations



# Future Integration

- People receive care in one place
- Multiple layers of treatment
  - Primary Care
  - Community Behavioral Health
- Immediate access to Electronic Health Records
- Solve problems and link to resources

# Barriers to Integrated Care

- Moving fast
- Different systems
- Different EHRs
- Stigma
- Focus on presenting problem

# Trauma-Informed Perspective

- We know opioids impact brain
  - Calms it down
  - Hits reward center
- We know trauma impacts brain
  - Stronger emotions
  - Slower regulation

# PTSD

- PTSD diagnosis with veterans
  - More likely to receive a prescription for opioid
  - More likely to receive higher prescription
    - Seal KH, Shi Y, Cohen G, et al. Association of Mental Health Disorders With Prescription Opioids and High-Risk Opioid Use in US Veterans of Iraq and Afghanistan. *JAMA*. 2012;307(9):940–947. doi:10.1001/jama.2012.234

# Trauma-Informed Treatment

- Treat entire person
- No Wrong Door
- Reduce Stigma
  - Delays seeking treatment
  - Delays = increased symptoms, increased cost

# Combining it all

- “You can’t be what you can’t see” – Marian Wright Edelman
- Treatment is
  - Integrated
    - Mental Health
    - Substance use
    - Physical Health
  - Trauma-informed