

Integrated Behavioral Health: *The Vision for Recovery*

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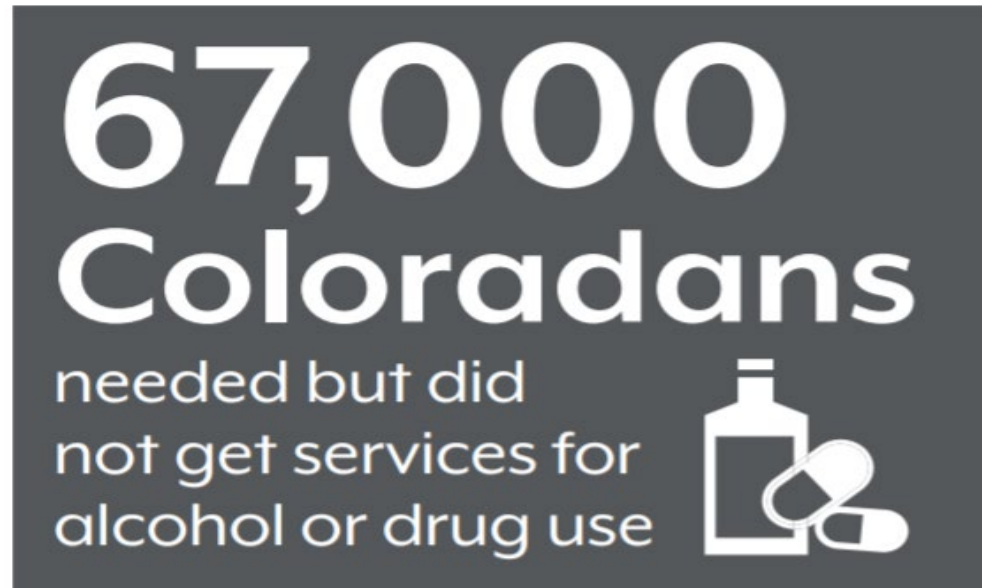
Office Director, Medicaid & CHP Behavioral Health Initiatives & Coverage (BHIC)
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Goals of Our Work

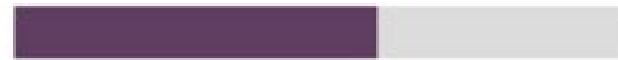
1. Develop infrastructure for primary care practices and behavioral health professionals to better serve individuals with behavioral health needs in outpatient health care settings.
2. Increase access to quality health care for individuals with behavioral health needs.
3. Expand prevention and early intervention tactics that reduce escalation and exacerbation of behavioral health conditions.
4. Address the shortage of the behavioral health care workforce.
5. Implement processes to participate and succeed in alternative payment models.
6. Support for small capital expenditures like IT and data-sharing technology.

Reducing Stigma through Integrated Practice

- Stigma and fear of judgment keep people in Colorado from seeking the treatment they need.



59.2%



say stigma about substance use kept them from receiving needed care.

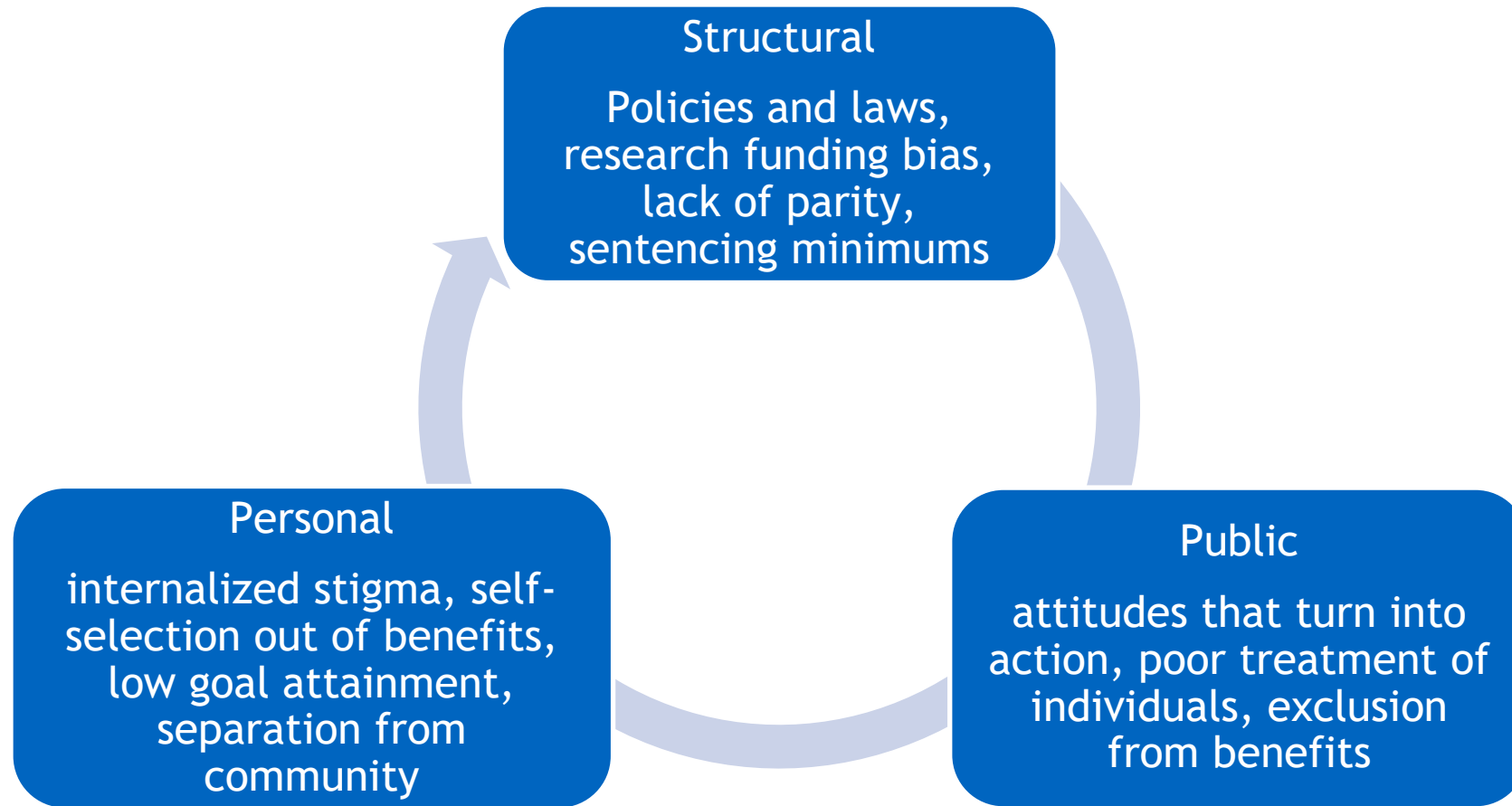
You were concerned about what would happen if someone found out you had a problem

43.9%



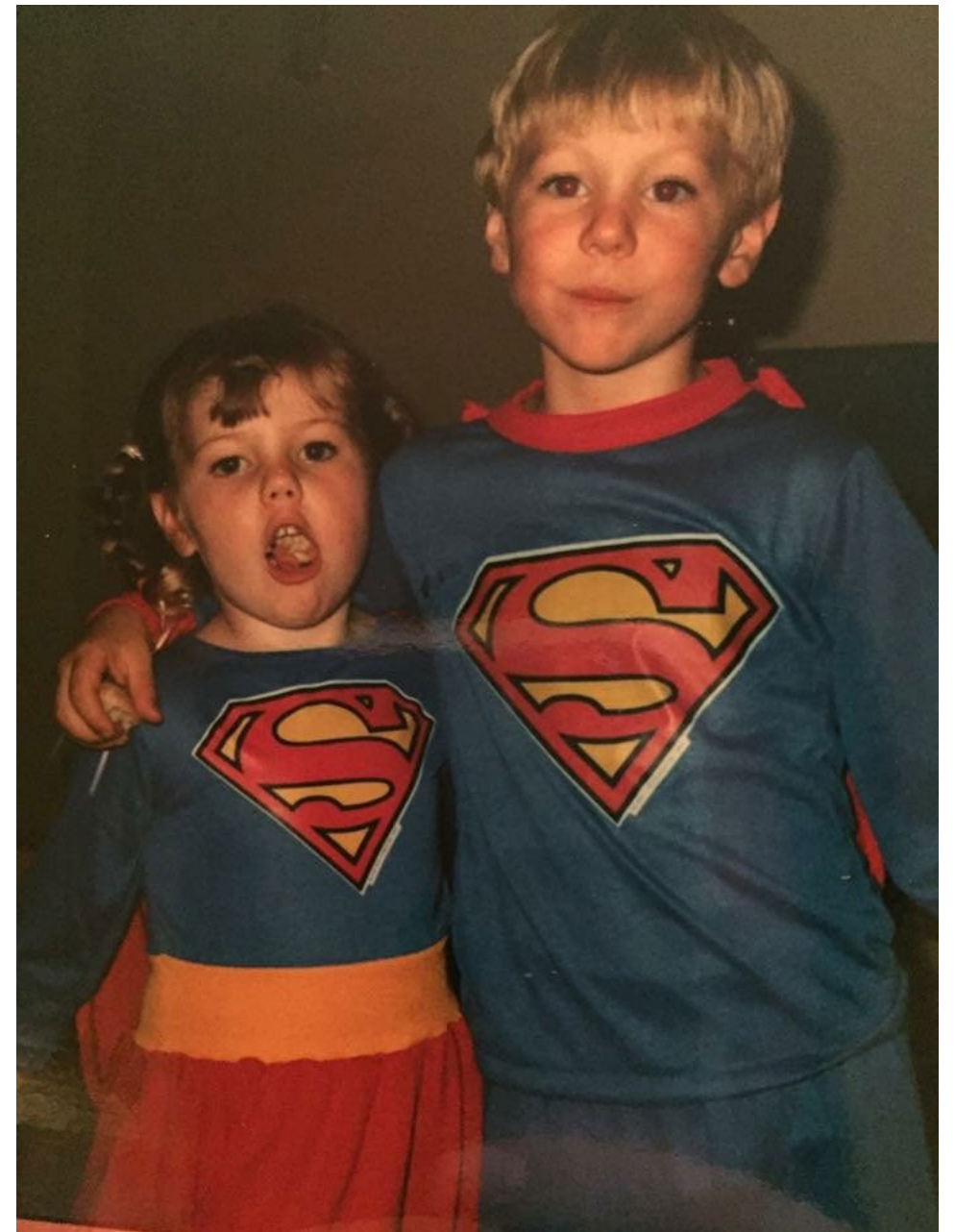
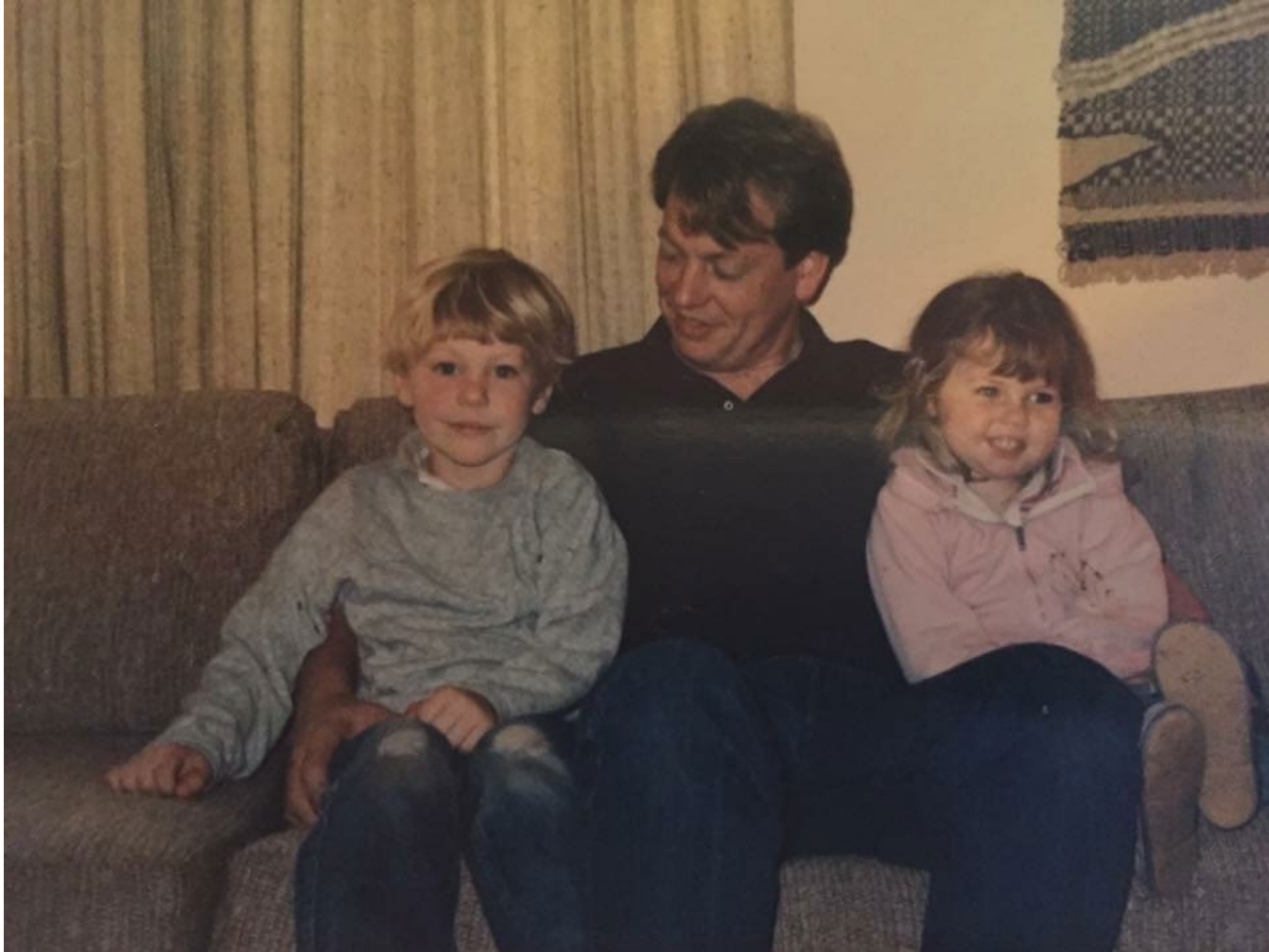
- Unfortunately, their fears are well-founded, people have negative attitudes and behaviors for people with SUD, even in recovery.
- This is a REAL BARRIER to care, hearts and minds are part of recovery

Types of Stigma



The three types of stigma have a symbiotic relationship in which each reinforces the other.

My Brother, Cory



The downfall and the call



Fighting for his life

- Family coming in weekly to beg nurses to continue his methadone
- Multiple doctors and nurses telling me that they aren't a drug treatment center and that it isn't their job to treat his addiction
- Social worker's role and lack of connection to treatment
- Going back to a shelter was a death sentence

"Resources" from the social worker

St. Louis City Shelters

Housing Resource Center 800 North Tucker, St. Louis MO	Walk-Ins 8:00am-3:30pm 8-8 M-F 8-4 Sat	314-802-5444
*Call this phone number to find a shelter bed for the following shelters:		
-Catholic Charities		
-Our Lady's Inn (pregnant women)		
-Peter & Paul Community Services		
-Salvation Army		
-Shalom House (single women)		
-United Methodist Ministry		
-Grace & Peace		
-Loaves & Fishes (women & children)		
-Gateway Homeless Center (women only)		
Other Available Shelters		
New Life Evangelistic Center (doors open @530) 1411 Locust St. Louis Missouri		314-421-3020
Sunshine Mission (men only, doors open @ 5pm) 1520 N 13 th St.		314-231-8209
Covenant House (Women 17-21yrs)		314-234-5954
Covenant House (Men 17-21 yrs)		314-351-4866
Haven of Grace (Women 16-24 and Pregnant)		314-621-6507
Missionaries of Charity (Women and Children)		314-533-2777
Youth Emergency Service (Ages 11-18)		314-727-6294
Hunger Hotline		314-726-5355
Shelters for Battered Women		
St. Martha's Hall		314-533-1313
Women's Safe House		314-772-4535
Weinman Shelter		314-423-1117
Women's Center		636-946-6854
Fortress Outreach		314-381-4422
Contrea (Jefferson County)		636-931-2700

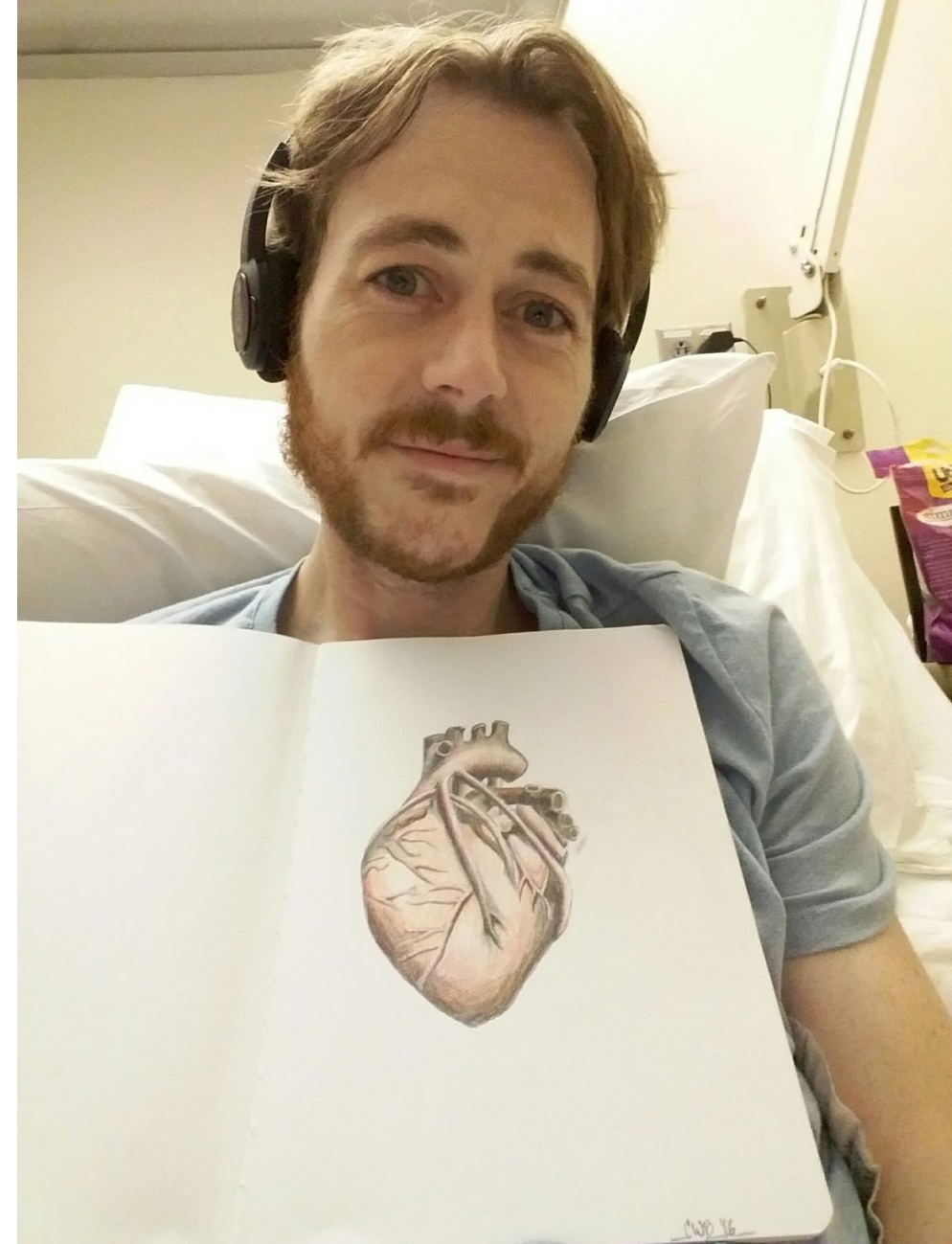
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What went right

In the end, it was family advocacy and **provider champions** who fought for Cory and led to his survival.

- His first doctor fought for him to get on methadone.
- Family talked to the nurses and docs and stayed with him day in and day out, so they saw him as a brother and son.
- His ophthalmologist- he stayed some days because she believed in him
- He connected to one of his nurses who was understanding and credited her with his recovery
- He moved to Colorado, got on Medicaid in 3 days, and got into treatment



Things I've heard providers say

“We aren't trained to deal with this population and don't want to be.”

“Our staff aren't safe around them, can't they go somewhere else?”

“We don't allow MAT here, we run a clean operation.”

Challenges Persist, Access Helps

- Lack of access to care make referrals difficult
 - Need for discreet treatment
 - Providers need some expertise in working with symptoms
 - Post-acute withdrawal
 - Lack of insight into illness
 - Related social needs
 - Stigma leads to frustration and lack of trust
- Integrated care practices can help improve all of this**

Behavioral Health in Primary Care

- Provides new access points to care that has traditionally been difficult to access
- Pre-existing relationships between PCPs and patients can help patients feel more secure in requesting BH services
- Receiving BH care in a Primary Care setting can provide a workaround for patients afraid of being stigmatized for seeking care.



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Personal Experience Influencing Professional Growth

- I was afraid to tell my story
- Everyone has a story
 - In 2022, 48.7 million people aged 12 or older (or 17.3%) had a substance use disorder (SUD) in the past year.
 - In 2022, almost 1 in 4 adults aged 18 or older had any mental illness (AMI) in the past year (59.3 million or 23.1%).
- The opposite of addiction is not sobriety, it is connection.

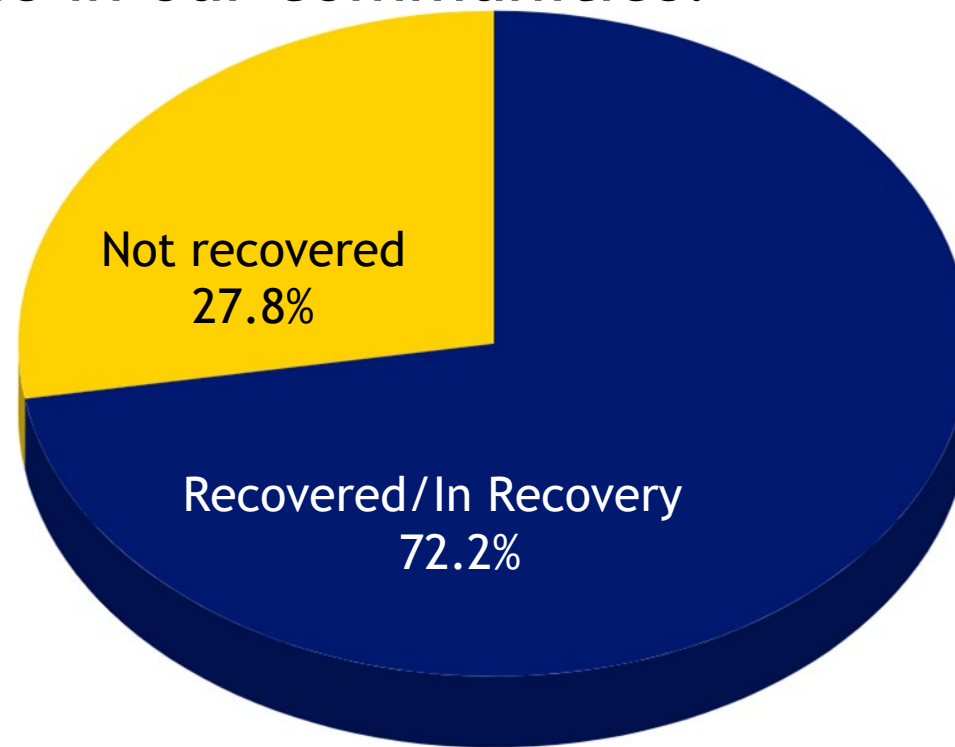
Source: <https://www.samhsa.gov/newsroom/press-announcements/20231113/hhs-samhsa-release-2022-nsduh-data>

Recovery is Possible: SUD

Recovery is real; with a range of holistic, individualized supports, people with mental health and/or substance use conditions can and do overcome these challenges and live productive lives in our communities.

Substance Use Disorder Recovery

Of the 29.0 million adults who perceived that they ever had a substance use problem, 72.2% (or 20.9 million) consider themselves to be in recovery or to have recovered.

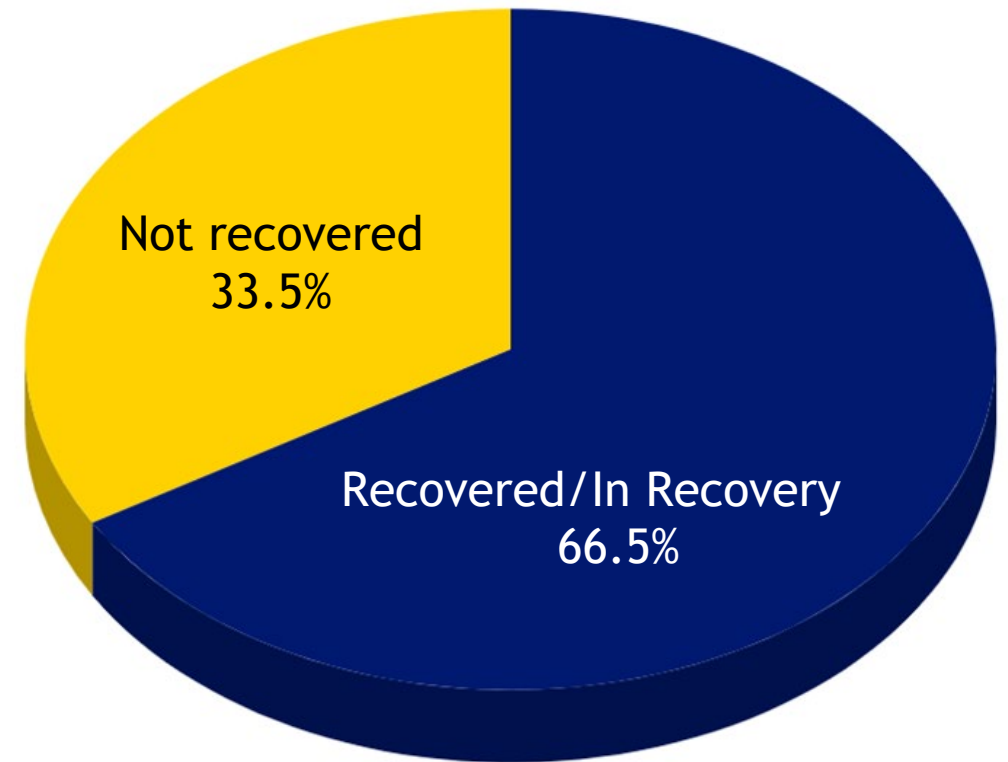


Source: [Recovery from Substance Use and Mental Health Problems Among Adults in the United States](#)

Recovery is Possible: MH

Mental Health Problem Recovery

- Of the 58.7 million adults who perceived they ever had a mental health problem;
 - 66.5% (or 38.8 million) considered themselves to be in recovery or to have recovered.



Source: [*Recovery from Substance Use and Mental Health Problems Among Adults in the United States*](#)

Lift the Label Campaign



Lift The Label is a public awareness campaign that strives to remove damaging labels and stigma that prevent those with addiction from seeking effective treatment.

Learn more at LiftTheLabel.org.



Thank YOU for being here



Cory and his family
Christmas, 2023



Questions?



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