





Monday, October 7, 2024 12 p.m. – 1 p.m.

# Welcome & BHI Supporting Children & Youth

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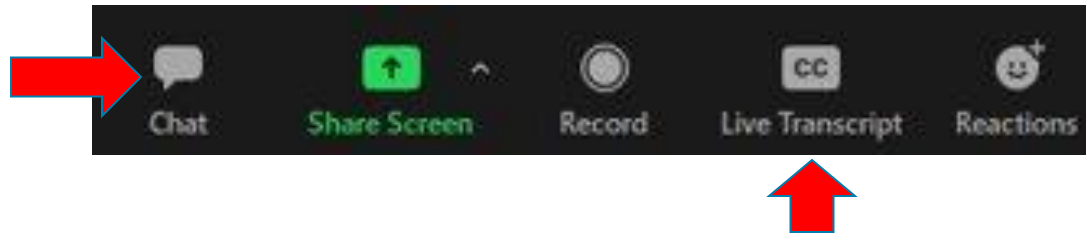
BHI-CYCLE Commons



California Quality  
Collaborative

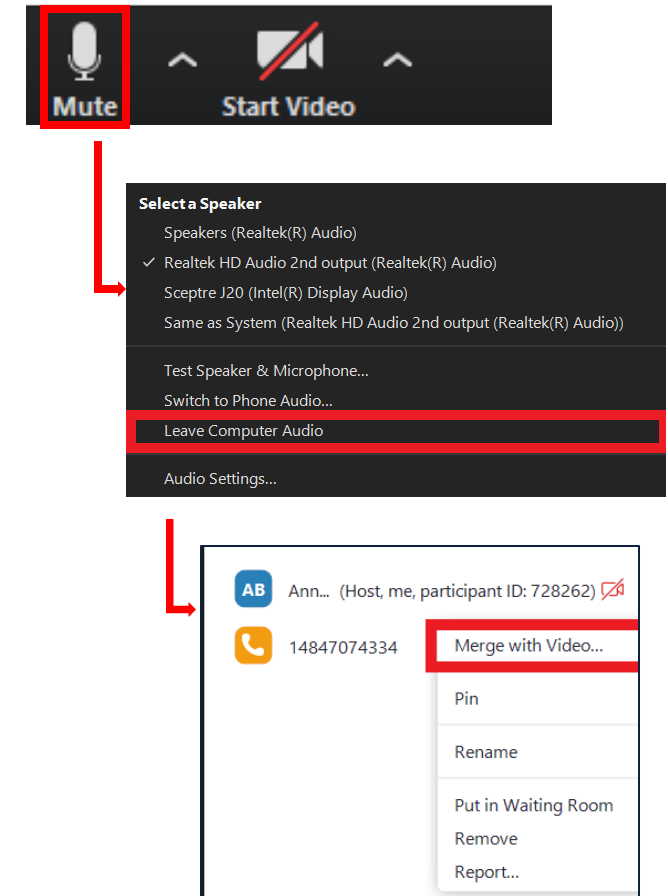
# Zoom Tips

- Attendees are automatically **MUTED** upon entry
- Use the **chat box** for questions



- Request closed captioning with 'Live Transcript' button
- Welcome to update name, pronouns and organization in your Zoom name
  - Right click on yourself -> Rename
- **Direct message Anna Baer** if you have any technical issues

- If you've dialed in, please link your phone to your video/computer



# Hello and Welcome!



# Engaging Today and Future Commons

## About the BHI – CYCLE Commons

- Definition = resources belonging to a whole community
- Also, what we share in common

## Today's invitation

- Engage via chat
- Share with camera or Zoom “Reactions”
- Turn your camera on if you're able to
- Support colleagues as they are presenting



# Sharing Today

Excited to learn more about everyone's projects



**What are you most excited for participating in this program?**

I am most excited to connect with others and hear everyone's projects 🗣️

Learning about everyone's approach to addressing BH in the primary care setting.

Excited about learning best practices for pediatric IBH and making connections to support this ongoingly.

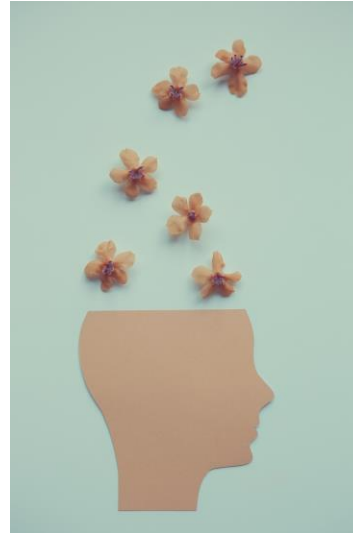
connecting with and learning from other folks in the PC peds world!

# Today's Agenda

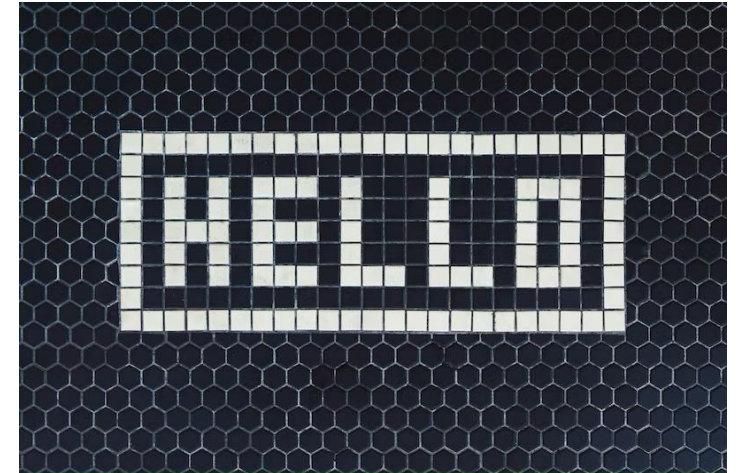
Today, we'll:



Review the BHI - CYCLE program structure and timeline



Highlight clinical and operational lessons learned from Rady Children's Hospital around BHI for children



Get to know BHI – CYCLE Teams

# Behavioral Health Integration — Children and Youth Collaborative Learning Exchange

A nine-month learning collaborative (Oct. 2024 - June 2025) that will engage provider organizations to improve integrated care for children and youth.

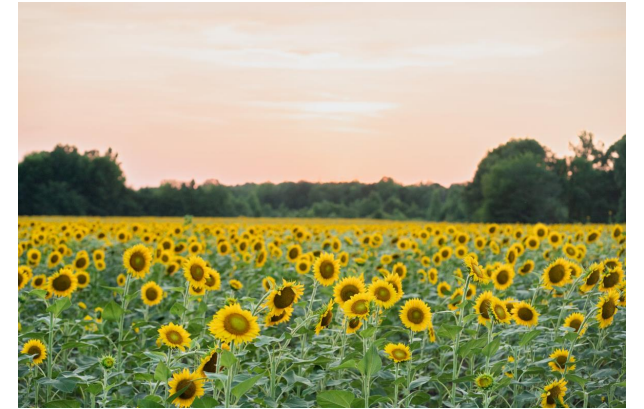
Organizations will:



**Share** successful practices with a dynamic network of peer organizations



**Spread** adoption of promising solutions addressing real-world challenges that improve delivery of integrated behavioral health care for children/youth



**Showcase** successes in a public toolkit synthesizing recommendations, experience and contributions to the field



# Learning Events & Curriculum

- Monthly webinars
  - Required: BHI – CYCLE Commons
  - **Optional** – BHI – CYCLE Peer Office Hours
- In Person Site Visit
  - March 2025, date TBA
  - San Diego, CA
- About the webinars
  - Webinars will be recorded and materials posted
  - Peer office hours are a place to come ask questions and connect with peers



# All Teach, All Learn | Webinar Structure



- BHI-CYCLE team to share on the monthly topic (10 – 20 minutes)
- BHI-CYCLE participating organization will share on monthly topic
  - Develop 2-4 slides
  - Speak for 10-15 minutes, covering:
    - What are you trying to solve?
    - What have you tried?
    - What would you like advice on?
- All: ask questions, offer suggestions and solutions
  - 5-10 minutes

# BHI – CYCLE Commons | Program Timeline

Topic

Presenter

<p>Commons Webinar Welcome + BHI Supporting Children &amp; Youth</p> <p>Mon. 10/7 (12 -1)</p>	<p><b>By 10/31: Submit BHI-CYCLE Project Description</b></p>	<p>Commons Webinar: BHI Workflows</p> <p>Mon. 11/4 (12 - 1)</p>	<p>Commons Webinar: BHI Teams</p> <p>Mon. 12/2 (12 – 1)</p>	<p>Commons Webinar: Screening</p> <p>Mon. 1/6 (12 – 1)</p>	<p>Commons Webinar: BHI Financing and Sustainability Mon. 2/3 (12 -1)</p>
<p>Rady Children’s + CQC</p>		<p>CHOC</p>	<p>Alliance Healthcare</p>	<p>Providence</p>	<p>LifeLong Medical Care</p>

Topic

Presenter

<p>Commons Webinar: In-Person Preparation Mon. 3/4 (12 – 12:30)</p>	<p><b>In Person Site Visit – Rady Children’s, San Diego</b></p> <p><b>March 2024, TBA</b></p>	<p><b>By 4/1: BHI-CYCLE Program Survey</b></p>	<p>Commons Webinar: Engagement &amp; Equity</p> <p>Mon. 4/7 (12 – 1)</p>	<p>Commons Webinar: Training and Development</p> <p>Mon. 5/5 (12 – 1)</p>	<p>Commons Webinar: Lessons Learned &amp; Closing</p> <p>Mon. 6/2 (12 – 1)</p>
			<p>San Francisco Health Network</p>	<p>AltaMed</p>	

# BHI – CYCLE | Connecting



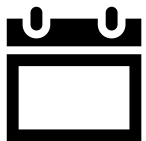
- **BHI – CYCLE Connect**

- Monthly newsletter highlighting learning events and upcoming milestones in the learning exchange



- **[BHI – CYCLE Website](#)**

- Visit for program calendar, webinar recordings, and resources
- Please don't share website link!



- **Meeting invitations**

- All learning events (Commons webinars, optional peer office hour) will come from [cqinfo@pbgh.org](mailto:cqinfo@pbgh.org)
- Reach out to Anna at [abaer@pbgh.org](mailto:abaer@pbgh.org) for any questions

# Team Introduction: BHI - CYCLE



## Organization Background

- California Quality Collaborative
  - Technical Assistance Organization
  - All over California
- Rady Children's Hospital
  - Leading BH integration in pediatric primary care
  - San Diego



<p><b>Kristina Mody</b>                  Director,                  Practice Transformation  <b>BHI – CYCLE Director</b></p>	<p><b>Anna Baer</b>                  Program Coordinator,                  Care Transformation  <b>Coordinator</b></p>	<p><b>Anne Bird, M.D.</b>                  Medical Program Director,                  Primary Care Mental                  Health Integration                  Transforming Mental                  Health, Rady Children's                  Hospital</p>	<p><b>Nicole Carr – Lee,                  PsyD</b>                  Director of Clinical                  Operations and                  Integration – Mental                  Health Integration; Rady                  Children's Hospital – San                  Diego</p>	<p><b>Benjamin                  Maxwell, M.D.</b>                  Chief, Child and Adolesc                  ent Psychiatry, UC San Di                  ego                  Una Davis Endowed Chai                  r, Rady Children's Hospit                  al – San Diego</p>	<p><b>Elizabeth Rains.                  MPH</b>                  Manager, Business                  Planning</p>	<p><b>Jen Zubyk</b>                  Quality                  Improvement                  Advisor</p>



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# **Rady Children's Hospital Transforming Mental Health**

# Rady Children's Hospital – San Diego

Founded in 1954, Rady Children's serves the region with comprehensive health care for infants, children, and adolescents. As the only dedicated provider of pediatric care in San Diego County and the region's only designated pediatric trauma center, Rady Children's cares for 91% of the pediatric population, nearly 280,000 children from around the world each year. With 40 locations and 511 inpatient beds, we are one of the largest children's hospitals in the country.



# Rady Children's Integrated Delivery System





# Significant Increase in Behavioral Health Emergency Department (ED) Visits Fiscal Year 2012 through Fiscal Year 2022



Between FY2012 and FY2022<sup>1</sup>,  
annual behavioral health volume has increased

# 1,276%

- Behavioral health visits in the ED went from approximately 350 per annum to 4,850 per annum.
- Comparatively, all Emergency Department visits went up 47% during this same time period.
- From pre-pandemic (FY 2019) to post-pandemic (FY 2022<sup>1</sup>), behavioral health visits in the ED increased by 56%.

# Youth Mental Health Crisis Statistics

**1 in 3** high school students feel sad and hopeless

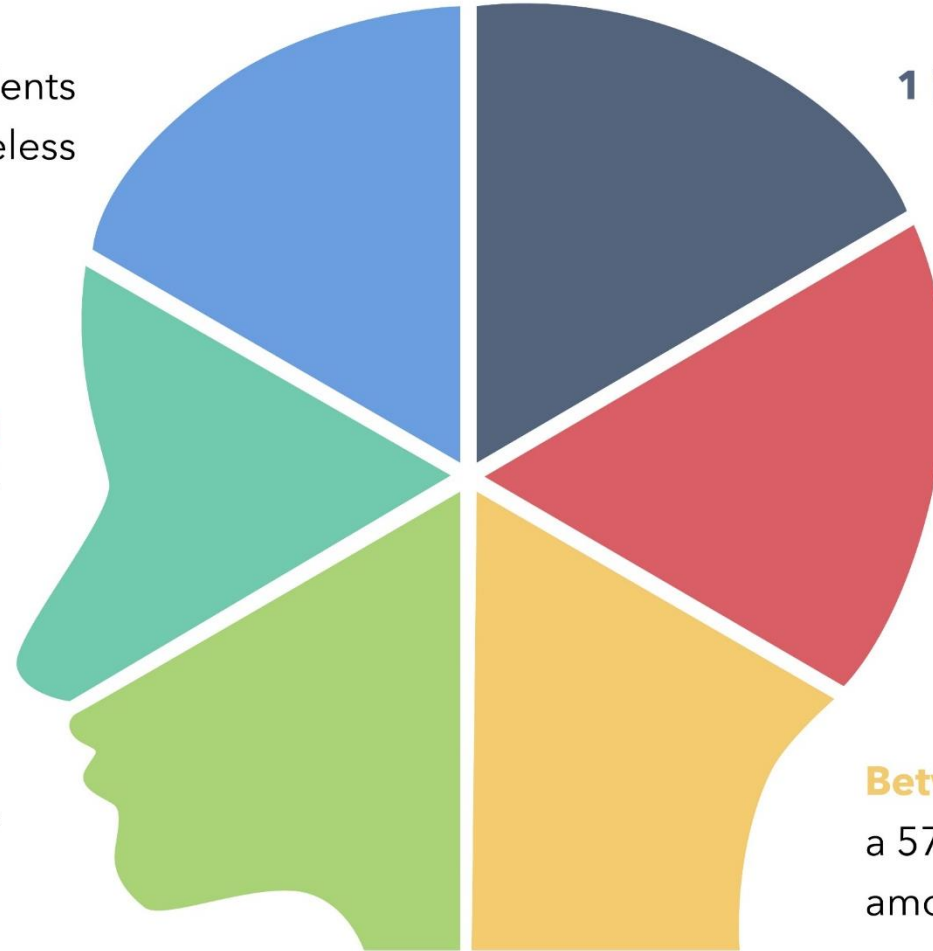
**1 in 4 youth** are depressed

**Suicide remains the second leading cause of death** among youth aged 10-14

**More than half of parents** express concern over their children's mental well-being

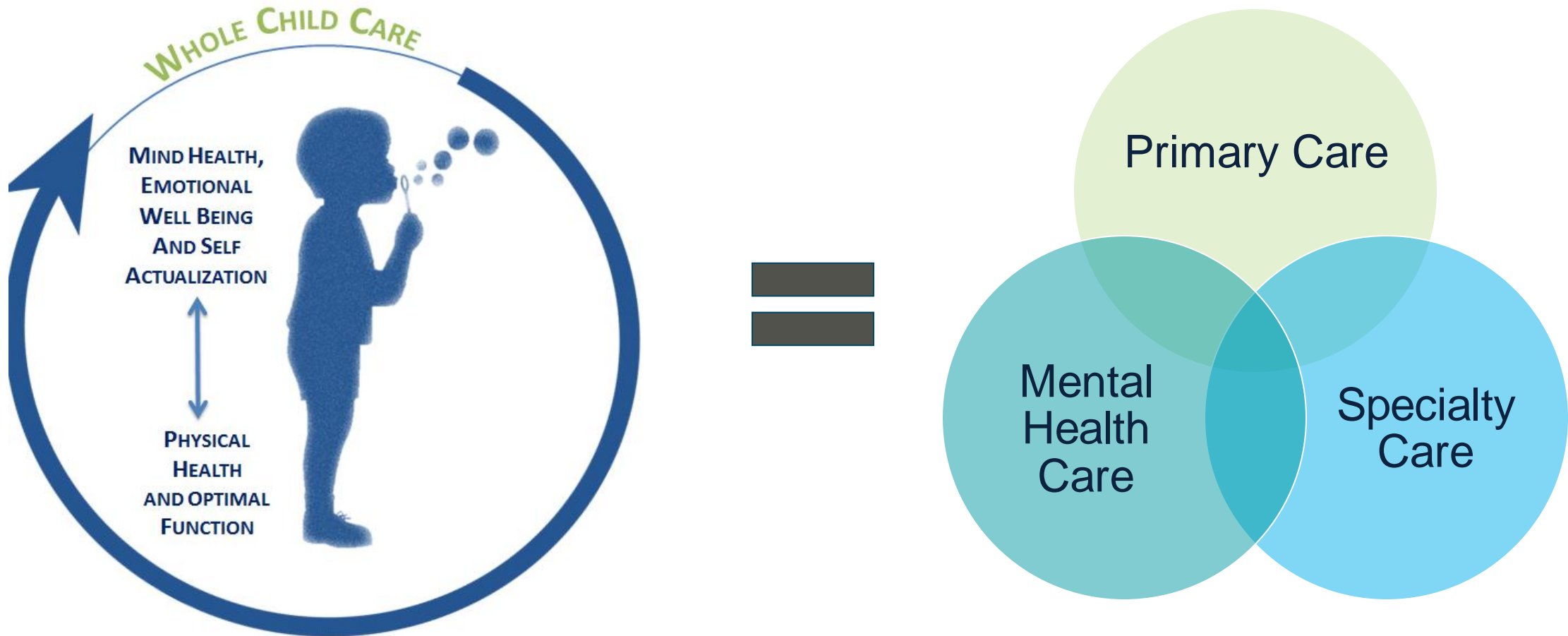
**1 in 5 youth** experience anxiety

**Between 2007 and 2018** the US saw a 57% increase in suicide completion among people aged 10-24 years



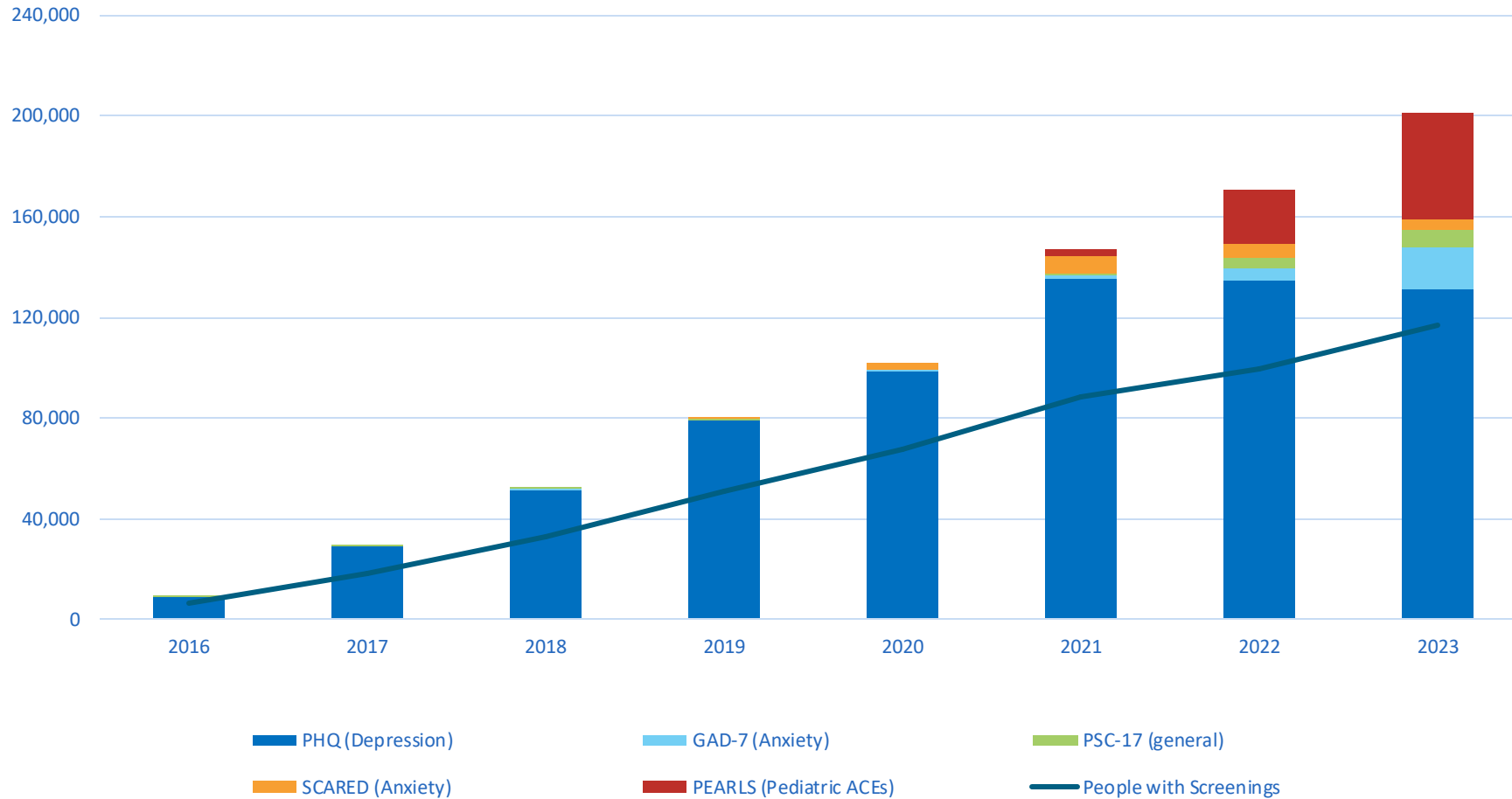
In 2015, under the guidance of its Board, Rady Children's set an aspiration for transforming mental health with a focus on the whole child

*Transforming Mental Health with a Focus on the Whole Child*



There is no health without **mental health.**

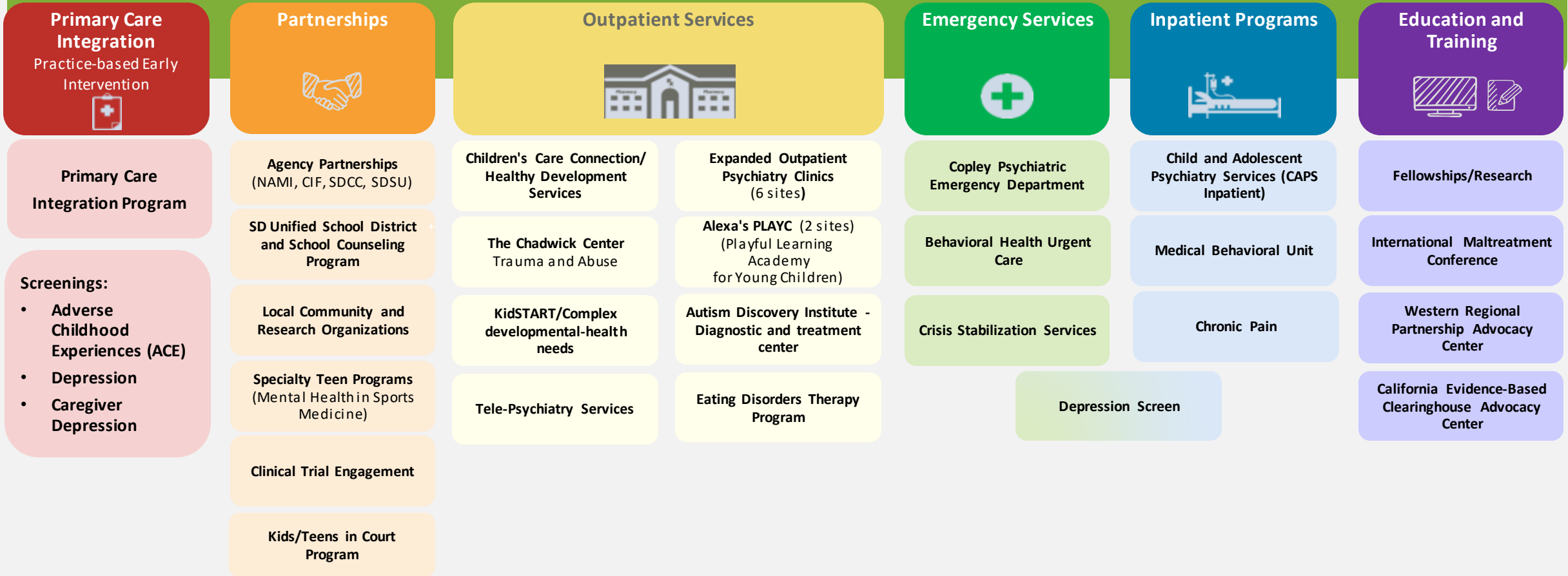
# 2016-2023 System-Wide Mental Health Screenings at Rady Children's



**Mental Health Screenings:**  
Over 1 million system-wide mental health screenings have been administered to date throughout Rady Children's.

# Rady Children's Mental and Behavioral Health Programs and Services

Research and Innovation (ABCD, TMS Trial, Esketamine Trial, and Evidence Based Practices)

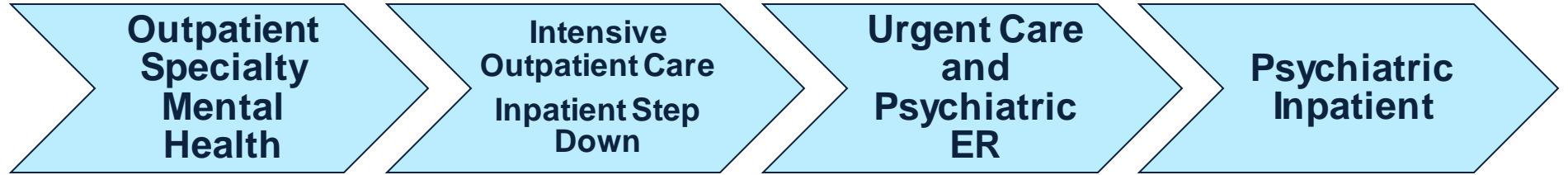


Rady Children's Virtual Treatment and Referral Hub

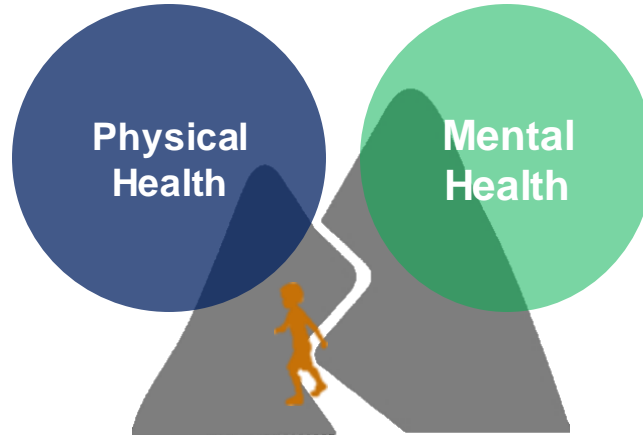
Partnerships for Specialized Solutions (Intensive Outpatient Therapy (IOP), Residential)



# Mental Health Continuum



Primary Care  
Medical Home  
'Whole Child Care'  
Physical AND  
Mental Health



# Physical Health Continuum



# TMH Vision, Mission, and Pillars

**Vision:** Transforming Mental Health at Rady Children’s Hospital – San Diego will be an innovative leader in pediatric mental and behavioral health, recognized nationally and internationally, for excellence in patient care, education, research and advocacy.

**Mission:** TMH will provide early detection, prevention, education, innovation and research to improve the life experience of children and youth and strengthen families with the goal of making a major impact on positively disrupting the growth in anxiety, depression, suicide and other behavioral and mental health needs of children and youth.



# Substance Abuse and Mental Health Services Administration (SAMHSA) Spectrum of Integrated Care

COORDINATED KEY ELEMENT: COMMUNICATION		CO LOCATED KEY ELEMENT: PHYSICAL PROXIMITY		INTEGRATED KEY ELEMENT: PRACTICE CHANGE	
LEVEL 1 Mini Collaboration	LEVEL 2 Basic Collaboration at a Distance	LEVEL 3 Basic Collaboration Onsite	LEVEL 4 Close Collaboration Onsite with Some System Integration	LEVEL 5 Close Collaboration approaching an Integrated Practice	LEVEL 6 Full Collaboration in a Transformed/Merged Integrated Practice

## Challenges to Integrated Care:

- Culture, workforce and local infrastructure
- Evidence-based care
- Research support
- Fiscal system changes and reimbursement





### Integrated Primary Care Clinic Sites

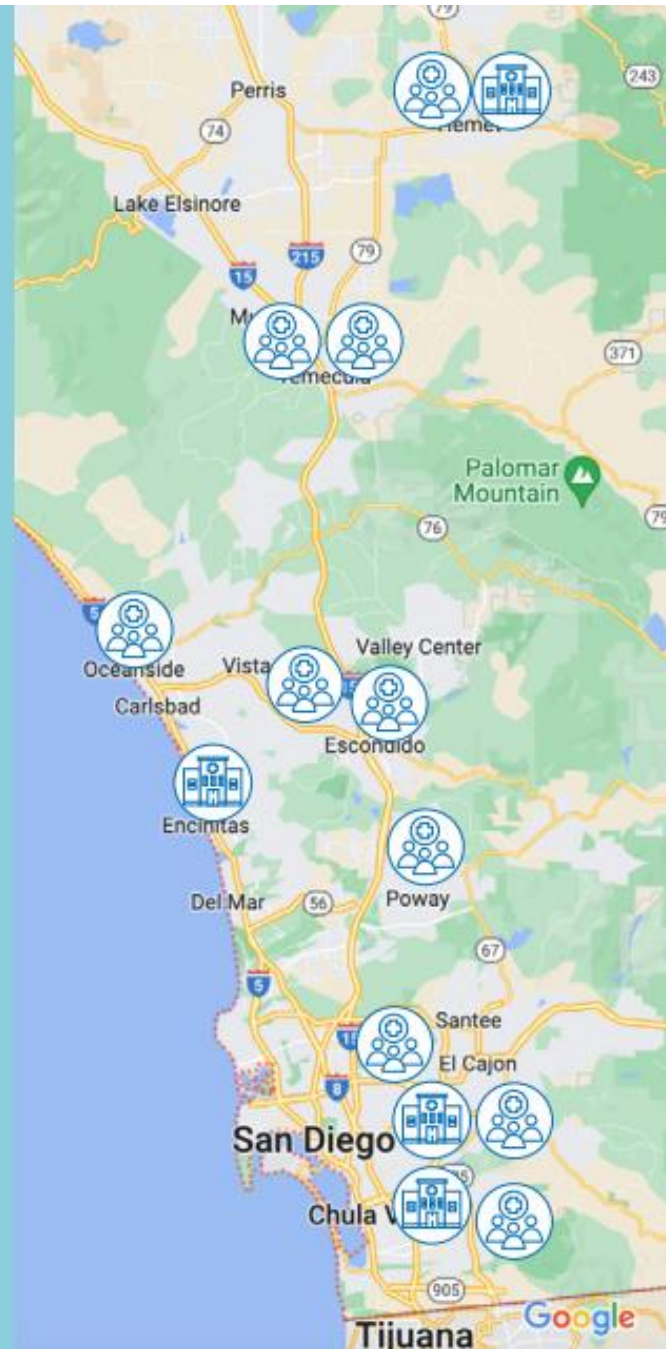
- CPCMGM Hemet
- CPCMGM Temecula Parkway
- CPCMGM Jefferson Temecula
- CPCMGM Oceanside - Sanford Children's Primary Care
- CPMGM Children's Medical Group San Marcos
- CPCMGM Citracado
- CPCMGM Poway\*
- CPMGM Valle Verde Pediatrics
- CPCMGM Alvarado
- CPCMGM El Cajon\*
- CPMGM La Mesa Pediatrics
- CPCMGM Chula Vista - Centre Medical Plaza



### Mental Health Integration Hubs

- Hemet Hub
- Encinitas Hub
- Mid-City Hub
- Chula Vista Hub

\*In partnership with San Diego Center for Children

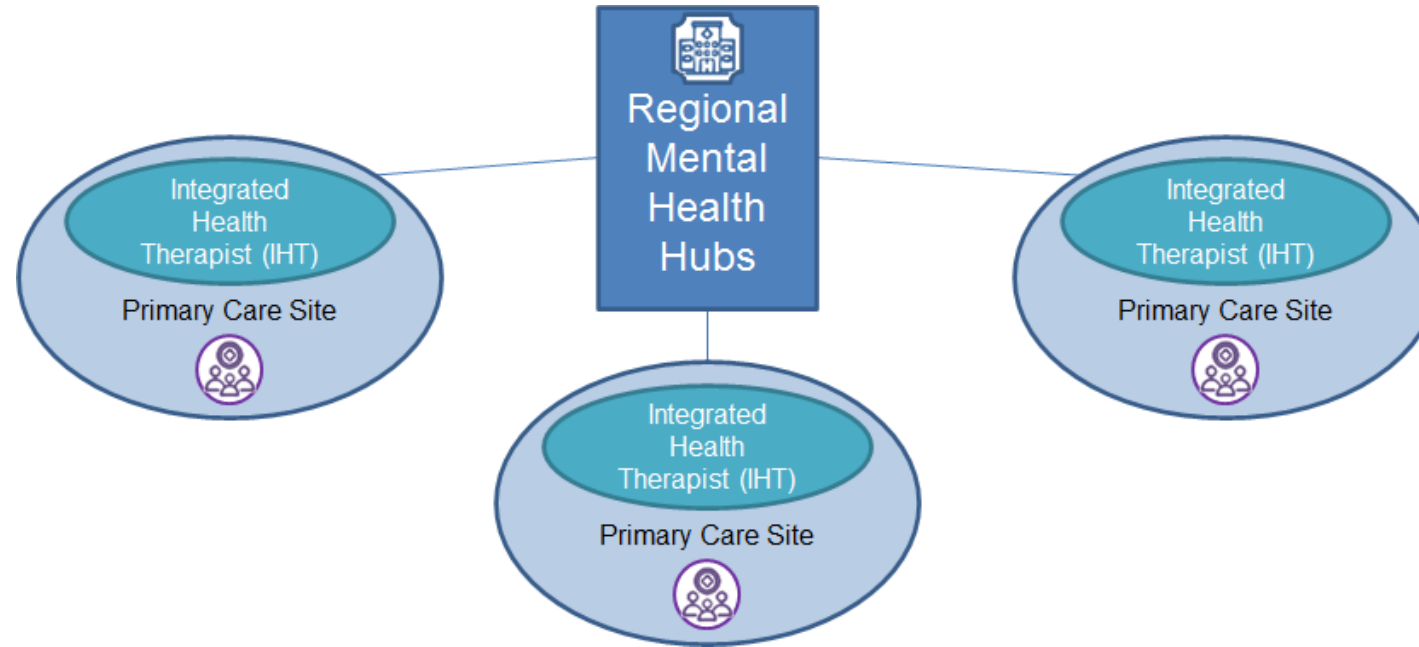


- ✓ Early Identification
- ✓ Early Intervention
- ✓ Early Recovery

Children's Physicians  
Medical Group

Children's Primary Care  
Medical Group

# Mental Health Integration Hub and Spoke Model



## Primary Care Spokes

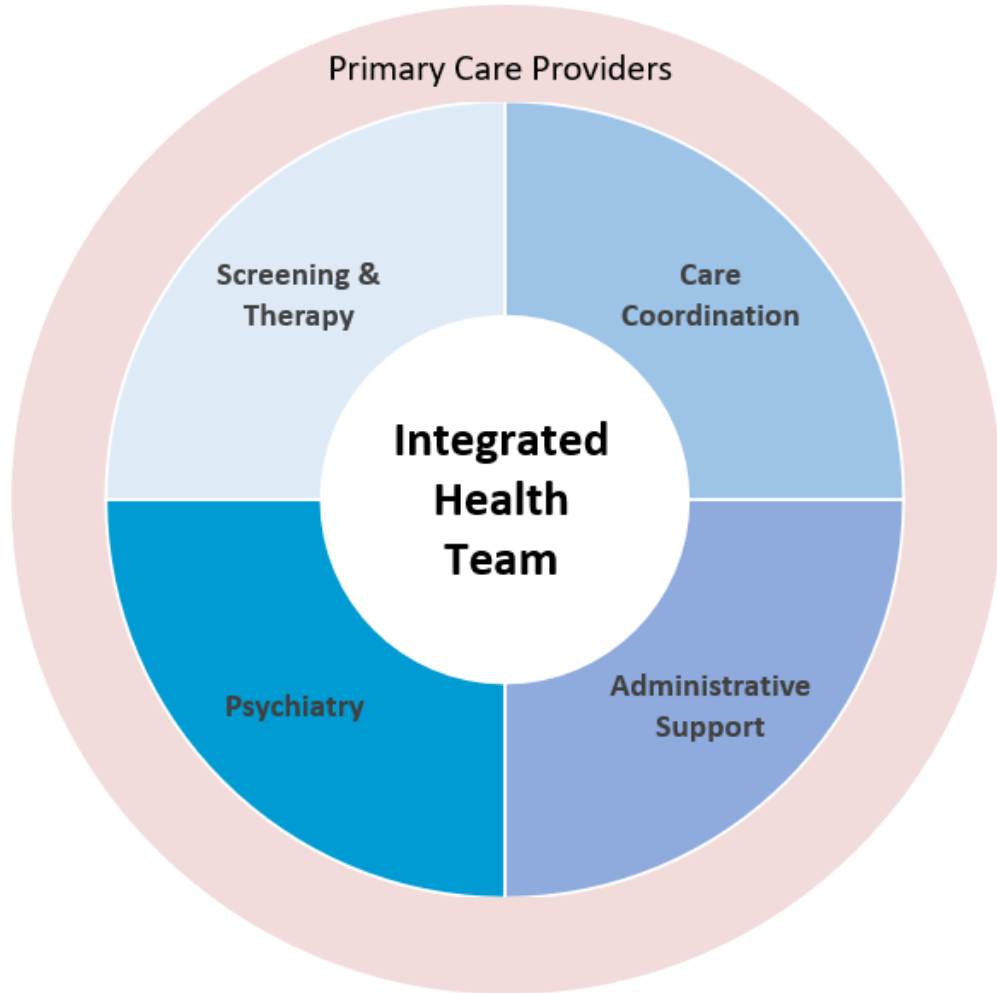
- Warm Hand Offs
- Assessments
- Brief goal/solution-focused therapy (4-6 visits)
- Care Coordination
- Preventative work and lower complexity
- **Co-manage with PCP**

## Mental Health Integration Hubs



- Brief goal/solution-focused therapy (<12 visits) +/- Groups
- Psychiatric consultations
- Care Coordination
- More complex pathology, higher risk
- **Co-manage with PCP**





Children's Physicians  
Medical Group



Children's Primary Care  
Medical Group

# Multi-Pronged Approach to Education





**Thank you!**



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# Meet the BHI-CYCLE Teams

# Team Introduction: Alliance Medical Center

## Organization Background

- Alliance Medical Center
- FQHC
- Sonoma County, CA
- Patients served: 12, 500
- EHR: Ochin Epic

- AMC has been on a journey to increase BHI for the past 3 years. For the past year, the medical and BH departments increased intentional integration by assessing current workflows and needs between departments. We are learning to communicate and work collaboratively.
- Hybrid BH Integration @Healdsburg and Windsor Clinics
- BH Team: 2 Clinical Support Staff, 2 MA's, 1 SUN, 2 Psychiatrists, 1 PMHNP, 8 LCSWs, 1 LMFT and 1 AMFT
- Improve workflows for sustainable hybrid model.



Maria Juarez Sanchez  
LCSW | BH Director  
Lead Team Member



Rosa E. Sanchez  
Director of Clinical  
Operations  
Lead Team Member

Peace Lily



# Team Introduction: **AltaMed Health Services**





## Organization Background

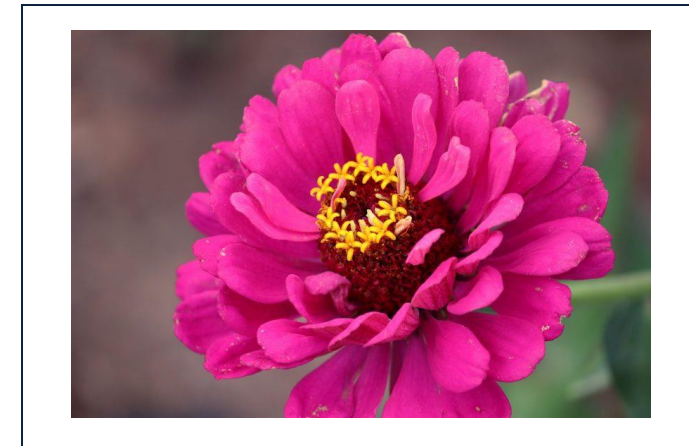
- AltaMed Health Services
- Federally Qualified Health Center
- Los Angeles/Orange County CA
- 380,455 patients served
- Epic EHR

## About Your BH Integration Program

- Primary Care Behavioral Health Model
- 32 Clinicians that range from Licensed Clinical Social Workers and Associate Clinical Social Workers
- BH services offered at 19 AltaMed clinics
- Project: Suicidal Ideation screening workflow



			
Dr. Norma Perez - Pediatrician, ACEs Program Director	Dr. Lisette Robledo - Pediatrician, ACEs Behavioral Health Champion	Alexandra Perez - ACEs Project Coordinator	Emmanuel Okosisi - ACEs Project Coordinator





# Team Introduction: CHOC (Children's Hospital Orange County)

## Organization Background

- Children's Hospital Orange County (CHOC)
- We are a pediatric health care system consisting of hospitals, urgent cares and community based primary and specialty care clinics
- We are based in Orange County, CA
- We serve roughly 2 million children over four counties
- We utilize Cerner as our EHR

## Primary Care

- CHOC has 26 primary care clinics (22 outlying clinics, 4 medical clinics) and a mobile clinic team. Our Psychology and Social Work providers are integrated into most of these clinics and provide services on-site or via telehealth
- Psychology team consist 6 psychologists & 2 resource specialists
- Social Work team consists of 3 primary care social workers
- Projects we are interested in working on with our teams include sustainability, maximizing billing, integrating HealthySteps, and increasing in-person interactions during patients' primary care visits



## Psychology



Chris Min, PhD



Sarah Ruiz, PhD



Annemarie Kelleghan, PhD



Mariam Ibrahim, PhD



Sandra Avila, PsyD



Darcy Alcantara, PhD



Maritza Estrada



Nataly Alvarado

## Social Work



Amy Hernandez, LCSW, PMH-C



Gloria Flores, MSW



LuzElena Najera, LCSW

## TEAM MASCOT (S)






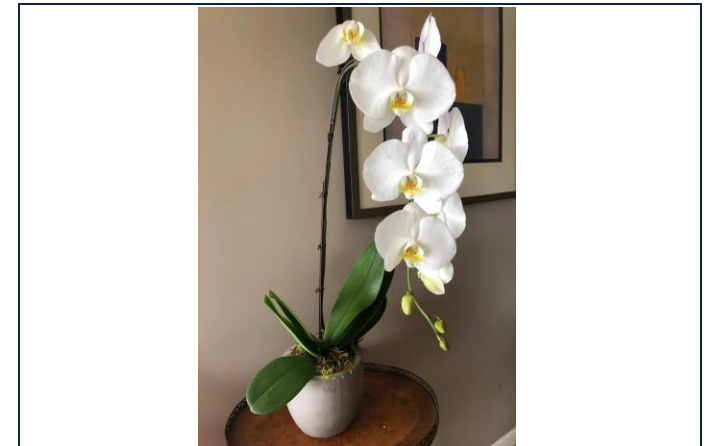
# Team Introduction: LifeLong Medical Care

- FQHC/Community Health Center
- SF East Bay (from Oakland to Rodeo)
- 57,082 patients served (medical and behavioral health) in 2023
- Epic EHR

- **Teams:** 10 clinic-based IBH teams + 4 additional IBH teams + 3 school based health center teams
- **Staff:** 24 BH Community Health Workers + 58 therapists + 18 psych providers + 9 Recovery Support Counselors + 21 BH interns + Leadership
- **Project:** Increasing clinical support for pediatric BH therapists



		
Carrie Cangelosi	Emma Gomez	Georgina Marin
BH Operations Director	School Based Associate BH Director	Lead BH Community Health Worker
Ops Support	Clinical Lead	CHW Perspective





# Team Introduction: Providence Doyle Park Pediatrics Santa Rosa

- Providence Medical Group
- Pediatric clinic
- Santa Rosa
- # 1,000
- Epic

- PCBH program, grant funded. BHP started in October 2023.
- One BHP to 10 providers. Two pediatricians are offsite in Petaluma, one is a developmental pediatrician.
- ACEs screening and response during WCCs for ages 12+



	
Cindy Scott PsyD Behavioral Health Provider	Sarah McVay PsyD Regional Manager of Integrated Behavioral Health



# Team Introduction: Chinese Hospital & Clinics

## Organization Background

- Name: **Chinese Hospital & Clinics**
- Org Type: **Hospital / Health System**
- Location: **San Francisco and Daly City**
- # Patients Served: **10,000**
- EHR: **Cerner**

- Current BHI program: **Collaborative Care Model (CoCM)**
- Pilot Site: **Gellert Health Services**
- CoCM Staffing: **PCPs, Ruby (BHCM), Jamie (Psychiatric Consultant), Dr. Henry Poon, LMFT (Psychotherapist), Medical Assistants, Front Desk**
- What project you may want to work on: **Advancing Health Equity and Access to Culturally Competent Care through BHI**



**CHINESE  
HOSPITAL  
& CLINICS**



Jiami Wu  
Director of Clinics

Role: Auditor



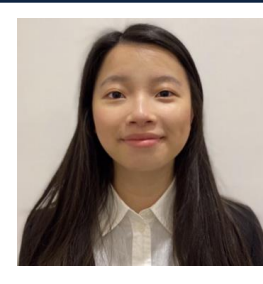
Dr. Lyra Ng, MD  
Pediatrician

Role: Auditor



Rain Zhang  
Clinic Supervisor

Role: Auditor



Ruby Li  
Clinic Operations &  
Behavioral Health  
Coordinator

Role: Auditor



# Feedback please!

1. Today's webinar was useful for me and my work *[select one]*

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree



2. Of the topics we covered today, what was especially helpful?  
*[select multiple]*

- Review BHI - CYCLE program structure and timeline
- Introduce your BHI – CYCLE Team
- Review the clinical and operational lessons learned from Rady Children's Hospital

# Upcoming Events

## BHI – CYCLE Project Descriptions

- **Due: Thursday, October 31**

## BHI – CYCLE Commons: BHI Workflows

- Monday, November 4, 12 p.m. – 1 p.m.
- Share BHI workflows, including screening, team roles, desk procedures and use of data/registry
- *Peer Presenter:* CHOC

## [Optional] BHI – CYCLE Peer Office Hour: BHI Workflows

- Monday, November 18, 12 p.m. – 12:45 p.m.

## BHI – CYCLE Commons: BHI Teams

- Monday, December 2, 12 p.m. – 1 p.m.
- Highlight recommendations around BHI team engagement, training, quality control and collaboration (virtual, hybrid and in-person)
- *Peer Presenter:* Alliance Healthcare



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**Thank you!**