



INNOVATION PLAN APPROVAL SUMMARY Tuolumne County Innovation

Name of Innovative Program: Wellness: One Mind, One Body

Total Requested for Innovation: \$153,607

Duration of Innovative Program: Three Years and Four Months

Staff Recommends: APPROVAL

Review History

County Submitted Innovation Plan: April 8, 2014

MHSOAC Vote regarding Plan Approval: May 22, 2014

Innovation Plan Summary

Tuolumne County is seeking the Mental Health Services Oversight and Accountability Commission's approval for their Innovative Program titled Wellness: One Mind, One Body. The primary purpose of this Innovation program is to increase the quality of services and client outcomes by modifying an existing mental health practice or approach. One Mind, One Body is intended to improve health outcomes for the many Tuolumne behavioral health clients who have a serious mental health and/or substance use disorder and also chronic medical conditions. Many of these individuals have difficulty accessing primary health care or lack access altogether. Medical services for these individuals are poorly coordinated and fragmented because care plans and treatment tend to occur in silos. Clients also rarely receive support to be active in their own care or to engage in healthy behavior.

Tuolumne County will mobilize a Care Collaboration Team comprised of clients, physical and behavioral healthcare providers including from managed care plans, and Medical Society representatives. Team members will work together to develop and evaluate an integrated service delivery model with the goal of improved health/mental health outcomes for the "whole person" and the "whole system."

Tuolumne County's intended use of Innovation funds to create and evaluate new approaches to physical and behavioral integration is related to unique values and cultural issues embedded in the rural lifestyle and attitudes of the community. For example, Tuolumne County residents tend to be isolated, include a high percentage of older adults (22% in Tuolumne County vs. California's 12%), have limited access to technology due to signal restrictions or cable issues, and tend to be conservative. Stigma related to mental health is a substantial barrier to integrated care.

The principal methods and approaches the County intends to pilot and evaluate include:

- Feasible alternatives for identifying and coordinating co-occurring physical and mental health conditions, including possible use of a Mobile Health Van for screening and deployment of behavioral and primary care providers in new sites
- Referral and follow up to link clients with serious mental illness to a primary physician, including a nurse coordinator for each client
- Peer mentors who will work with providers from managed care plans
- System capabilities (electronic, paper) for effective communication and coordination, including exploration of ensuring that systems are supportive of culturally relevant service delivery

All elements of the approach, including the roles, responsibilities and activities of peer mentors and managed care providers, will be designed by the team and subsequently tested/refined, modified, and evaluated utilizing a “plan to do study act” cycle.

The county will receive training and technical assistance from CiMH and will participate in their Care Coordination Collaborative and will build on this training in creating their new approach.

Evaluation:

The county will review and assess this Innovative Program at client, process/system and, community levels for the following learning objectives to be measured through their evaluation of this Innovative Project.

At the client level, the County will assess:

- Improved health outcomes (physical and behavioral)
- Improved self-care management

Process/system outcomes include:

- Increase in number of shared clients among the two systems
- Increased access to primary care
- Decreased utilization of behavioral health services
- Decreased cost per client

Intended community outcomes include:

- Improved stakeholder satisfaction
- Positive response to members of collaborative team from cohorts

The Innovation Plan includes activities throughout, and at the conclusion of the funding, to communicate to other successes, and lessons learned in response to the evaluation.