



Addressing Mental Health in Primary Care


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Disclaimer!!!!!!

- ▶ Views are my own, not my employer.
 - ▶ I have no financial conflicts of interest.
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Objectives



- ▶ Think about philosophy and the mission/vision/core drivers for primary care and the healthcare industry today
- ▶ Look at the desires and expectations of people (vs providers)
- ▶ Focus on the place for mental health in our current system and society



Primary Care

➔ A Relationship

➔ A Structure





Where is Primary Care Headed?


- ➔ Change!!
- ➔ Manage Care (PCMH)
- ➔ Manage Health
- ➔ Manage Resources (risk)

People vs Patients

- ▶ People want doctors to make their lives easier and more comfortable
- ▶ People don't want to be patients
 - ▶ They may or may not want to make decisions
- ▶ Who's in charge, who makes decisions
 - ▶ People want to be able to run a marathon with a broken tibia



Where is Primary Care Needed?

- ▶ Screen for mental health issues
 - ▶ Assess and care for those with mild or moderate disorders
 - ▶ Form links with mental health specialty care
 - ▶ For wellness
 - ▶ Severe illness
 - ▶ Intractable cases
 - ▶ Medication Management
- 



Where is Mental Health Heading?


- Separation of
 - Diagnosis
 - Talk
 - Support
 - Medication
- 

What People Are Telling Healthcare Professionals!






Is Life An Illness?

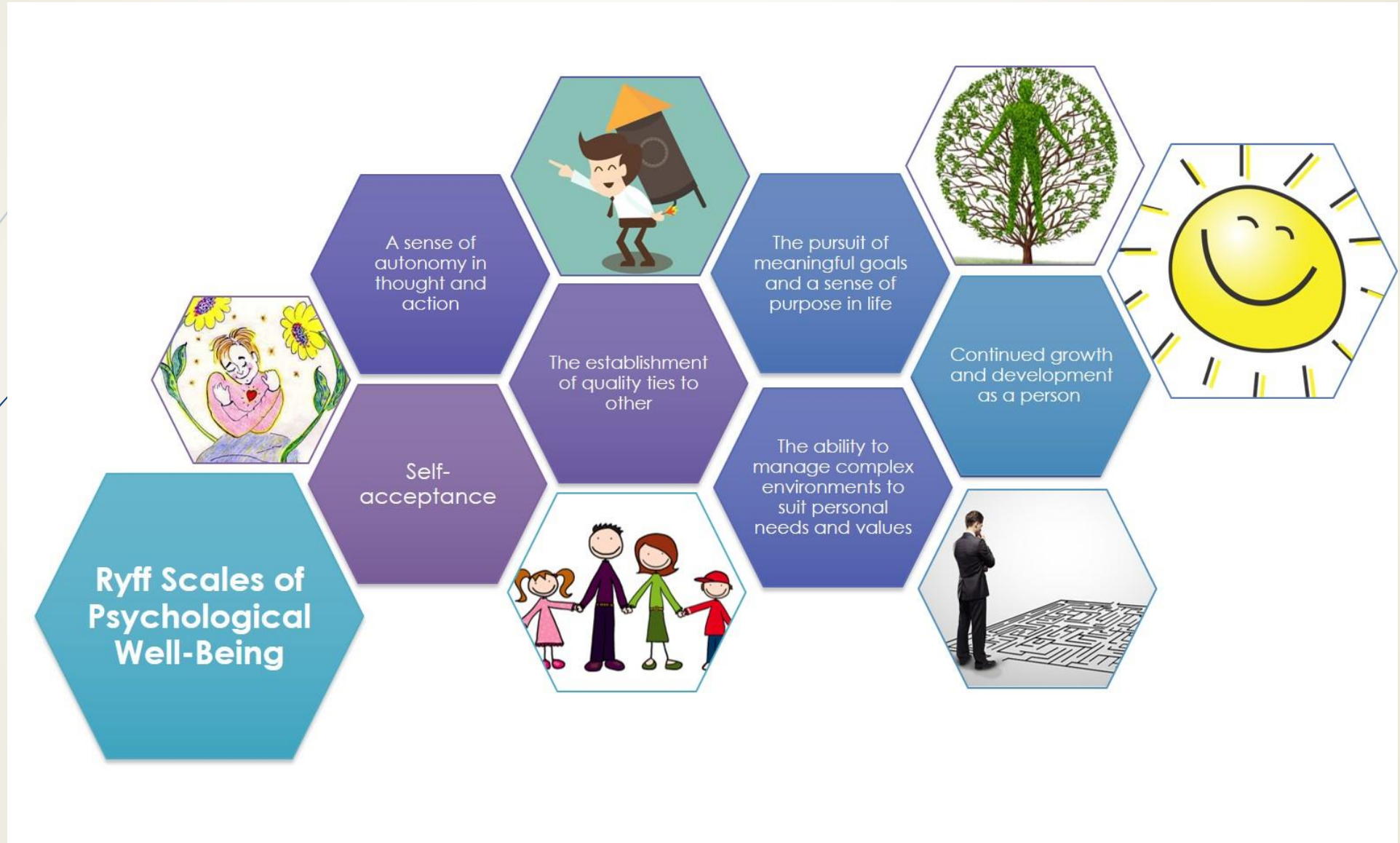
- ➔ Stress is an activator
 - ➔ A limiter
 - ➔ It often takes an external evaluation to see which is the case.
- 



What is Healthcare Here?


- Mental Health is more than mental illness
 - Emotional Well Being
 - Psychological Well Being
 - Personality (individual)
 - Social
- 

Mental Health Development and Maintenance





Health vs Healthcare

- ▶ Creating a Single System
 - ▶ Bringing Healthcare Professionals Together
 - ▶ Interprofessional Practice
 - ▶ The Data Drives The Practice
 - ▶ Health Professions Consortium
 - ▶ You Think Differently When Licensed
 - ▶ You Think Differently When Business is the Focus
 - ▶ You Think Differently When Policy is Primary
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What is Primary Care Needed?

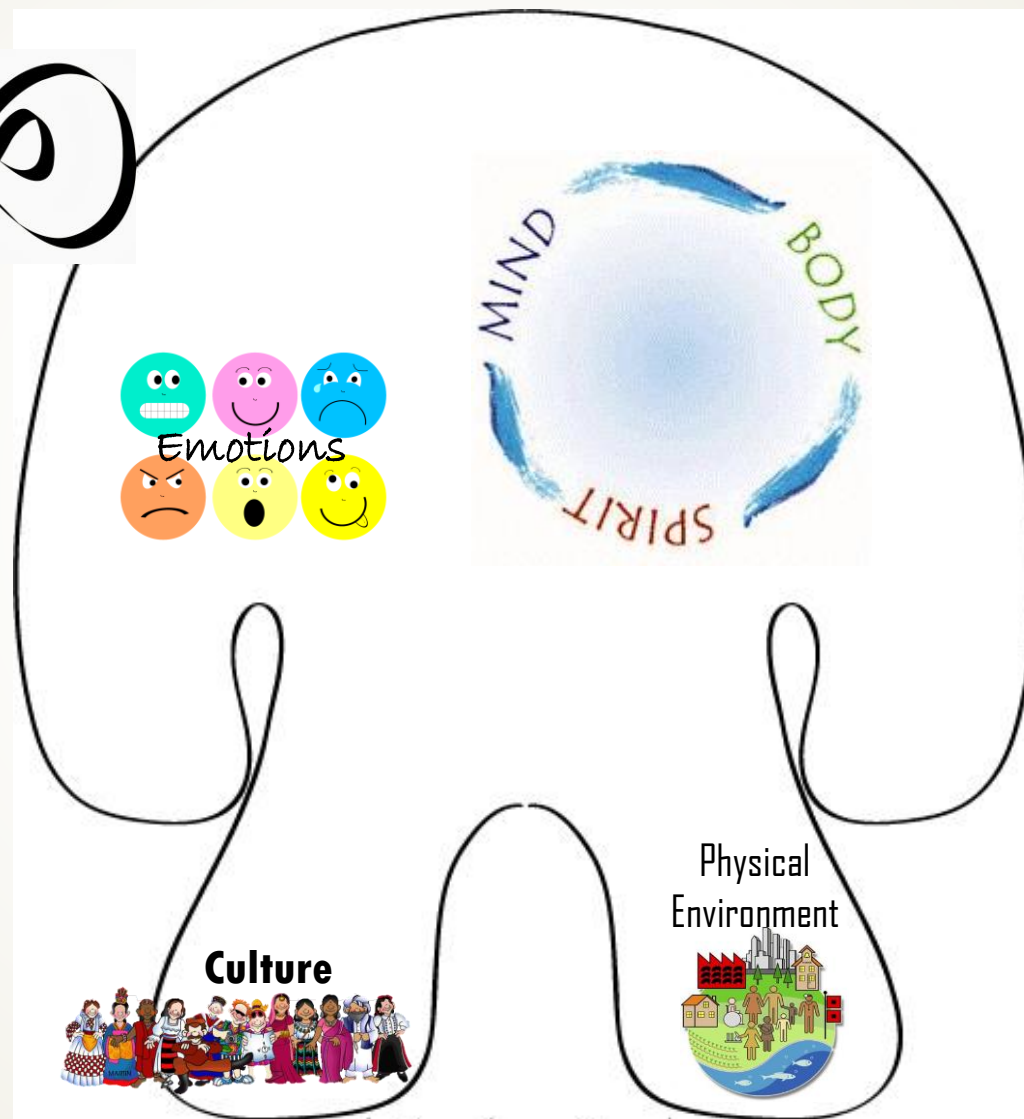
- ▶ **First Contact** for people with an issue related to their health (body/mind/spirit)
 - ▶ What about commercial care, aren't they the new first contact?
- ▶ **Continuous** - Put today's concerns in the context of your life.
- ▶ **Comprehensive** – Coordinating, Directing. Care for the “undifferentiated” patient – Whatever it is, you've come to the right place

Conventional Wisdom of Holistic (simplified)




People Parts Plus

Zeitgeist





How do we treat the following conditions?

- 
- ▶ Failure
 - ▶ Rejection
 - ▶ Loneliness
 - ▶ Limitations

Where Does Spirituality Fit in Healthcare?

- ▶ Prayers generally address issues not included in healthcare
 - ▶ I Want
 - ▶ I'm Sorry
 - ▶ I'm in Awe
 - ▶ I'm Confused

“A healthy spirit is as important as a healthy spleen.”

Tyler Cymet, DO





Behavioral Health Related Issues

- Smoking
 - Alcohol
 - Marijuana
 - Obesity
 - Sedentary Lifestyle
 - Non Adherence
- 



Chronic Illnesses That Effect Mental Health


- Congestive Heart Failure (CHF)
- Diabetes Mellitus (DM)
- Chronic Obstructive Pulmonary (COPD)

Ambiguous Symptoms

Chest pain	Back pain
fatigue	shortness of breath
dizziness	insomnia
headache	abdominal pain
swelling	numbness




Chronic Conditions with Behavioral Health Component

- Asthma
 - Diabetes
 - Cerebro Vascular Disease
 - Irritable Bowel Syndrome
 - Obesity
 - Substance Abuse
- 



Anticipatory Guidance

- Personal Development
 - Social Development
 - Emotional Development
- 



Bottom Line



- ▶ It is healthy to strive to be healthier.
- ▶ Life is lived with others
 - ▶ Which requires experiences and skills better done with structure
- ▶ The value of mental health is being determined
 - ▶ Primary care will bring the issue to the table

COSGP Mental Health Awareness Task Force





Conclusion

- ▶ You can't be too healthy
 - ▶ It is worth working for
 - ▶ Primary Care will be critical to focusing on issues related to mental health
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