2022 Implementation Goals & Implementation Strategies

1. Mental Health and Substance Abuse Support

BHS seeks to incorporate an integrated model to help better meet the needs of the community.

The Integrated Health Care Model is simply a holistic approach to care, attempting to meet both the Physical and Behavioral Health needs of individuals under one umbrella, the Primary Care Office.

The two primary goals are:

> A) To support the Primary Care Physicians who are currently attempting themselves to manage their patient's Behavioral Health needs in their own office or attempting to refer them out without success.
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> B) Access: To offer another door for patients to receive needed Behavioral health treatment as the Mental Health system is currently saturated resulting in people experiencing significant delays in services or not receiving treatment at all.

In this model, a Licensed Mental Health Therapist would be embedded within the Primary Care Office. They would be individually credentialed with each third party payer / insurance, and will bill under their own license. This eliminates the need for the site to be licensed as a "satellite" Mental Health center which would entail licensure, occupancy, obtaining a Promise number etc. There would be a separate and unique cost center for the Behavioral Health Therapist/s.

The Therapist would conduct an assessment of patients referred within the Primary Care office and make recommendations regarding treatment, interventions and referrals and develop an individualized treatment plan. The Treatment Plan will include an effective continuum of Therapeutic interventions, support, education and other services/ resources as indicated. This licensed clinician would have the ability to provide brief/short-term therapy – 5-8 sessions, using Evidenced Based treatment approaches. If long term treatment is indicated, a referral will be made to an appropriate agency. If it appeared that the individual could benefit from psychotropic medication, the Therapist would consult with a contracted psychiatrist.

The clinician would be able to provide an initial assessment to children, adolescents and adults. If the treatment recommendation is outside of the Therapist's scope of practice or determined to require long-term treatment, a referral would be made. Specialized treatment such as addiction and eating disorders would require a referral.

Supervision would be provided by BMH Department of Behavioral Health, however this Therapist would be physically stationed in the Primary Care office, in order to facilitate a warm hand off and expedite treatment.

2. Food Insecurity

Address the issue of food insecurity and chronic disease by giving community members access to healthy foods and nutrition education.

1. Provide Evidence based lifestyle education in a group setting (virtually and/or in person) for the community and employees.
2. Continued support and development of the Food Institute (FI) at Butler Health System. The FI specializes in nutrition education, meal planning and preparing healthy recipes on a budget. Participants receive healthy ingredients and cooking instructions to prepare meals on their own for up to 10 meals per month for 6 months.
    a. Develop revenue stream to support salaries and supplies (food and marketing) of the FI
    b. Increase referrals to the FI
3. Normalize the issues of Social Determinants of Health (SDOH) through education and marketing.
4. Develop knowledge and understanding of health care inequities in our county
5. Implement Good Food Healthy Hospital an Initiative in collaboration between Hospital Association of Pennsylvania and Butler Health System.
    a. Increase offering of healthier and more sustainable food and beverage choices
    b. Eliminate industrially produced trans fats
    c. Decrease the sodium content in available foods
    d. Decrease the added sugar in beverages and dessert offerings
    e. Allow individuals to make informed choices about what they are purchasing, selecting, and eating through labeling of menu items.