

# Integrated Care

- Our goal is to promote Integrated Care across the DMHAS system of care with an emphasis on ensuring a person's mental health and substance use needs are addressed within an appropriate cultural framework. DMHAS believes this framework is paramount in advocating and promoting treatment and recovery for everyone.



# Integrated Care Guiding Principles

- Fully integrated treatment
  - One recovery plan
- No Wrong Door
- Focus on values, philosophies, and core technologies
  - mental health, addiction, and medical care
- Considers the whole person
  - strengths, needs, culture, trauma history, and readiness for change.
- Medical needs are included

# Integrated Care Guiding Principles: continued

- Personalized supports
  - Readiness-based and driven by the individual's motivations.
- Regular medication needs assessment
  - Pharmacotherapy and Medication Assisted Treatment (MAT)
    - regularly discussed in multidisciplinary teams, offered when appropriate, and supported by all members of the team
- Access to Recovery Supports, and supports for family
  - self-help, mutual support, peer-delivered and peer-run services
  - family education and support

# Integrated Care Guiding Principles: continued

- Focus on Wellness
  - Promote health and recovery practices
  - Self-management
  - Promote strategies that reduce harms
  - Support coordination of care for all needs

# Integrated Care Project Plan

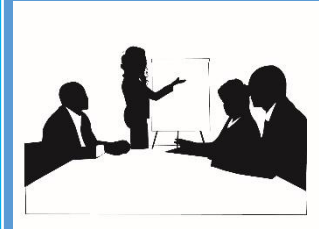
- (1) Establishment of an Integrated Care-friendly milieu in all program settings
- (2) Support for supervisors and staff (e.g. training, case consultation from Integrated Care experts)
- (3) Review of policies and procedures with an eye toward inclusivity of the behavioral health continuum
- (4) Enhanced use of Medication Assisted Treatment (MAT) for those in need (i.e., alcohol, opioids, nicotine)



## Integrated Care Progress At-A-Glance

### Trainings & Consultations

- \* Lunch & Learn series was offered monthly for a year.
- \* Training options by Dr. Paris and Dr. Rojas Perez continue to be facilitated through the workgroup for DMHAS facilities.
- \* Established an Integrated Care lending library for books and curriculum
- \* Have presented three Integrated Care Conferences
- \* Facilitating two Integrated Care case consultations per month with Integrated Care experts
- \* IDDT training is currently being developed for state operated staff
- \* Statewide Supervision training is in RFQ process
- \* Facilitated focus group for state facility staff



### Online Resources

- \* Living in Balance and COD curriculums: were available for a year through an online portal. Now available to be shared upon request.
- \* CBT4CBT: In process of implementation with state operated facilities
- \* Simmersion (MI training): In process of implementation with state operated facilities



## Integrated Care Progress At-A-Glance: Continued

### Administrative

- \* **New Integrated Care Policy: In process**
- \* **DMHAS Urine Drug Screen and Breathalyzer policy: In process**
- \* **DMHAS Facilities have developed individual Integrated Care Enhancement Plans and continued to update them.**
- \* **Integrated Care Data Reports**
- \* **Weekly Integrated Care Work Group meetings**



### Communications

- \* **Updated DMHAS Integrated Care webpages ; Integrated Care, Motivational Interviewing, Twelve Step Facilitation, and Harm Reduction is in progress.**
- \* **O'Donnell Co. internal Integrated Care media campaign:**



# Contact Info

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