# Innovation in Action: Collaborative Care ECHO

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PCMH Stakeholders

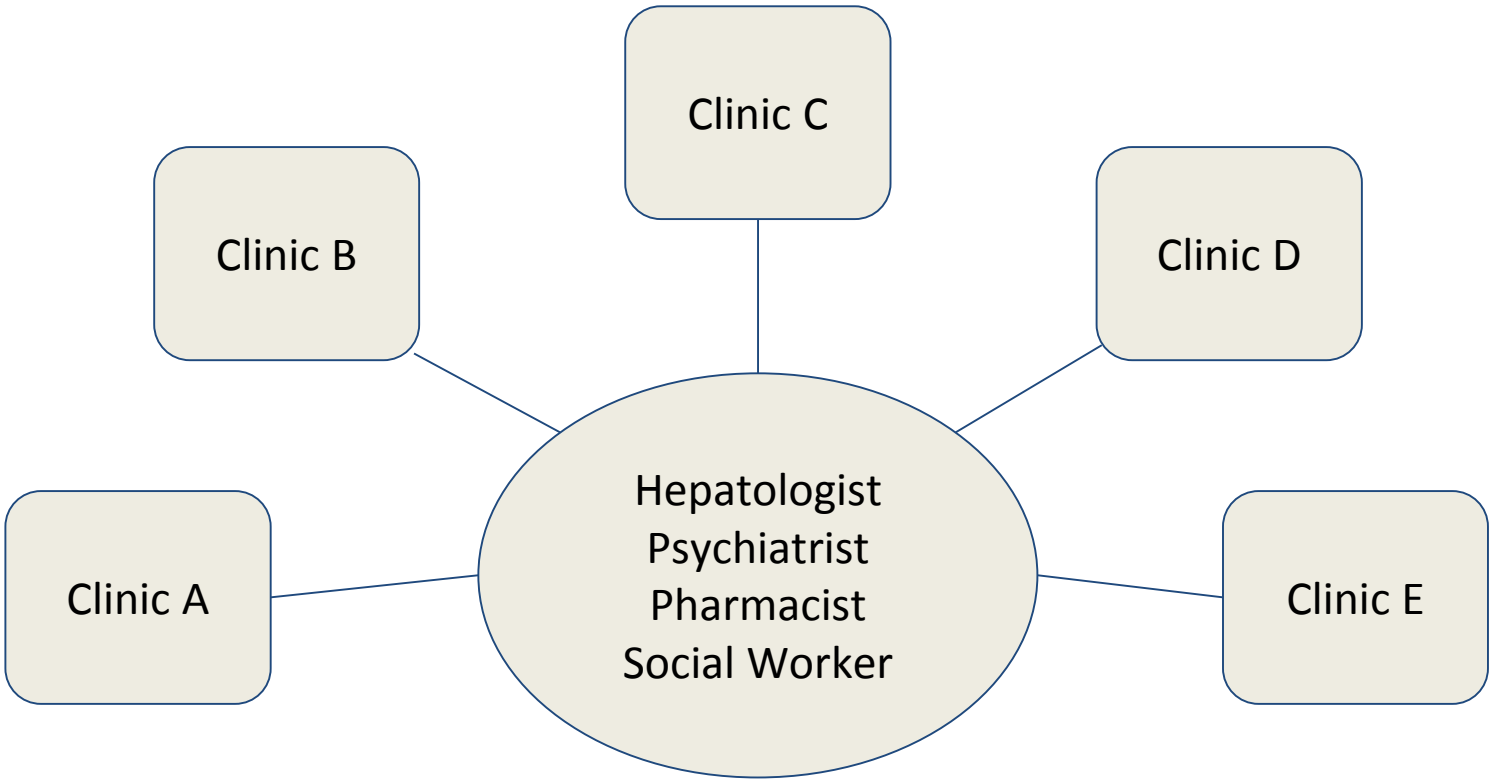
# Governor's Healthcare Innovation Council

- Priorities identified in November 2015
  - Integrate primary care, mental health, addictions services.
  - Expand and support Montana's healthcare workforce.
  - Tackle geographic barriers to care using tele-health technology.

# Governor's Healthcare Innovation Council

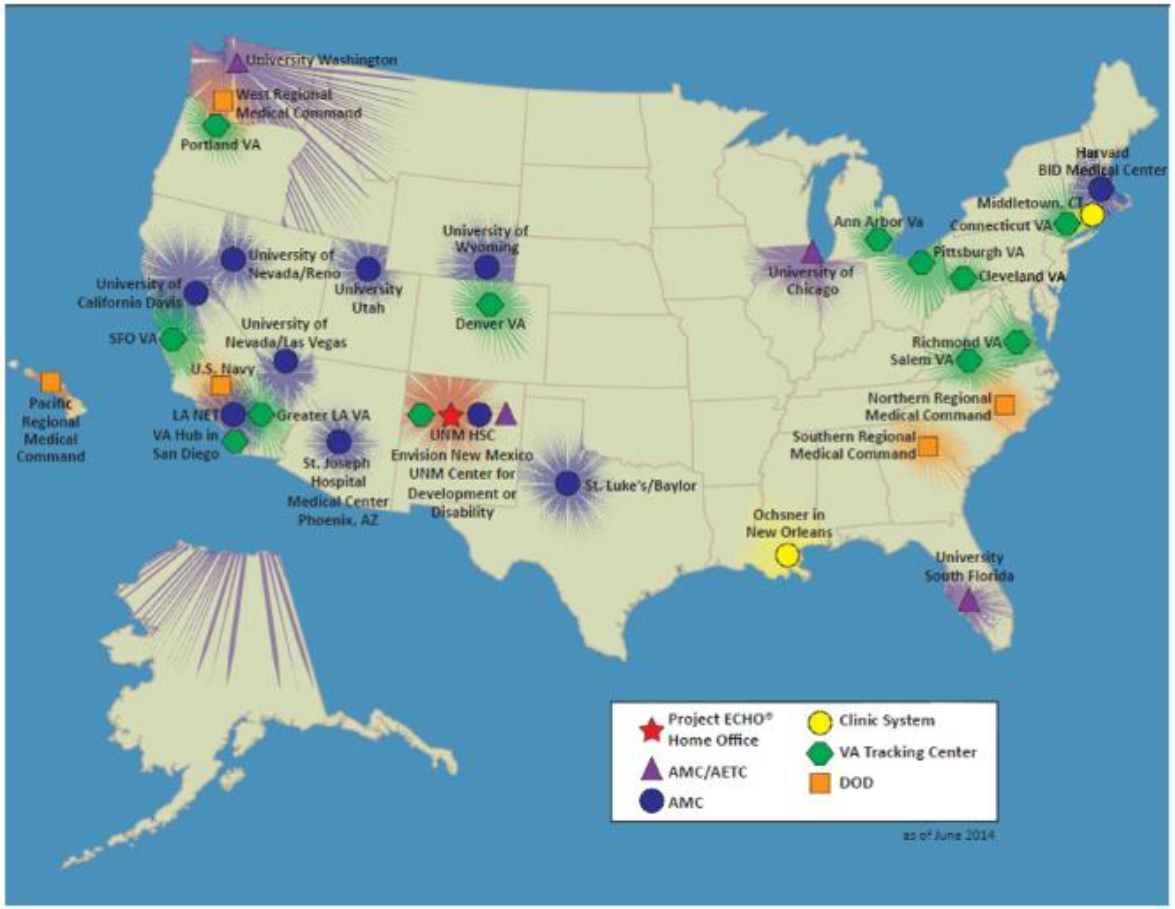
- Priorities identified in November 2015
  - Improve infrastructure to capture and analyze data.
  - Create innovative funding models.
  - Do something.

# The Original ECHO: Hep C

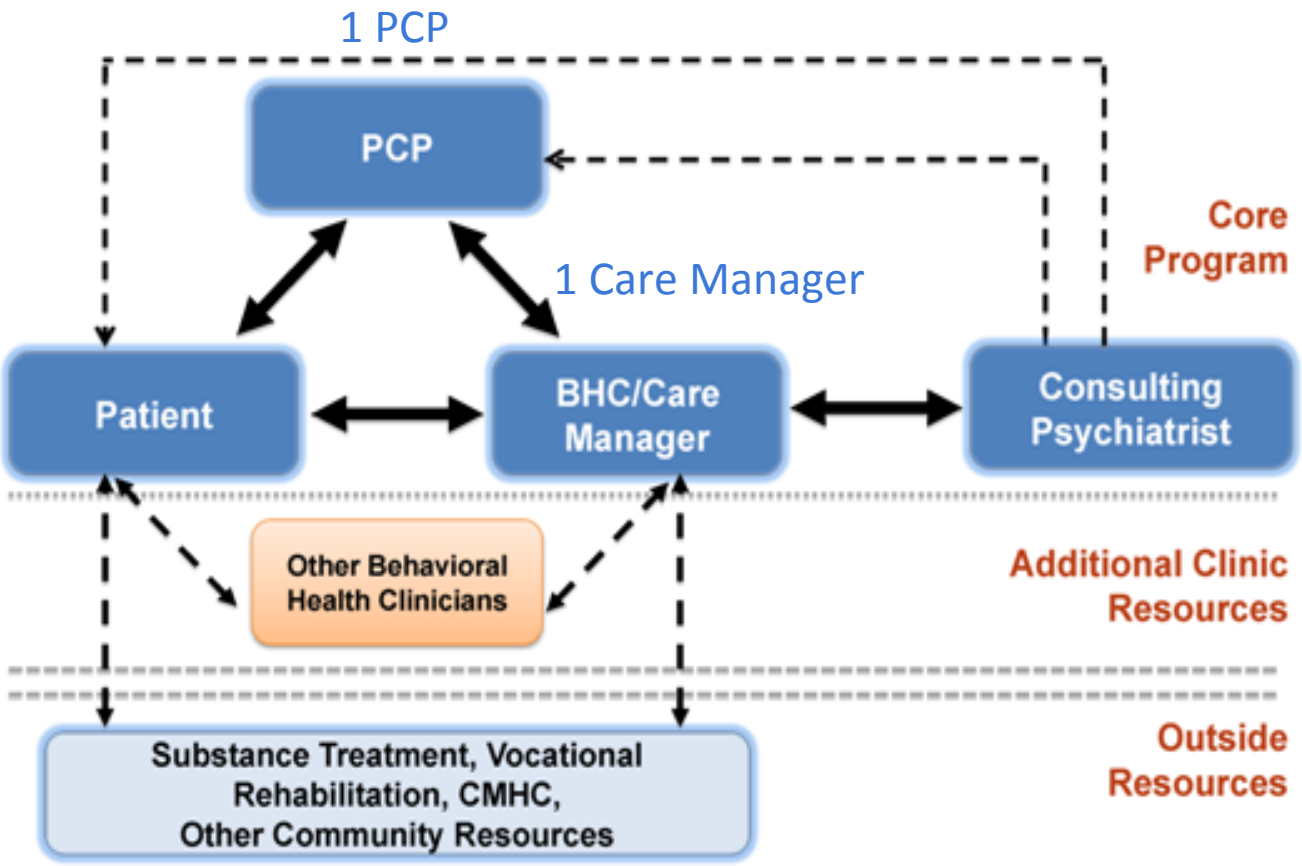


# Project ECHO

- Collaborative medical education and care management.
- Engage clinicians in a continuous learning system.
- Partner with specialist mentors at major medical hub.



# UW's Collaborative Care



# Collaborative Care ECHO

8 Care Managers

8 PCP's

~600 Patients

# Principles of Effective Integrated Health Care

UNIVERSITY OF WASHINGTON, PSYCHIATRY & BEHAVIORAL SCIENCES
DIVISION OF INTEGRATED CARE & PUBLIC HEALTH

IMPACT

1. **Patient-Centered Team Care / Collaborative Care**
   Primary care and behavioral health providers collaborate effectively using shared care plans. It's important to remember that colocation does NOT mean collaboration, although it can.

2. **Population-Based Care**
   Care team shares a defined group of patients tracked in a registry to ensure no one "falls through the cracks." Practices track and reach out to patients who are not improving and mental health specialists provide caseload-focused consultation, not just ad-hoc advice.

3. **Measurement-Based Treatment to Target**
   Each patient's treatment plan clearly articulates personal goals and clinical outcomes that are routinely measured. Treatments are actively changed if patients are not improving as expected until the clinical goals are achieved.

4. **Evidence-Based Care**
   Patients are offered treatments for which there is credible research evidence to support their efficacy in treating the target condition.

5. **Accountable Care**
   Providers are accountable and reimbursed for quality of care and clinical outcomes, not just the volume of care provided.

# Benefits

- Integrate primary care, mental health and addiction services.
- Virtual community health team.
- Efficient dissemination of best practices, expanding clinical toolbox of existing workforce (UNM, UW, OHSU Collaboration).
- Motivate and support workforce in isolated, rural areas.

# Benefits

- Earn CME credits.
- Unrestricted access to ECHO hub.
- Utilize latest tele-health technology.
- Incorporate population health principles with patient e-registry to monitor progress.
- Leverage precious, limited resources.
- Combine two robust models of healthcare delivery.

# Montana is Ready Now

- 3 FQHC's in Montana have adopted UW's Collaborative Care model.
- $66,000 and sweat equity helped launch Montana's first Project ECHO hub.
- FREE technology!  Zoom and iECHO are free from UNM.
- Minimal capital expenditures: Connect to ECHO with laptop and webcam, tablet computer, or smart phone.

NEXT STEPS