### Integrated Mental Health (IMH) Program Implementation Process

This illustration shows the four recommended phases for implementing an integrated mental health program. Tools and resources provided by the AIMS Center to implementing organizations are shown in <u>green</u>, implementation activities performed by the organization are shown in <u>blue</u>, and implementation activities that can performed by either the organization or by the AIMS Center are shown in <u>pink</u>.

PHASE I **Preparation** 

# Format: 1-2 hour in-person meeting or webinar

Introduction

**Participants:** Organizational and Clinical Leadership first, followed by a separate meeting for entire care team

#### **Care Team Building**

**Format:** Individual worksheet completion during 1-hour meeting facilitated by a team member; facilitator completes summary

**Participants:** Separate meetings for each participating primary care and mental health clinic; entire care team attends

#### **Implementation Planning**

**Format:** 2-3 hour meeting facilitated by a team member; facilitator completes summary

**Participants:** Entire care team and key staff at each organization

PHASE II Initial Training

#### Care Team

Format: 1-2 day in-person workshop or webinar covering the collaborative care process and specific clinical topics (e.g., pharmacologic and behavioral treatments for depression, anxiety disorders, substance abuse, chronic pain) Participants: Entire care team

#### Clinical Outcomes

Format: 1-2 hour in-person workshop or webinar covering the central importance of using clinical outcomes to make treatment decisions and the use of a registry or other tracking tools to accomplish this

Participants: Entire care team

### Psychiatric Consultants

Format: 2-hour inperson or webinar on caseload-based consultation Participants: Consulting

**Psychiatrists** 

#### Primary Care Providers

Format: 2-4hours inperson or webinar on managing an IMH care team, clinical challenges, psychopharmacology

psychopharmacology **Participants**: PCPs

PHASE III
Clinical Support

### Clinical Caseload Review with Care Coordinators

**Format:** Weekly 1-hour in-person meeting or teleconference to discuss new or challenging patients

**Participants:** Care coordinators and consulting psychiatrist

## **Consultations with Primary Care Providers**

**Format:** Consultations on clinical topics or individual patients (inperson, telephone, or webinar)

**Participants:** PCPs and consulting psychiatrist

### **Direct Psychiatric Consultation**

**Format:** In-person or telemedicine assessment of challenging patients

**Participants**: Consulting Psychiatrist

### Ongoing Leadership Support

**Format:** Monthly to quarterly in-person or webinar meetings, review of quality goals and outcomes, steering committee meetings, etc. to discuss priority implementation challenges and opportunities

Participants: Organizational and clinical leadership

## Ongoing Care Team Support and Training

**Format:** 1-day annual in-person and monthly webinar booster training sessions on specific clinical topics; ongoing technical assistance in-person or via teleconference

Participants: Care team members as needed

PHASE IV Implementation Support