

## A novel approach to behavioral health care services in a hospital setting

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The growing need for Behavior Health Care Services along with the shortage of providers makes for a significant challenge. The continued rise of healthcare costs has left us with the challenge of how we can deliver behavioral health care services in the medical setting while decreasing the cost, improving efficiency, having a more patient centered approach, and elevating the standard of care. This pilot consists of a joint effort of a multi-disciplinary team: nurses, hospitalist, psychiatrist and social worker. The target population was patients admitted to the Florida Hospital Orlando System under an involuntary commitment, had significant medical conditions that warrants admission to the medical floors, i.e. uncontrolled diabetes, uncontrolled hypertension and chest pains.

While these patients were receiving active medical treatment waiting to be stabilized, a multidiscipline psychiatric team provided active treatment for these patients via telemedicine the outcome was 78% of the patients admitted to this new pilot model did not require acute psychiatric hospitalization and they were able to be discharge back into the community with outpatient follow. Both the medical and psychiatric treatments were able to be provided in parallel manner. This Virtual Inpatient Psychiatric unit is an example of future models of care that with the incorporation of telemedicine will improve our response time, increase the access and a more patient centered approach to care.

Mental health disorders are one of the most substantial public health problems affecting society today, accounting for roughly 15% of the overall burden of disease from all causes in the United States. Although primary care (PC) has the potential to be the frontline for recognition and management of behavioral health conditions, this has been a challenge historically. In order to more effectively address the broad scope of behavioral health needs, the Air Force Medical Service (AFMS) established a new model of behavioral health care. Through a series of coordinated steps, the AFMS ultimately placed trained behavioral health providers into PC clinics to serve as consultants to PC providers (PCPs). Behavioral Health Consultants (BHCs) provide focused assessments, present healthcare options to patients, and deliver brief collaborative interventions in the PC setting.

BHCs see patients at the request of the PCP, in 15-30-min appointments. In the pilot study, patients averaged 1.6 visits to the BHC. Over 70% of patients fell into six categories of presenting problems: situational reactions, depressive disorders, adjustment disorders, anxiety disorders, health promotion, and

obesity. Patient data (n = 76) suggest 97% of patients seen were either "satisfied" or "very satisfied" with BHC services, and 100% of the PCPs (n = 23, 68% response rate) were highly satisfied and indicated they would "definitely recommend" others use BHC services for their patients. Both the implications and the limitations of this pilot study are discussed.

Basic body awareness methodology - It is a 'person-centered' physiotherapeutic movement awareness training programme that is directed towards daily life movement and is used in multiple clinical settings, including primary health care, pain rehabilitation and psychiatric physical therapy, as well as in health promotion. It is founded upon a three-dimensional approach to human movement: learning about and through movement and learning while being in movement. Body awareness combines a series of exercises that are related to posture, coordination, free breathing and awareness. It offers training situations that focus on healthy movement aspects, lying, sitting, walking, and running, using the voice, relational movements and massage.

Psychomotor therapy with children and adolescents - offered in different disciplines, including mental health care, child psychiatry, youth care, special education and rehabilitation, as well as private practice. The cornerstones of this approach are body awareness, movement and physical activities

Norwegian psychomotor physiotherapy - Indications for this physiotherapy approach are the conditions associated with strain and functional disturbances in the musculoskeletal system as well as psychosomatic disorders. This approach focuses on how the past continues to influence the present, the psychoanalytic approach develops the client's awareness of what can be done to correct the harmful effects of the past.