Integrative Care for Older Adults and Victims of Trauma

Training the Future Workforce of Clinical Psychologists Through Academic/Community Collaborations

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Objectives

- Increase understanding of the nature of academic-community partnerships, outline the logistics of such collaborations, and discuss challenges faced
- Evaluate the effectiveness of tools and strategies in fostering practice improvement in an interprofessional integrated clinic (primary care/behavioral health)

Academic – Community Partnerships

- One of three campuses in the University of Colorado system
- One of the core values is to link the university to the community
- Thus, interdisciplinary training and research through community outreach is valued and encouraged

Academic – Community Partnerships: Expansion

- HRSA grant allowed the expansion of doctoral training in integrated care for older adults, veterans, and victims of abuse and trauma and enhanced the depth of integrated care training for all doctoral students in the geropsychology and trauma tracks

Academic – Community Partnerships: Integrated care settings

- Three integrated care settings
  - Peak Vista Community Health Centers (PVCHC): older adults receiving primary care services at a Federally Qualified Health Center (FQHC)
  - Rocky Mountain Program of All-Inclusive Care for the Elderly (PACE): mental health services to frail older adults who qualify for long-term care
  - Pikes Peak Hospice and Palliative Care (PPHPC): interdisciplinary care for patients battling terminal illness and their families

Academic – Community Partnership: PVCHC

- PVCHC
  - Large FQHC in Southern Colorado
  - Trainees
    - Conduct mental health and cognitive screenings
    - Provide behavioral health consultations with patients and medical providers
    - Provide follow-up psychotherapy using a short-term, solution-focused model

Academic – Community Partnerships: Pace

- PACE
  - Capitated Medicaid-waiver health care model
  - Persons eligible for skilled nursing home who want to live in community
  - Trainees provide:
    - Cognitive and psychological assessments
    - Mental health interventions within a prevention methodology

Academic – Community Partnerships: PPHPC

- PPHPC
  - End-of-life care setting for families and those who are within six months to one year of dying
  - Trainees provide
    - Individual, couples, and/or family therapy
    - Mid-level cognitive assessments

Academic – Community Partnerships: Trauma Rotations

- New rotations for trauma that are currently in development
  - PVCHC Nurse Practitioner Program (available Year two)
  - Fort Carson Department of Family Medicine
    - The Iron Horse Family Medicine Clinic (available Year two)
  - Department of Veteran's Affairs Clinic (available Year three)

Academic – Community Partnerships: Challenges

- Challenges have centered around:
  - Caseload sizes
  - Becoming comfortable with the culture of each site
  - Earning the trust of medical providers
  - Ensuring behavioral health follow-up

Academic – Community Partnerships: Challenges (cont'd)

- Challenges are manageable
  - Due to the longstanding relationships with these sites
  - Open communication
  - Ongoing quality improvement

Tools and Strategies: Outcome Assessment and Quality Improvement

- Practicum evaluations
- Supervisor evaluations
- Pikes Peak Geropsychology Knowledge and Skill Assessment Tool
- Weekly supervision
- Monthly meetings

Practicum Evaluations

- Strengths and challenges of rotation
- General work atmosphere
- Ethical and professional practice
- Relationships with staff
- Administrative support

Practicum Evaluations (cont'd)

- Promotion of interdisciplinary/consultation skills
- Consistency with training goals
- Incorporation of diversity
- Completed at end of each semester

Supervisor Evaluations

- Three ratings: strong, satisfactory, needs improvement
- Ability to function on interdisciplinary teams
- Effective collection of outcome data
- Competent administration of assessments
- Understanding of diversity
- Students rated at end of each semester

Pikes Peak Geropsychology Tool

- Attitudes, skills, and knowledge regarding professional geropsychology practice
- Students complete at beginning and end of each academic year
- Helps supervisors and trainees define learning goals and training needs

Weekly Supervision

- Students meet with supervisor weekly
- Cases discussed from perspective of the training model utilized at each site
- Challenges at site (e.g., work flow, time management)
- Professional development issues also discussed

Monthly Meetings

- Monthly meetings held with rotation site supervisors
- Enables rapid problem-solving (e.g., provider expectations, physician “buy-in” of behavioral health)

Effectiveness (Page 1)

- Are these tools and strategies working?
- Have we fostered practice improvement and integration of primary care and behavioral health?

Effectiveness (Page 2)

- Practicum and supervisor evaluations generally positive
- Students praise quality of training during exit interviews
- 100% internship match rate: sites impressed with our students

Effectiveness (Page 3)

- Robust partnerships have solidified and expanded over the years
- Peak Vista Community Health Centers: Use of depression/anxiety screens, collaboration on pain management program, quality improvement project

Effectiveness (Page 4)

- PACE: Former Graduate Psychology Education (GPE) student is now Director of Behavioral Health
- Behavioral health has become core component of PACE program (not true of others across the country)

Effectiveness (Page 5)

- PPHC: Behavioral health an integral part of care, in addition to social services
- Continuity of GPE funding propelling next level of training: from integrated care to interprofessional education

Questions?

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