

Best Practices to Manage Increasing Pediatric Mental Health Admission Acuity in Sheridan, Wyoming



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Hypothesis

- Reduce pediatric mental health acuity and crises in Sheridan county through integrated primary care models



Downtown Sheridan, Wyoming, 2017

Background

- Population of Sheridan is 17,954, while the county is home to 30,485
- No inpatient psychiatry services
- Growing pediatric population
- Public and providers express lack of mental health services within reasonable traveling distance

Community Profile: Assets

- Sheridan Memorial Hospital
 - 24/7 tele-psych services
 - Addiction Medicine clinic
 - Community education events
- Other Community Assets:
 - Strong medical organizations offering extensive services
 - Suicide Prevention Coalition
 - Growing community college
 - Nationally recognized public schools
 - Multiple non-profit foundations dedicated to improving the community



Literature Review

- A 2019 study of 2616 patients evaluated the effects of establishing integrated healthcare in pediatric populations
- Primary care facilities had on-site specialists to screen and treat patients with mental health and substance abuse concerns
- Integrated health patients experienced:
 - Decreased external referrals and delays in diagnosis
 - Increased patient engagement and follow-up
 - Reduced polypharmacy with improved outcomes
 - More effective therapy and treatments
 - Communities also experienced decreased inpatient utilization, increased outpatient utilization without significant changes in cost of care
- A 2018 cluster randomized trial of 1173 patients evaluated the cost effects of value-based payment schedules adolescent substance abuse treatments
- Organization costs increased 5%
- Patients experienced:
 - Improved care consistency with evidenced-based evaluation and therapy
 - More engaged patient-physician relationships
 - Improved outcomes

Conclusions

- Integrated pediatric primary care and pay-for-performance models could reduce the acuity of pediatric mental health admissions in Sheridan, Wyoming
 - Reinforces existing patient-physician relationships
 - Benefits and builds on strong community assets already in place
 - Answers the call of public and stakeholder responses to the area's need assessment survey
 - Improves utilization while reducing stigma
- Barriers to Overcome:
 - There are few pediatric providers in the area
 - High potential expense for additional training
 - Third-party contracts required to evaluate performance



The three critical components of integrated primary care