

Adopting a Collaborative Care Approach to Increase Access to Mental Health Care in Evanston, WY



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Hypothesis

- Integrating mental health care and counseling into the primary care clinic will increase access to care for low-income individuals.

Background

- Evanston, located in Uinta County, is in the Southwest corner of Wyoming.
- Population of approximately 11,700.



Welcome Sign in Evanston, WY

- Poverty rate in Evanston: 19.7%.
- Providers and patients cite mental health as the biggest community health concern.
- Lack of mental health providers and inability to afford care are the most common barriers to access.
- Rates of mental health and self-harm mortality in Uinta County are higher than the state and national averages.

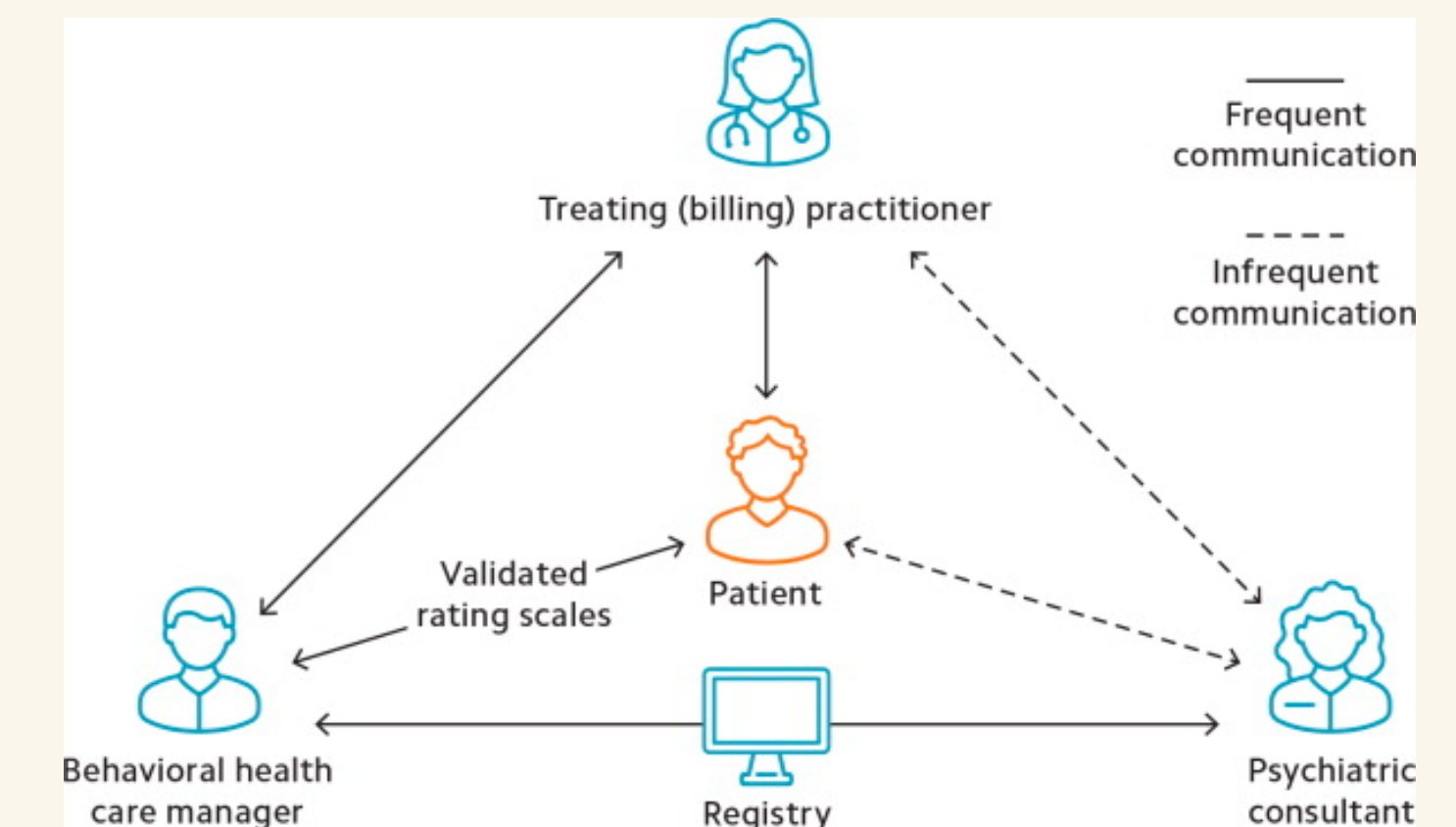
Community Asset Profile



- High Country Behavioral Health (HCBH) is a state-contracted mental health resource that provides care on a sliding scale.
- Programs offered: individual and family counseling, addiction services, support groups, case management and Community-Based-Rehabilitation services.
- HCBH partnered with Arrowhead Family Medicine to introduce a mental health counselor into the Arrowhead clinic to reduce stigma and increase access.
- Other resources: Pioneer Counseling Services, Evanston Community Health Center, Youth Alternative Home Inc.

Literature Review

- The collaborative care model integrates mental health care into the primary care clinic.
- Team-based approach: a case manager, a primary care provider and a psychiatrist for consultations.
- Patients address mental and physical health concerns together at the same visit.
- Patients had increased access to mental health care, reduced wait times and faster implementation of psychiatric medications.
- Increased care efficiency and fewer appointments with specialists reduce patient costs.



Collaborative Care Model

Conclusions

- With modifications to the Arrowhead Family Medicine and HCBH partnership, a collaborative care model could be implemented in the clinic.
 - The HCBH mental health counselors in the Arrowhead clinic could serve as patient case managers.
 - HCBH counseling services can be provided on a sliding scale to improve access for low income individuals.
 - Arrowhead could serve as a pilot program for Evanston, which could be expanded into more clinics in the area.
- The biggest challenges would be finding a psychiatrist to provide the consultations on complicated patients, securing further funding for sliding scale care and adapting the clinic schedule to accommodate this new model.

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