



# Promoting Wellness

## GNHYA - PSYCKES

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# Collaborative Overview



- Total # of cases with a positive quality flag who received on going clinical review – 82
- Total # of cases diagnosed with a psychotic disorder – 47
- Patients qualified for medication tapers and/or conversions - 55
- Patients restarted on antipsychotic due to decompensation - 4
- Patients consented to blood pressure & weight monitoring in project - 80

## **Patients' motivation increased to:**

- Significantly reduce their smoking intake
- Stop smoking
- Lose weight
- Increase engagement and/or follow up with routine medical care

# Actively Engaging Patients in Care



- Increase patient health literacy
- Address mental health issues, such as depression, that affect disease self-management
- Build collaborative physician styles
- Provide a group setting to encourage support, skills building and reduce isolation
  - Addition of a Smoking Cessation Group with a Harm Reduction Model
  - Healthy lifestyle group
    - Topics include diet, exercise, weight management, living with and managing hypertension and diabetes, stress management

# PSYCKES as a Best Practice



- PSYCKES provides a comprehensive medical, psychiatric & pharmacological history, augmenting verbal histories.
- Forces conversation and clinical reviews around cardiometabolic issues.
- Supports clinical decision making
- Increase role of therapist
  - Treat anxiety
  - Sleep hygiene
  - Engage patient to address barriers
  - Use motivational techniques
- Person centered care
  - Focuses on the client with regard to their health goals, individual strengths, and unique barriers
- Person driven services
  - Engaging the client in developing a plan of care

# PSYCKES Impact -

Working to Modify Cardiometabolic Risk



- Yielding a high response rate to Voluntary Consent Module
- Identifying patients on high or moderate risk antipsychotics to monitor and manage cardiometabolic risk outside of the Medicaid population
- Taking a proactive approach by identifying clients who have a high utilization rate of Medical and Psych Emergency Room



THANK

YOU