

# Integrated Health Care Initiative

## MHMR Health Care Transformation Initiative



MHMR Tarrant is participating in a 5-year waiver program that is designed to transform health care in our communities and improve access to quality, affordable care.

This Integrated Health Care initiative will serve 885 individuals with severe mental, developmental and addictions disorders who also may be homeless and who are not otherwise able to access primary care and/or behavioral health services. MHMR has partnered with JPS Health Network to co-locate primary care and behavioral health services at MHMR's homeless services clinic.

Through this collaboration MHMR and JPS are able to manage the delivery of seamless, well-coordinated care to better serve the homeless population. This integrated initiative is based on the National Council for Community Behavioral Health's (NCCBH) Four Quadrant Clinical Integration Model; providers share the same facility and operations (scheduling appointments, medical records, etc.); regular face-to-face communication; regular treatment team meetings; and are part of a team.

Between August 2014 and February 2015, 220 individuals have received integrated behavioral health and primary care services at the MHMR Homeless Clinic. Many suffer from chronic conditions such as hypertension, diabetes and COPD. Services include care coordination by a Registered Nurse which has impacted emergency room visits, integrated case management, medication reconciliation and smoking cessation services.

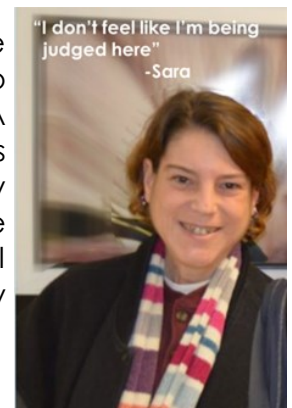
### My Story by Sara

I spent the first half of 2013 knowing that there was a problem and trying to find somewhere to help address the feelings. That is until I called the crisis line. Not only was there somewhere that wanted to help, but cared enough to send someone to me. Over the next four months they helped me with medication, appointments and stays in facilities. Things would go alright for a while only to break down all over again. My case manager was always only a phone call away. My days turned into an endless cycle of drink, eat, throw up, go buy more, and repeat...On the verge of total meltdown, I took everything I could fit in the car and took off.

February brought about the first tangible positive notes. My housing came through, and I again had a real roof over my head. It also brought about the beginning of individual counseling and peer support for my substance abuse. Since 2015 I have been attending smoking cessation classes.

All this while, I knew that I had health issues that needed to be addressed, but either I blew off the appointments because it was too much hassle to get to them, or there was just no way to get from point A to point B. I was so grateful when JPS opened up in the MHMR Homeless Clinic. Since I was up there more than half the week, I could actually schedule doctor appointments and keep them. I didn't have an excuse to avoiding taking care of my physical health anymore. A year ago, I weighed 88 pounds, since receiving physical health services, I recently weighed in at 105 pounds.

Today I can look in the mirror and can be ok being me.



If you have any questions or need addition information, contact:

Karyssa Walsh, Program Manager

Email: [Karyssa.Walsh@mhmrctc.org](mailto:Karyssa.Walsh@mhmrctc.org)

Phone: 817-569-4159