

# TRAUMA INFORMED BEHAVIORAL HEALTH & PRIMARY CARE INTEGRATION

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# Overview

- ◎ Building an Integrated Clinic
- ◎ Integration in a Rural Setting
- ◎ Screening and Treatment Planning
- ◎ Implications

# Santo Domingo Pueblo, New Mexico

## Community Description

- ◎ Total Population
  - ◎ Adults
  - ◎ Children
- ◎ Registered Tribal Members
- ◎ Registered Tribal Member living on the reservation
  - ◎ Provider Staffing

## Clinic Description

- ◎ Tribal 638 Facility ◎
  - Departments
    - Dental
    - Audiology
    - Optometry
    - Primary Care
      - SDPI
      - Nephrology
      - Pediatrician
      - Dietician
      - Physical Therapist
      - Podiatrist
      - Ob/Gyn
      - Wound Care Clinic
    - Behavioral Health
    - Pharmacy
    - Lab
    - Purchased Referred Care (PRC)

# The Integration Continuum

© **Integration** is a model of collaborative care in which the behavioral health provider and primary care provider work together within a shared system to provide care for a patient (Hunter, Goodie, Oordt & Dobmeyer, 2009).

# Buy-In

◎Governing Body

◎Administration◎

Staff

- Communication
- Transparency
- Decision making

# Practical Considerations

- ◎Space
- ◎Staffing
- ◎Clinic Layout & Flow
- ◎Budget
- ◎Training
- ◎Change

# How Integration began at SDHC

## Review of Systems

- ⊙ Medical Home Model
- ⊙ Silos
- ⊙ GPRA Screenings
- ⊙ Shared Medical Record

## Recognizing Need for Improvement

- ⊙ Clinic Vision/  
Mission
- ⊙ Clinic  
Directions
- ⊙ Policies
- ⊙ Follow up Care

# Integration in Action

- ◉ Holistic Approach
- ◉ Case Staffings
- ◉ PRC Staffings
- ◉ Med-Exec Committee
- ◉ Warm Hand Offs
  - ◉ Consults
  - ◉ SDPI Patient Referrals
- ◉ GPRA Screenings
  - ◉ Medical Clearances
- ◉ Case Management
- ◉ Psychological Evaluations for Social Security Disability
- ◉ Competency Evaluations
- ◉ Prescribing Psychologist trainee program
- ◉ Imminent Danger Protocol
- ◉ Intoxicated Patients Protocol

# Common BH Concerns in Primary Care Settings

- ◎ Depression
- ◎ Anxiety
- ◎ Insomnia
- ◎ Tobacco
- ◎ Physical Inactivity
- ◎ Overeating
- ◎ Diabetes
- ◎ Pain Management

# Screening Process

- ◎ Clinic Process
- ◎ BH related GPRA measures
  
- ◎ Importance of Engagement
- ◎ Warm Hand Offs

# Integrated Treatment Planning

- ◎Strengths based care
- ◎Relaxation Training
- ◎Goal Setting
- ◎Motivational Interviewing
- ◎Problem Solving
- ◎Self-Monitoring
- ◎Assertive Communication
- ◎Mindfulness
- ◎Physical Work Ups & Follow Ups

# Successes

## ©Community Acceptance & Trust

- Cultural beliefs and expectations impact health literacy and health behaviors (Richmond & Jackson, 2016).
- Cultural congruency in a patient/provider relationship means that the treatment matches the patient's values, expectations, and is appropriate within their cultural context (Constantino, Malgady, & Primavera, 2009).

## ©Comprehensive and Holistic Care

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