



ARKANSAS BEHAVIORAL HEALTH INTEGRATION NETWORK

2023

Annual Report

abhinetwork.org

Dear Friends,

We have had a year of growth in 2023 that leaves us feeling overwhelmed with gratitude. We are thankful to our partners. We are thankful for our funders and donors. We are thankful for the growing number of innovators and early adopters of BHI in Arkansas, and we are thankful that providers, payors, and policymakers are recognizing the impact BHI makes on patient care and outcomes. We are also thankful to be able to do this important work every day and to witness change happening!

We worked hard in 2023, with 11 active projects being implemented across Arkansas. We hit a major milestone by hosting the first annual Behavioral Health Integration conference in Arkansas this year which was attended by over 100 people in April. We grew our staff this year by hiring two additional full-time employees, which doubled our full-time staffing. We have also continued contributing through local, state, and national advisory groups.

The work we do and the changes we are seeing inspire us, and we hope it inspires you too. The growing enthusiasm we see for BHI makes us very hopeful for the years ahead!

Warm regards,
Kim



Kim Shuler

Kim Shuler, LCSW
Chief Executive Officer



We are a non-profit organization helping integrate quality mental health care across the healthcare continuum.

Our Vision

Better health for all through integrated care solutions.

Our Mission

To meet the challenges of integrating healthcare by building relationships, sharing resources and best practices, providing education, training, and advocacy for all.

Why is it important?



56% of people who seek care for mental health conditions do so in a primary care setting.



70% of all primary care visits are related to mental and behavioral health conditions.



On average, primary care providers receive very limited training related to mental and behavioral health conditions.



[TRAINING]

In 2023, we trained 2,035 professionals through our monthly speaker series as well as grant projects and outreach.

Our 2023 Monthly Speaker Series

January 12, 2023	Medicare Annual Wellness Visit Provider Education Training <i>Julie O'Meara, DBH, MA</i>
February 9, 2023	Infectious Disease and Opioid Use Disorders and other Substance Use Disorders - <i>Amanda Novack, MD</i>
March 9, 2023	Addressing Social Determinants of Health <i>Justin Villines, MBA, BSN; Rhelinda McFadden, BSN, RN, CPHIMS, PCMH CCE</i>

April 13, 2023	Sustaining the BHI Workforce through Education <i>Kim Shuler, LCSW; Caitlyn Johnson, LMSW; Jason Lofton, M.D.</i>
April 27, 2023	Addressing SDOH - Part 2 <i>Angie Walker</i>
May 11, 2023	Caring for Veterans in Primary Care: Needs and Resources - <i>Kate Rhames, LCSW, Miranda Watkins, LCSW, Priscilla Buffington, LCSW, Laura Hopkins, CIO</i>
June 8, 2023	Treating Opioid Use Disorder in primary care: An Arkansas Perspective <i>Michael Mancino, MD</i>
June 22, 2023	Social Determinants of Health: Sustainability and Billing <i>Tina George, CPC, CRS, CDEO; Mellie Boagni</i>
August 10, 2023	Medical Marijuana in Arkansas: Past, Present, and Future <i>Nihit Kumar, MD, DFAACAP</i>
September 14, 2023	Collaborative Care - Clinical and Financial Opportunity <i>Virna Little, PsyD, LCSW-r, SAP, CCM</i>
October 12, 2023	Combining Models of Integrated Behavioral Healthcare for Effective Primary Care Delivery - <i>Laura Sidari, MD</i>
November 9, 2023	CoCM and the Oak Street Model <i>Justin Hunt, M.D., MS</i>
December 14, 2023	The Science and Stigma of Addiction <i>Jim Shuler, DO, MS, FACOEP, FAWM, FASAM</i>

2023 Projects:

- » **Arkansas Rural Opioid Use Team Education Implementation Grant**
- » **Arkansas Rural Opioid Use Team Education Overdose Response**
- » **Arkansas Lives Network of Care Care Coordination Grant**
- » **Arkansas Lives Network of Care Suicide Postvention Planning Grant**
- » **MSW Training Program**
- » **2023 BHI Conference**
- » **Private Contracts**
- » **Advancing Wellness and Resiliency in Arkansas**
- » **Integrating Behavioral Health in Arkansas: BHI Hub**
- » **Diversity Equity and Inclusion**
- » **Additional Outreach and Advocacy**

2023

Additional Outreach, Advocacy, and Training:

- Arkansas Primary Care First Stakeholders Group
- Arkansas SDoH and Population Health Workgroup
- Mental Health/Behavioral Health Working Group, Arkansas Legislature
- Behavioral Health Strategy Planning, Northwest Arkansas
- ACES Coalition
- Arkansas Behavioral Health Planning and Advisory Council



[PROJECTS]

Arkansas Rural Opioid Use Team Education

Implementation Grant

The AROUTE-Implementation project continued through its second year and entered year three of serving 10 rural Arkansas counties with enhanced opioid use prevention, treatment, and recovery services.

The consortium worked hard in 2023 and achieved several notable impacts. In addition to distributing naloxone and providing naloxone training, the AROUTE team worked with law enforcement across North Arkansas to strategically place naloxone rescue kits (Naloxobox) in six locations. We also continued work in 2023 with regional prevention provider to deliver training on stigma related to opioid use disorder.

The availability of Medication-Assisted Treatment (MAT) increased in the target area, with consortium clinics further expanding services and providers undergoing training to offer MAT. We continued to provide training to support providers in the identification and treatment of patients with Opioid Use Disorder (OUD), including training in Screening, Brief Intervention, and Referral to Treatment (SBIRT), Infectious Disease management, in the science of addiction, and more. We also developed and distributed Resource Guides for nine north Arkansas counties.

[PROJECTS]

Arkansas Rural Opioid Use Team Education

Overdose Response

ABHIN was awarded a \$300,000 grant through the Health Resources and Services Agency to support **The Arkansas Rural Opioid Use Team Education Overdose Response (A-ROUTE-OR)** project.

The program is designed to enhance the capabilities of ten emergency departments (EDs) and healthcare clinics in North Arkansas through a training initiative that connects these healthcare settings with peer recovery support specialists (PRS). The program includes a 7-hour training provided by physician, peer, and behavioral health experts across the state.

The training will create shared understanding of the PRS role and develop a foundation for embedding PRS within healthcare settings as a core overdose response strategy. After completion of the training, PRS will be funded to work part-time in healthcare settings for five months. The AROUTE-OR project will leverage the power of peer work in responding to overdoses and preventing additional overdoses from happening by connecting patients with people who have lived experience with recovery. The grant started in September and the team made significant progress in developing the training and in recruiting EDs and rural clinics to participate in the program.



[PROJECTS]

Arkansas Lives Network of Care

Care Coordination Grant

The ALiNC project continued into year three of implementation and concluded in September 2023. The program was a success, meeting our goals that focused on integrated care coordination, collaboration, and workforce leadership to assist staff in developing evidence-based strategies in practice to improve provider confidence in identifying and managing high-risk patients. The ALiNC Consortium included ABHIN, Cornerstone Whole Healthcare Organization (C-Who), Boston Mountain Rural Health Center, Arkansas Primary Care Clinic, North Hills Family Clinic, and PrimeCare Medical Clinic. All partners worked collaboratively to develop and implement comprehensive suicide prevention strategies that included increasing access to mental health services, promoting mental health awareness and education, reducing stigma, training staff on new workflows, and focusing efforts on improving suicide postvention care in target communities for impacted friends and family. A total of 33,013 individuals benefited from ALiNC, encompassing both direct and indirect services, all made possible by partners' hard work and collaboration over three years. The project surpassed expectations, yielding multiple anticipated and unanticipated impacts observed in healthcare staff attitudes and practices, documentation, engagement, and screening protocols and crisis protocols. Overall, the grant team conducted 69 training sessions on a variety of topics that reached approximately 1,416 people over the course of the grant. We consider the project a great success and model for future efforts to build upon. The combined efforts of stigma reduction, collaboration, efficient workflows, and education significantly enhanced the overall well-being and safety of those in need.



[PROJECTS]

Arkansas Lives Network of Care

Suicide Postvention Planning Grant

ABHIN continued work on the Rural Health Network Planning Grant that was awarded through HRSA in June 2022 and completed the project in September 2023. The funding allowed us to create the Arkansas Lives Network of Care consortium.

In 2023, we worked on assessing need for a Suicide Postvention Network, engaging partners across multiple sectors, and developing a strategic plan for collaborative and rapid outreach after suicide that can serve impacted individuals in rural North Arkansas counties. The work ALiNC Partners have planned will help reduce the stigma related to suicide, educate our communities and policymakers, and improve access to resources in the immediate aftermath of a tragedy.

We expect this comprehensive approach to ultimately reduce survivors' isolation, generate collaborative solutions, and stimulate a healing community involvement. In addition to achieving workplan goals and objectives related to strategic planning, partners got a jump-start on the implementation phase and developed a Resource Guide for loss survivors and provided a community-wide training focused specifically on Mobilizing Community After a Suicide. The Resource Guide will be pivotal in building capacity across rural northern Arkansas in a multi-sector landscape that will ensure continued growth in collaboration in caring for suicide loss survivors.



[PROJECTS]

MSW Training Program

[PROJECTS]

2023 BHI Conference

ABHIN collaborated with both the University of Arkansas at Little Rock (UALR) and the University of Arkansas (UARK) to conclude the 2022-23 MSW BHI internship program and work with the 2023-24 internship program cohort. During the 2022-23 academic year, six MSW graduate students worked in primary care clinics around Arkansas and provided interventions for over 400 patients. These interventions led to an 11% decrease in overall depression scores using the PHQ9 and a 14% decrease in overall anxiety scores using the GAD7. Two students from 2022-23 cohort have begun working as Behavioral Health Consultants in primary care clinics. ABHIN was excited to continue this work during the 2023-24 school and provides weekly supervision for six new MSW students this year.

ABHIN clinical staff helped prepare this year's students during a summer "BHI Bootcamp" where the students participated in a full two days of learning. This training offered a detailed exploration of BHI, covering topics such as the various levels of integration, common terminology, integration models, psychopharmacology, and contextual interviewing. The second day featured intervention modules on motivational interviewing, empathetic listening, cognitive behavioral therapy, psychoeducation, and teach-back techniques. Students also received training in suicide assessment and intervention. Students began working in their clinics 3 days per week in September 2023 and participated in weekly supervision meetings. Data on 2023-24 outcomes is still being collected.

This internship program is funded through an endowment provided by the Arkansas Blue and You Foundation.

ABHIN hit a major milestone this year by organizing the very first Behavioral Health Integration Conference in Arkansas. The conference was held on April 28th in Little Rock on the CHI St. Vincent campus.

This free event provided CEUs for all sessions and focused on two learning tracks: Opioid Use Disorder and Suicide Prevention. Speakers included: Adele Allison (Leading Dynamic Teams), Michael Mancino, MD (Opioid Use Disorder: An Arkansas Perspective), Jacqueline Sharp (Talk Saves Lives), Rhonda Mattox, MD (Exploring Burnout and Strategies to Reduce It), Casey Copeland (Arkansas Peer Recovery), and Virna Little, PsyD., LCSW-r, SAP, CCM (Strengthening the Connection: Primary Care & Suicide Prevention).

A panel discussion (Blazing the Trail of Behavioral Health Integration) focused on Arkansas early adopters of BHI and included care teams from Lofton Family Practice (De Queen), Arkansas Primary Care (Little Rock), North Hills Medical Clinic (North Little Rock), Prime Care (Searcy), Boston Mountain Rural Health Center (Marshall), and MANA Medical Associates (Northwest Arkansas). Lunch and breakfast were provided to 118 attendees thanks to the generous support of our primary sponsor, Blue Cross Blue Shield of Arkansas.



Private Contracts

ABHIN continued contracts with two payor networks to conduct work focused on Behavioral Health Integration assessment, planning, and training. Through this work we trained clinicians and practice coaches on a wide range of topics related to BHI. Outcomes included increased confidence in treating MH/BH conditions, increased understanding of BHI workflows, and substantial progress toward health system transformation.

Advancing Wellness and Resiliency in Arkansas

We are currently working with AFMC who in partnership with Arkansas Department of Education (ADE) was awarded the Arkansas AWARE 2023 (Advancing Wellness and Resiliency in Arkansas) grant by the Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA) and Center for Mental Health Services (CMHS). This is a 5-year grant that also includes partnering with three Arkansas school districts to provide evidence-based programs that support students, school staff, and parents. ABHIN's role will include hiring Behavioral Health Agencies (BHA) to provide direct Behavioral Health Services, while providing technical expertise to support the BHA, providing administrative oversight and project management to the BHA's, and help plan processes and provide trainings including assisting with developing a sustainability plan, create/modify school safety and threat/violence prevention plans, and assist with developing a public health model that includes early interventions for youth.

Integrating Behavioral Health in Arkansas: BHI Hub

The state of Arkansas was awarded a 5-year grant by the Substance Abuse Mental Health Services Administration (SAMHSA) for the Integrating Behavioral Health in Arkansas (IBHA) project. Along with the state of Arkansas, ABHIN will partner with the University of Arkansas for Medical Sciences (UAMS - 15 clinics) and two federally qualified health centers [Boston Mountain Rural Health Center (BMRHC - 14 clinics) and East Arkansas Family Medical Center (EAFMC- 7 clinics). This partnership, Behavioral Health Integration Hub (BHI-Hub), will advance the behavioral health collaborative care model (CoCM) among rural and/or underserved Arkansans with chronic medical and co-occurring behavioral health conditions. ABHIN's role has been and will continue to be hosting monthly State Planning Council meetings, developing, and maintaining a webpage that serves as the state's hub for all information regarding BHI, provide monthly office hour meetings, trainings and bi-weekly implementation meetings to the FQHC clinics, as well as participating in the on-going project committees and workgroups.

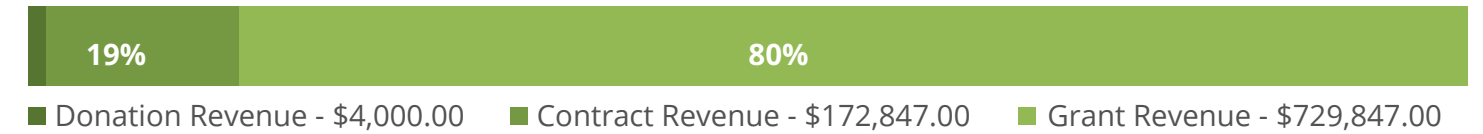
Additional Outreach and Advocacy

ABHIN participated in a number of advisory boards and workgroups, including the Arkansas Primary Care First Stakeholders Group, Network for Excellence In Health Innovation BHI Advisory group, Arkansas State Legislature Mental Health/ Behavioral Health Working group, Adverse Childhood Events Coalition, and the Arkansas Behavioral Health Planning and Advisory Council. This work has led to improved legislation related to Collaborative Care Management as well as local initiatives to advance BHI.

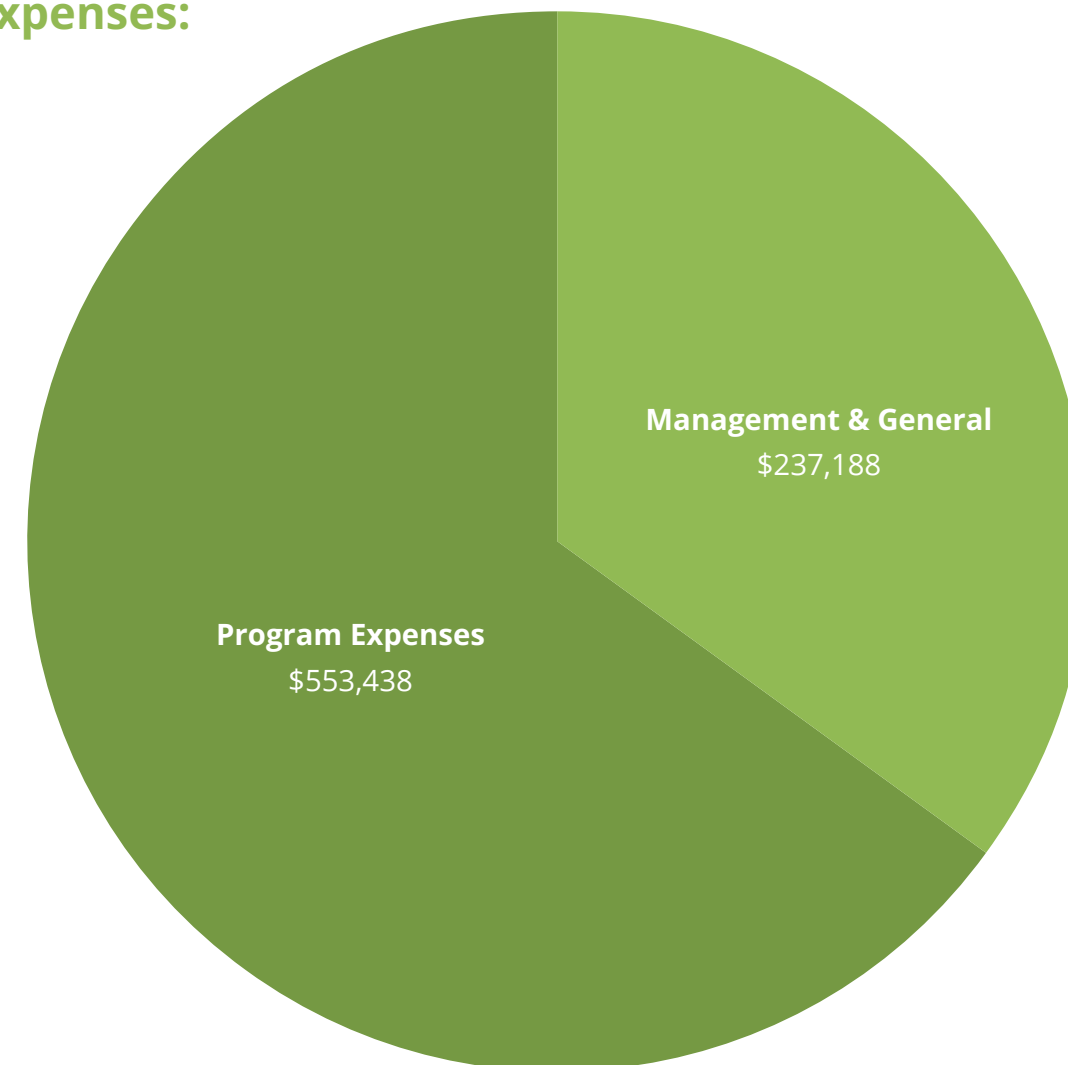
2023

Financial Statement

Revenue:



Expenses:



2024 Goals:

» Funding and Focus:

Add programs and services to support maternal and child mental health in Arkansas through at least \$100,000 in funding to increase adoption of best practices in primary care clinics across Arkansas

Engage individual donors and corporate sponsors to raise at least \$50,000 that can diversify our funding sources and bolster our operational support

» Outreach and Education:

Increase access to overdose prevention supplies (naloxone) by 75% in service counties

Over the next year, we will train at least 2,600 healthcare professionals. In addition, we will aim to provide CEUs for each of our monthly webinars and develop new outreach methods to broaden our reach.

» Annual Conference:

In 2024, we aim to engage at least 150 participants to attend the 2nd annual BHI conference. In addition, our goal is to provide the conference at no cost to participants by engaging sponsorships that cover the cost of implementation.

Our Board of Directors

Arkansas Behavioral Health Integration Network is led and managed by a board of directors consisting of a remarkable combination of physicians, clinicians, administrators, community members, and policymakers.



Kim Shuler, LCSW
Chief Executive Officer



Anna Regnier
Treasurer and Secretary



Chad Rogers, M.D., FAAP
Board Member



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Vice President



Lee Crow
Board Member



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Board Member



Jen Yturriondobeitia, DBH
Advisory Board Member



Alan Mease, M.D.
Board Member



Patty Gibson, M.D.
Board President



Arkansas
Behavioral Health
Integration Network

(479) 871-3611

44 Kingshighway
Eureka Springs, AR, 72632
info@abhinetwork.org

abhinetwork.org