

Meeting Minutes -



Arkansas
Behavioral Health
Integration Network

Location: Zoom

Date: May 9, 2025

Meeting: AR CoCM Community Stakeholders Meeting

Time: 12:00-1:00

Attendees:

- | | | |
|--------------------|------------------|------------------|
| 1. Kim Shuler | 5. Mark Jansen | 9. Tisha Deen |
| 2. Caitlyn Johnson | 6. Tisha Deen | 10. Virna Little |
| 3. Miste Trent | 7. Sarah Bernes | |
| 4. Rachael Marx | 8. Teresa Hudson | |

Agenda:

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| 1. Welcome/Updates/Announcements | 4. UAMS Update |
| 2. IBHA Executive Committee Meeting Update | 5. CoCM Events and Resources |
| 3. DHS Update | |

Meeting Notes:

TEAM DISCUSSION:

- **Welcome Back!**
 - It was a pleasure to welcome Rachael Marx back to the team. Rachael now serves as the Behavioral Health Director at White River Health, and we're thrilled to have her in this new role. Welcome back, Rachael!
- **Resources Shared by Virna:**
 - An article from Western New York was shared via the CFHA listserv, highlighting early success in both sustainability and positive health outcomes in a new CoCM initiative. (Attached)
 - Virna also shared a short, engaging video from a psychiatric consultant she works with on another project. The video, which is focused on ADHD medication and summer routines, is the first of several videos she will be releasing aimed at engaging providers. [It can be viewed here.](#)
 - Additionally, the team discussed an article pointing to Collaborative Care Management (CoCM) as a promising solution to mental health parity challenges. This was referenced in the 2024 MHPAEA Report to Congress, which also outlines the fund's purpose and scope. (Attached.)
- **Sustainability Discussion** – The team discussed strategies to sustain momentum once the initial energy of CoCM implementation begins to fade or referral rates decline. Key points included:
 - Embedding CoCM fully into clinical workflows.
 - Ongoing education and staff engagement.
 - Leveraging patient awareness and advocacy.
 - Conducting routine site visits and offering refreshers to maintain provider buy-in.

DHS UPDATE:

- The DHS representative was double-booked at this time and unable to provide an update. We will look forward to hearing the latest updates next month.

UAMS UPDATE:

- Tisha shared encouraging updates and preliminary data from UAMS' growing CoCM program:

- CoCM is now active in five UAMS clinics: Texarkana, Pine Bluff, Helena, Internal Medicine (Central), and Batesville.
- Patient engagement has increased from ~1,000–1,500 minutes/month to 4,000+ minutes/month.
- UAMS is utilizing bachelor's-level BHCMS with close supervision.
- Most patients are seen within two weeks of PCP referral.
- Tisha shared case examples demonstrating notable clinical improvements, including one patient with a PHQ-9 reduction from 25 to 3 with brief intervention.

ABHIN UPDATE:

- East Arkansas Family Health Center (EAFHC) is actively implementing CoCM at the West Memphis site, averaging 5–6 referrals per week.
- Plans are in place to expand to a second site this summer.
- The clinic currently has one BHCM, who has built a caseload of 40–45 patients in approximately 90 days.
- They are actively recruiting a second BHCM to support the growing demand.
- Kim shared insights from Dr. Beacroft's recent presentation, emphasizing the importance of remaining vigilant as early enthusiasm can fade, and providers may revert to familiar practices. She proposed revisiting this topic in greater depth during next month's meeting.

Important Date(s):

- ▶ **October 16th – 18th**, Raleigh, North Carolina – [CFHA Integrated Care Conference](#)

CoCM Resources:

- ▶ [ABHIN CoCM Training & Resource webpage](#)
- ▶ [ABHIN CoCM Monthly Office Hours](#)
- ▶ [AIMS Center: Collaborative Care Monthly Finance Office Hours](#)
- ▶ [AIMS Center: Collaborative Care Monthly Implementation Office Hours](#)
- ▶ [AIMS Center's BHCM Learning Community](#)
- ▶ ABHIN *While You Wait* Podcast now streaming:
 - [Amazon](#)
 - [Spotify](#)
 - [YouTube](#)
- ▶ [3rd Annual BHI Conference Presentation Recordings](#)

