

Partners in Health



Grant Allows for Further Expansion of Integrated Health Care in Summit County

The Margaret Clark Morgan Foundation has recently awarded a grant to Summa Health System and Coleman Professional Services to create an “Integrated Behavioral Health Care Initiative” within three of Summa’s primary care medical offices in Summit County. The Internal and Family Medicine Primary Care Centers at Akron City Hospital and an as-yet unidentified community-based primary care practice will serve as the sites for the project.

The two-year Initiative is designed to both improve access to behavioral health care and improve the continuity and outcomes of mental health and medical care for both underserved patients and patients with severe mental illness.

“Our current collaboration with Summa Health System has been extremely successful, and we’re looking forward to building upon that foundation to provide a more cohesive patient experience with the Integrated Behavioral Health care Initiative,” said Sandy Myers, vice president of Behavioral Health at Coleman. “We believe integrated health care is the most effective form of treatment for patients suffering from mental illness, and this grant will allow us to extend this type of care to those who need it most.”

In an effort to reach patients in the greatest need of behavioral health interventions, the primary care physicians in the Initiative’s three medical centers will be asked to identify patients they find the most challenging, regardless of their diagnosis, history of mental health problems or ability to pay.

To deliver the most confluent care possible, each patient will be assigned an Integrated Primary Care Team, consisting of a patient’s primary care doctor, nurses and technicians, a psychiatrist, a behavioral health consultant and a behavioral health case manager – all of whom will collaborate on the patient’s treatment plan.

Whenever possible, all initial and follow-up behavioral health services will be provided within one of the three primary care centers, in an effort to develop long-term relationships between patients and their Primary Care Team.

Foundation Awards More Than \$100,000 to Coleman Initiatives

The Coleman Foundation is a philanthropic organization designed to support children, families and older adults facing mental health and rehabilitation challenges. Through the generosity of donors, Coleman Foundation provides funding with the goals of fostering recovery, building independence and changing destinies. Recently, the Coleman Foundation Board voted to award Coleman Professional Services the following:

- **\$50,000 for non-reimbursed behavioral health services for indigent persons**
- **\$25,000 for non-reimbursed Adult Day Services**
- **\$20,000 for Coleman Residential Services**
- **\$10,000 for furniture purchases for the Washington Street Transitional Youth Home in Warren**
- **\$5,000 for software for disabled home workers at Coleman Data Solutions**

Financial contributions from the community help to ensure that Coleman Foundation has resources to care for all, regardless of their ability to pay. **If you would like to make a contribution, please call 330-676-6876.**

24th Annual *Right at Home*



On **Saturday, September 8, from 6 – 9 p.m.**, the Coleman Foundation invites you to the 24th Annual Right at Home fundraiser, to be held at the home of Fran Goté and Dr. Alan Rosenwasser in Kent’s River Bend neighborhood. Cocktails and hors d’oeuvres will be served as guests take part in the silent and art auctions, and enter raffle drawings for a chance to win unique artwork or an iPad. All proceeds from the fundraiser assist adults, children and families who are receiving vital behavioral health services regardless of their ability to pay. For more information or to buy a ticket, call the Coleman Foundation at 330-676-6876 or visit www.colemanrightathome.com.

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A Note from Nelson

Navigating the waters of the health care system is tricky. Adding in the dynamics of behavioral health services can make things even more complicated. Whenever the task begins to feel overwhelming, I remind the Coleman team that the people we serve come first!

We are embarking on a new road of change in our behavioral health services – the integration of health care and behavioral health. We will finally start recognizing that the brain is connected to the body, and by serving the whole body, the individual can be served more effectively. Chronic mental illness is a brain disease that can be treated. Best practices show that outcomes improve when such illnesses are treated with other important health issues of the body.

Coleman’s path for integrated health care includes many other important health care partners in the community. Our vision is to not be the single health care provider, but to work cost effectively with other partners in treating the child or adult through integrated professional services. The Coleman staff continues to be focused, well trained and eager for this new challenge. Coleman’s mission is to support those people we serve so they can **recover, have permanent housing and become employed.**

As always, I thank you for your support of our efforts to *improve the lives of the people we serve!*

With gratitude,

Nelson W. Burns
President and Chief Executive Officer



Integrated Health Care Leads to Better Patient Outcomes

The mind and body act as one unit – you cannot separate one from the other. Why, then, should physical and mental health problems be treated independently of one another? After all, in the same way that addiction and mental health issues go hand in hand, physical health affects emotional health and vice versa.

At Coleman Professional Services, we support integrated health care. Not only is it our belief that utilizing a holistic, “team model” of primary and mental health care results in better patient outcomes, it is also smart business.

Often times people who suffer from debilitating mental illnesses have physical symptoms in addition to behavioral and emotional symptoms, such as high blood pressure, body aches and pains, heart palpitations, dizziness and fatigue.

Unfortunately, people suffering from behavioral or mental health disorders often don’t have a primary care physician, and they are less likely to seek treatment for physical illness than their counterparts. In fact, it’s a sad reality that individuals with a mental health disorder will die 25 years earlier, on average, than someone without such a disorder. This should not be the case.

As with all health-related conditions, early intervention is key – the earlier a condition is caught, whether it be physical or mental, the better the outcome and the

easier the road to recovery. In addition, once a condition progresses beyond the initial stages, treatment becomes increasingly more expensive. Prevention is integral to keeping the cost of health care at a manageable level. Coleman assists clients with making daily living choices that support both mental and physical health. Referral partnerships that link clients to both primary medical care and behavioral health care create a more holistic network of support and understanding, benefiting the clients’ long-term health. Both prevention and seamless early intervention are good for clients and for Coleman.

We are moving towards implementing an integrated approach to behavioral health care in all of our counties, as you’ll see from the infographic on page 3, with the newest initiative taking place in Summit County.

Thanks to a grant from the Margaret Clark Morgan Foundation, we will be increasing our partnership with Summa Health System to create an “Integrated Behavioral Health Care Initiative” within three of Summa’s primary care medical offices. To learn more about this project, read the “Partners in Health” article featured in this issue.

Regardless of how the health care paradigm continues to shift with the political tides, we will continue to make it our mission to provide the best possible care to the people we serve, regardless of their ability to pay. And we will continue to promote integrated health care throughout our organization, because it is what’s best for our clients.

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In association with Allen, Angilize and Hardin, Portage, Stark, Summit and Tumbull County Mental Health Boards
Ohio Department of Health

Ohio Department of Mental Health
ODADS, Ohio Department of Alcohol and Drug Addiction Services

CAH, the Commission on Accreditation of Rehabilitation Facilities

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In This Issue

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“I am Coleman”

I am Grateful for the Life I Have Thanks to Coleman

While growing up in West Virginia, I had a reputation for being a problem child... especially when I became a teenager. I didn't know it wasn't normal to feel very depressed and isolated some days and then other days just decide to leave and go somewhere else. I'd hitchhike miles away from home, without even thinking about the risks I was taking. I'm sure I gave my parents every gray hair on their heads. I know now that I experienced bipolar disorder and that I was cycling through the phases – it was the disorder that was the problem, not me.

When I came to Ohio, I had a number of health issues. I went to a clinic where I was treated for my symptoms. I had a recurring problem with pain, though, and they couldn't figure out what was wrong. Someone suggested I was imagining it and recommended I go to Coleman – that was the best thing that ever happened to me. As it turned out, the pain issue was, in fact, a medical problem, but I learned that I also have a mental illness. Since beginning services through Coleman and with coordinated health care at Summa, my life has changed dramatically. My health concerns are under control and my bipolar disorder is being managed through medication, counseling and case management.

Before I came to Coleman, I was living with relatives and sleeping on a couch or the floor. They didn't treat me very well; in fact they were just plain mean. The counselor taught me to be aware of how I feel as I start to cycle into either a manic phase or a depressive phase. That knowledge helps me to understand that it is my illness causing those feelings, and to react appropriately. In addition to my counselor, my case manager has helped me to move into a place of my own. He helped me to get some furniture, including a bed – I am sleeping so much better now!

I still have a number of medical concerns to deal with. Fortunately, though, I have my case

manager to help make sure that my various doctors know about and understand all the illnesses I have. He accompanies me on most of my doctor's visits and makes sure that I don't get confused about the instructions I am given. He helps by making sure we are all on the same page and that my needs are being met.

Now that I have a safe place to live, I can focus on doing some of the things I love,

including crafting, singing and playing the guitar. I have received wonderful feedback on my crafts. I would like to sell them and give the money I make to Coleman – I want to give back to Coleman because I am so grateful for all I have received.

Through Coleman, I have learned to deal with life, which is the best gift of all. ☺

True story of a Coleman Behavioral Health – Summit County client.

What's New?

Ohio Department of Mental Health to Merge with the Department of Alcohol and Drug Addiction Services

Pending legislative approval, the Ohio Department of Mental Health (ODMH) and the Department of Alcohol and Drug Addiction Services will merge into one agency on July 1, 2013.

According to *Behavioral Healthcare* magazine, “The merger plan is part of a larger effort by Ohio's Office of Health Transformation, an office created by Governor John Kasich, to restructure Ohio's \$15.4 billion Medicaid program and streamline the delivery of health and human services. These services are currently performed by a web of six state agencies – upon completion of the merger, Ohio would join 46 other states who deliver such services through a combined agency.

“The merger will affect an array of local agencies, programs and services, including 50 county boards of alcohol and drug addiction and mental health, and about 300 addiction treatment agencies and 400 mental health agencies.”

Tracy Plouck, the current ODMH director, will head the new, as yet un-named agency. It is expected that the new agency will employ a combined 2,500 employees.

Ohio Medicaid Health Homes to Open Throughout State

Beginning in October 2012, the Ohio Department of Mental Health (ODMH) will open Medicaid Health Homes for individuals suffering from serious and persistent mental illness throughout the state. According to the ODMH website, “A health home is not a building – it is a coordinated, person-centered system of care. An individual who is eligible for health home services can obtain comprehensive medical, mental health and drug and/or alcohol addiction treatment, as well as social services that are coordinated by a team of health care professionals.”

ODMH will implement Health Homes in three phases over the next year, and Coleman will submit applications to provide Health Homes in Phase II for Summit and Portage counties, and in Phase III for Allen, Auglaize, Hardin, Stark and Trumbull counties.

Goals of the Health Homes will include a reduction in substance abuse, improved health outcomes, lower rates of emergency room visits, reduced hospital admission and readmissions, and decreased dependence on long-term care facilities, resulting in an overall reduction of health care costs. ☺

Substance Abuse Treatment Services Expanding

Individuals are increasingly suffering from dual diagnoses – meaning they have both a mental health disorder and substance abuse problem concurrently. In fact, it is estimated that approximately 8.9 million Americans are in this situation – and that number continues to rise.

When dealing with addiction, whether it is primary or secondary to a mental illness, integrated care is imperative to effectively treat both issues.

Throughout the counties in which Coleman operates, there has been an increasing focus on Alcohol and Other Drug (AoD) services, especially in Allen, Auglaize and Hardin (AAH) counties. Upon presentation in AAH, clients are immediately screened using the SBIRT system (Screening, Brief Intervention, Referral and Treatment), and are then referred for services based on their evaluation. This allows the patient quick access to the services they need most.

In Lima, a program with an intensive substance abuse service provision has been in place for almost four years. Clients can attend up to five weeks of intensive services followed by step-down services as they begin to utilize more community resources. The programming allows for clients to continue in treatment for six to nine months, followed by attendance in aftercare groups. Research has shown that the longer a client is engaged, the more likely they are to be successful.

AAH's Outpatient Department also worked in collaboration with pharmacological management and residential teams to open a sober living environment, referred to as “The Blue House.” The numerous components of the program include medication, housing, case management, vocational rehabilitation, attendance in community support groups and frequent drug screening.

In Portage County, a full-time therapist was hired to provide diagnostic assessments and individual counseling to clients with both a dual diagnosis and primary substance abuse diagnosis. Trumbull County has partnered with a local community provider to offer integrated treatment to dually diagnosed patients, and Stark County provides diagnostic assessment, individual and group counseling to its clients through a recovery team devoted specifically to dual diagnosis.

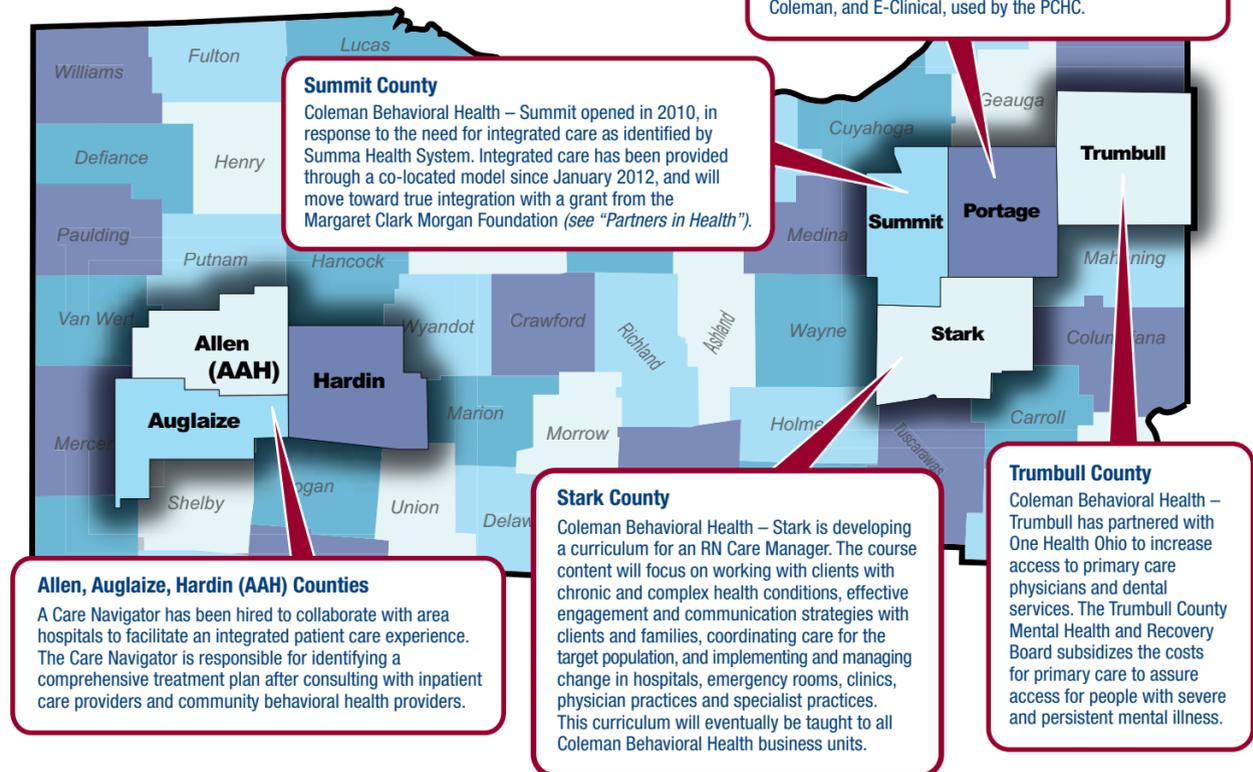
Be on the look out in future issues for additional updates on this treatment area, as we continue to integrate it further into our organization. ☺

Coleman Professional Services Board of Trustees

Thank you for your dedication and service!

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Integrated Health Care Initiatives Gain Momentum



The Facts

Facts on the Affordable Care Act

At the end of June, the Supreme Court's 5-4 ruling to uphold the Affordable Care Act of 2010 (ACA) led Linda Rosenberg, National Council President and CEO, to state that the decision was “particularly critical for people with serious, chronic conditions such as mental illness and addictions,” as many such individuals are currently uninsured.

According to her statement, “the Supreme Court decision upholds several critical ACA components,” including:

- The Medicaid expansion for up to 16 million Americans who are currently uninsured
- The Prevention and Public Health Fund, which finances primary care and behavioral health care integration efforts to help improve deplorable mortality rates among Americans with behavioral health disorders and other chronic conditions

- Access to preventive services that ward off higher health care costs and unnecessary suffering
- Health exchanges
- Essential health benefits

- The Medicaid expansion and insurance offered through the exchanges will dramatically affect coverage for substance use disorders, enabling health care providers to identify and better treat drug and alcohol misuse
- Newly insured individuals will have coverage that includes mental health and substance use treatment at parity with medical/surgical benefits

To learn more, visit www.TheNationalCouncil.org.