

# Minnesota's Mental Health Access Traffic Jam: Coming Together to Build a Better Road Map



***Expanded Community Care Models:  
ACT Teams & Community Paramedics***

John Vuchetich MD, PhD

ACT Team Psychiatrist for Guild Incorporated

# Disclosures

- I have no financial relationships to disclose.
- I will do not plan to discuss off label medication use.

# Presentation Outline

- ACT Teams: The Appeal and Promise
- ACT Teams: The Model
- ACT Teams: Team Makeup
- ACT Teams: The Limits and Barriers
- Community Paramedics: Another model of expanded community care

# ACT Teams: The Appeal and Promise

- Wrap-around services for SPMI, longitudinal and inclusive: “A hospital without walls”
- Demonstrated to reduce hospitalizations and otherwise improve outcomes for individuals who do not do well with traditional treatment (especially those with primary psychotic disorders).
- Multidisciplinary
- Individualized, assertive, community treatment
- Rehabilitation and Recovery focus.

# ACT Teams: The Model

- Clients meet criteria for referral
- Are generally seen multiple times per week, mostly in the community
- Person centered recovery goals
- Uses evidence-based treatments, generally meeting all of clients' needs
- Generally Medicaid patients, per diem payment model

# ACT Teams: The Make-up

- Team Leader, generally a mental health professional
- Co-leads with embedded psychiatrist
- Team includes generalist case managers, nurses, vocational specialists, chemical dependency specialists, peer recovery specialist
- Recent focus on delivering evidence-based psychotherapy

# ACT Teams: The Limitations

- It's hard to do everything: IRTS stays, extensive psychotherapy, DBT, addressing chronic illness, the duplication of service problem,
- Limited capacity, imperfect referral process
- Not appropriate for all patients with needs
- Societal issues (housing, insurance gaps, etc.).
- Lack of access to higher level, longer term care.
- Trouble with revocations, ER response
- Backups in mental healthcare system contribute to many of these issues, especially the last two.

# **Community Paramedics: Another Model of Expanded Community Care**

- Used in Centracare system
- In coordination with In-reach transitional care and other discharge planning services
- Paramedics follow high medical resource users who have difficulty following discharge planning for in-home assessments, med monitoring, labs, vaccinations, etc.
- Could be used for long-acting injectable medications in psychiatric patients

# Questions?

