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INTERNET AND MHEALTH APPROACHES TO INTEGRATED BEHAVIORAL HEALTHCARE ASSESSMENT

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Increased prevalence of noncommunicable chronic disease (NCD) has led to a global crisis and calls for improved prevention and disease management initiatives. In the United States the Affordable Care Act (ACA) has led to primary care based health care transformation designed to improve NCD prevention and management. New models of primary care delivery, such as the Patient Centered Medical Home and Accountable Care Organization are examples. A key component of transformation is integrated behavioral health; primary care, team-based, coordinated treatment of medical, lifestyle (e.g., nutrition, physical activity) and behavioral conditions (e.g., depression, alcohol abuse) that underlie and are associated with poor NCD outcomes. This presentation will review two Internet-based approaches to assessment of integrated behavioral health services in primary care. First, results of the Provider Integration Profile (PIP), an Internet-based questionnaire designed to measure levels of integrated behavioral health in primary care, will be reviewed. Second, the design of a new Internet-based Health Risk Assessment (HRA), "My Health and Happiness Manager" (MHHM) will be reviewed. The MHHM is based on existing measures of health risk that are applicable in both Western and Asian populations. The presentation will include a survey of research on the relationship between level of primary care integration, health risk, and treatment clinical and cost outcomes.

Biography

Ronald O'Donnell is a clinical professor and Program Manager, International Programs, in the Arizona State University College of Health Solutions. He is president of SunCrane Health Solutions. O'Donnell is the founding director of the Doctor of Behavioral Health program and other educational initiatives focused on workforce training for integrated behavioral health. He is the Principle Investigator of the PCORI research grant on integrated care with Banner Health in Phoenix Arizona. O'Donnell has also lectured and provided training for physicians and other health professionals in China and Southeast Asia. He is an advocate of incorporating the Internet and mHealth behavior change resources into the practice of integrated behavioral health.

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