

AIMS CENTER  
UNIVERSITY of WASHINGTON  
Psychiatry & Behavioral Sciences

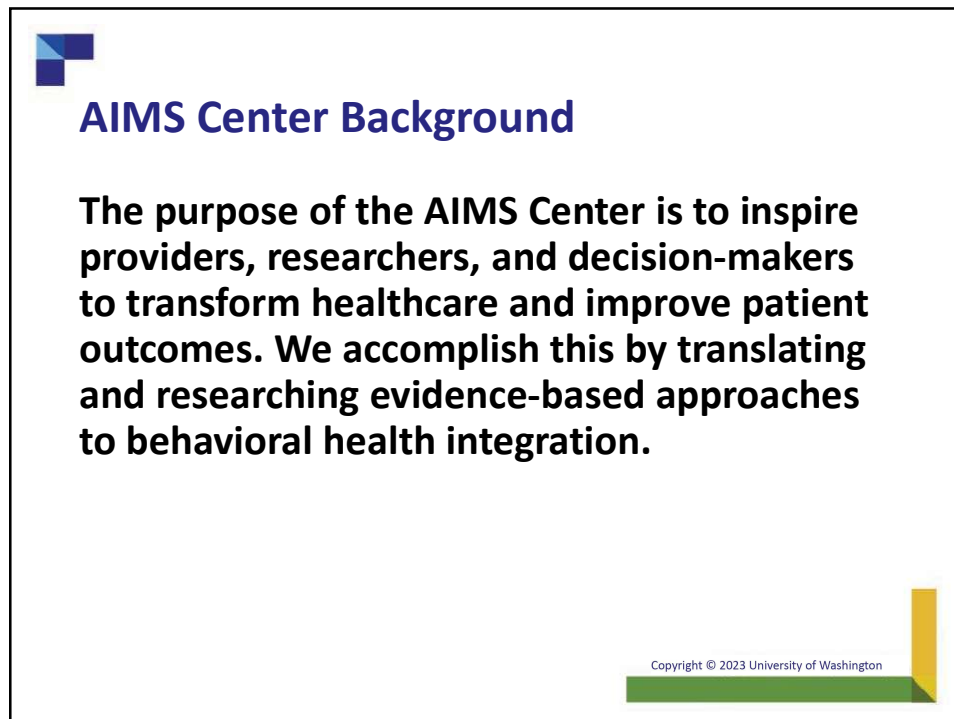
# AIMS Center Overview

Sara Barker, MPH, Associate Director for Implementation  
December 6, 2023

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## AIMS Center Background


**The purpose of the AIMS Center is to inspire providers, researchers, and decision-makers to transform healthcare and improve patient outcomes. We accomplish this by translating and researching evidence-based approaches to behavioral health integration.**

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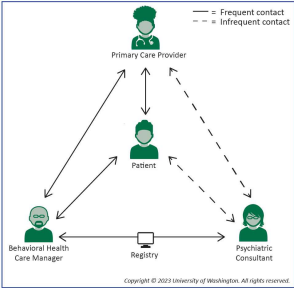
## Collaborative Care (CoCM)



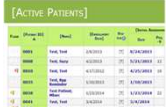
**Primary care patient-centered team-based care**




**Systematic caseload review with psychiatric consultant (focus on patients not improved)**




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**Registry to track population**



**Active treatment with evidence-based approaches**



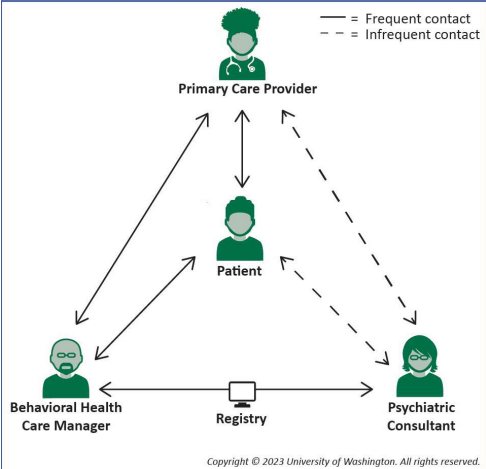
**Validated outcome measures tracked over time**

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## CoCM Achieves Quintuple Aim

- **Population Health Outcomes**
  - Increases access
  - Improves clinical outcomes
- **Reduces Total Cost of Care**
  - \$6.50 ROI
- **Provider Satisfaction and Productivity**
  - Compared to UC
- **Patient Satisfaction**
  - Increased 25%
- **Reduces Health Disparities & Stigma**
  - Equivalent or better outcomes



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Unutzer 2002; Levine 2005; Arian 2005; Unutzer 2008; Bowen 2020; Hu 2020

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## How AIMS Center Works

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### Step by Step Collaborative Care (CoCM) Implementation Guide

Lay the Foundation	Plan for Clinical Practice Change	Build Your Clinical Skills	Launch Your Care	Nurture Your Care
<p><i>CoCM is a new way of doing medicine and requires an openness to creating a new vision that everyone supports.</i></p> <ul style="list-style-type: none"> <li>✓ Develop an understanding of CoCM, its history and guiding principles.</li> <li>✓ Develop strong advocacy for CoCM within leadership and among the clinical team.</li> <li>✓ Create a CoCM vision with your overall mission and QI efforts in mind.</li> <li>✓ Assess the difference between your current model and CoCM.</li> </ul>	<p><i>Clearly define team roles, create a patient-centered workflow, and decide how to track patient treatment &amp; outcomes.</i></p> <ul style="list-style-type: none"> <li>✓ Identify all CoCM team members and organize them for training.</li> <li>✓ Develop a clinical flowchart and detailed action plan for the care team.</li> <li>✓ Identify a population-based tracking system for your organization.</li> <li>✓ Plan for funding, space, human resource, and other administrative needs.</li> <li>✓ Plan to merge CoCM monitoring and reporting outcomes into an existing quality improvement plan.</li> </ul>	<p><i>Effective CoCM creates a team in which all providers work together using evidence-based treatments.</i></p> <ul style="list-style-type: none"> <li>✓ Describe CoCM's key tasks, including patient engagement and identification, treatment initiation, outcome tracking, treatment adjustment and relapse prevention.</li> <li>✓ Equip care team with the knowledge necessary to successfully implement CoCM.</li> <li>✓ Develop care team skills in evidence-based interventions appropriate for primary care (e.g. PST, BA).</li> </ul>	<p><i>Is your team in place? Are they ready to use evidence-based interventions for primary care? All systems go? Time to launch!</i></p> <ul style="list-style-type: none"> <li>✓ Implement a patient engagement plan.</li> <li>✓ Manage the enrollment and tracking of patients in a registry.</li> <li>✓ Develop a care team monitoring plan to ensure effective collaborations.</li> <li>✓ Develop clinical skills to help patients throughout treatment, including a relapse prevention plan.</li> </ul>	<p><i>Now is the time to see the results of your efforts as well as to think about ways to improve.</i></p> <ul style="list-style-type: none"> <li>✓ Implement the care team monitoring plan to ensure effective team collaborations.</li> <li>✓ Update your program vision and workflows as needed.</li> <li>✓ Implement advanced training and support where necessary.</li> </ul>

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## Training and Technical Assistance

- **Implementation Coaching**
- **Clinical Skills Training**
- **Registry Development and Support**
- **Financing and Sustainment Planning for Integrated Behavioral Health (IBH) Programs**

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## Experience Working with a QIO

- **Washington State Practice Transformation Support Hub**
  - Training and coaching with QIO practice coaches
  - IBH Learning Series for Practices
  - Skill Building for Nurses
  - Conferences/Workshops/Webinars
  - IBH Resources/Materials

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## Future Directions and Opportunities

- **Quality metrics and IBH pathways**
- **Strategies to blend IBH approaches**
- **IBH across different patient populations and settings**
- **Finance and sustainment planning for IBH programs (Medicare Behavioral Health Integration Codes)**

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## Connect with us

- AIMS Center Website: <https://aims.uw.edu/>
- Sara Barker, Associate Director for Implementation, [barkers@uw.edu](mailto:barkers@uw.edu)

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