

Santa Cruz County

Integrated Behavioral Health



How can we help?

An Introduction to Integrated Behavioral Health

a service of the Santa Cruz County Health Clinics



4 February 2019

Kathleen M. Condon, Psy.D.

Director, Psychologist, Integrated Behavioral Health
Santa Cruz County Health Services Agency

Objectives

- Be able to define integrated behavioral health
- Understand why it matters in the big picture
- Learn about our IBH service
- Meet the team



"Medical and behavioral health clinicians work together as a team to address a patient's concerns. Care is delivered by these integrated teams in the primary care setting."

US Dept of Health and Human Services, Agency for Healthcare Research and Quality

What is
integrated
behavioral
health?



Why integrate?



- Collaborative care improves outcomes
- Patients more likely to go to PCP about depression, anxiety, insomnia etc. than to therapist or psychiatrist
- Patients value 'one stop shop' convenience
- Reduced stigma

Our IBH

- Started in 2015
- Multiple sites
- 15 licensed providers, 2 MAs
- Counseling, psychiatry
- Medication Assisted Treatment (MAT)
- Whole Person Care (WPC)

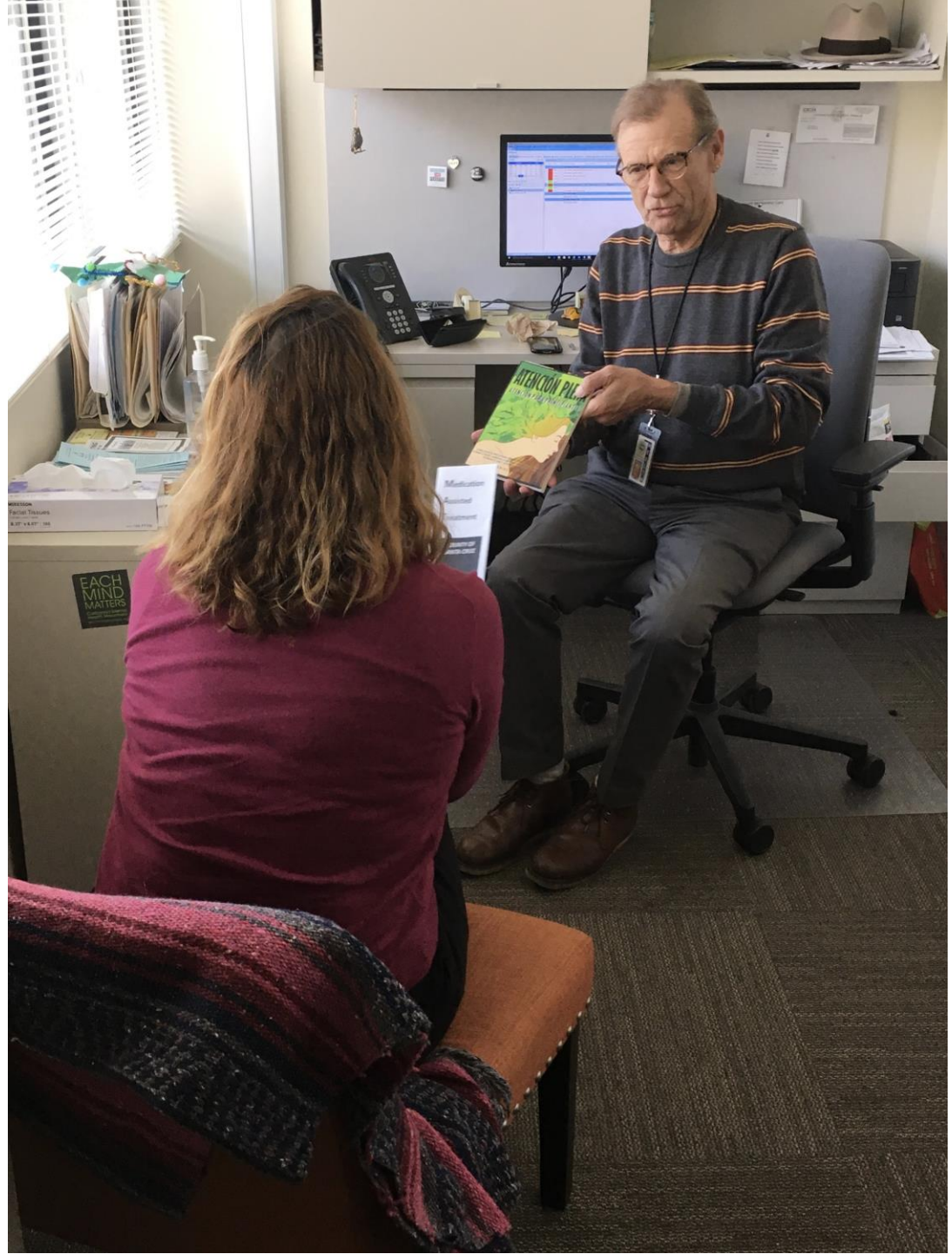


What makes us different?

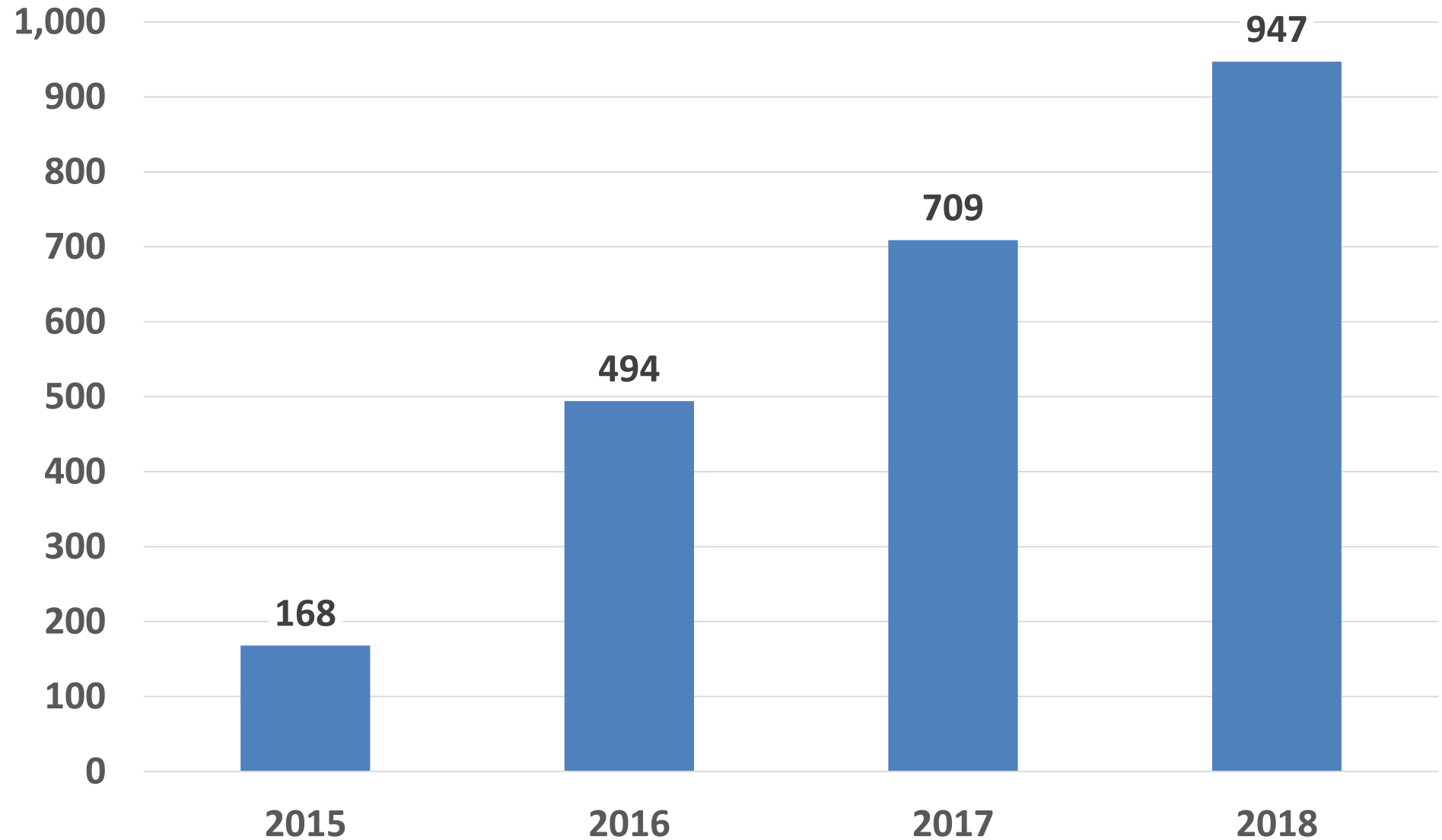
- Partnership/collaboration with primary care
- Warm handoffs
- Step ins and curbside consultation
- Leadership provides direct services
- Philosophy of care, customer service



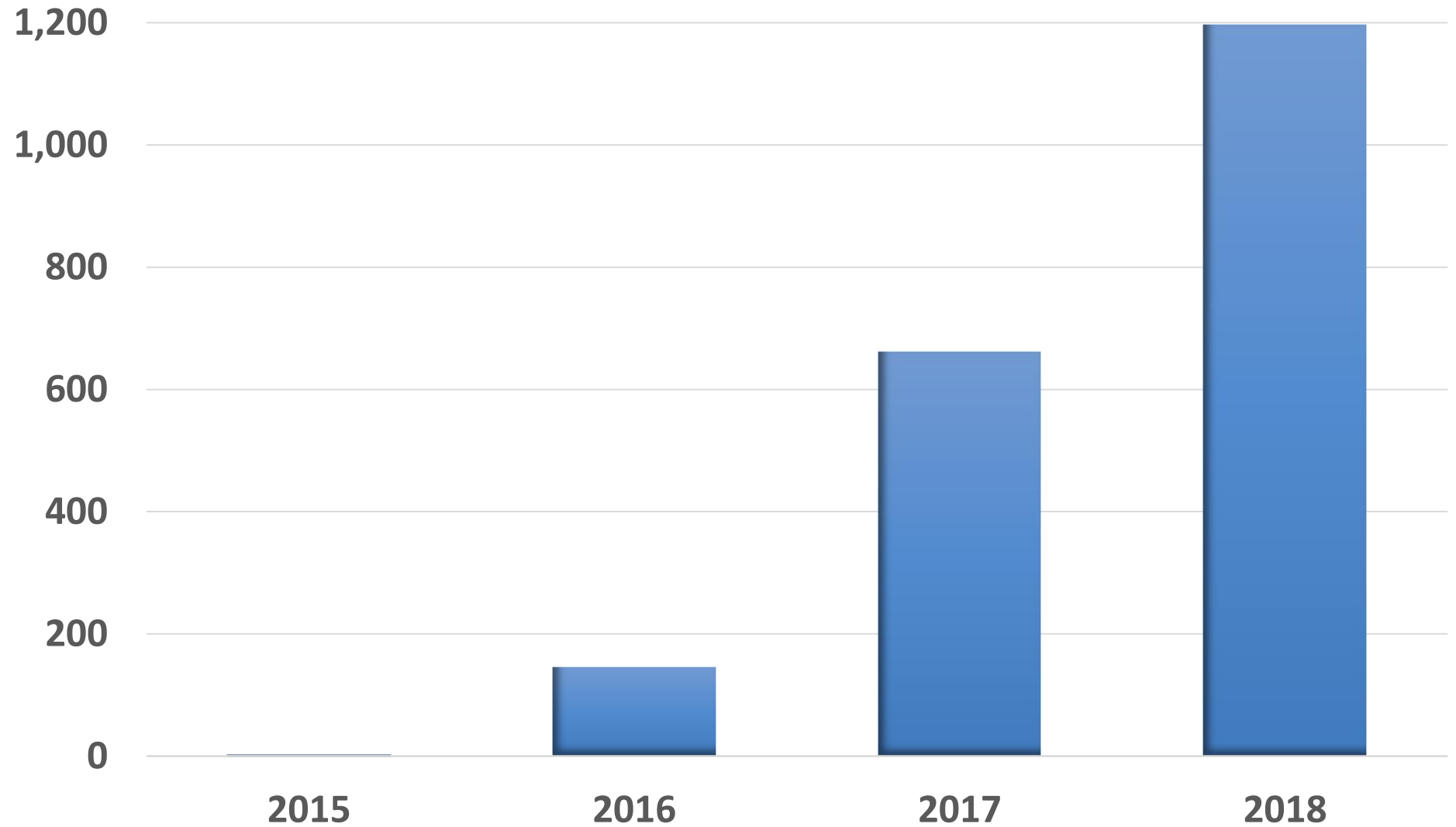
Why it
matters



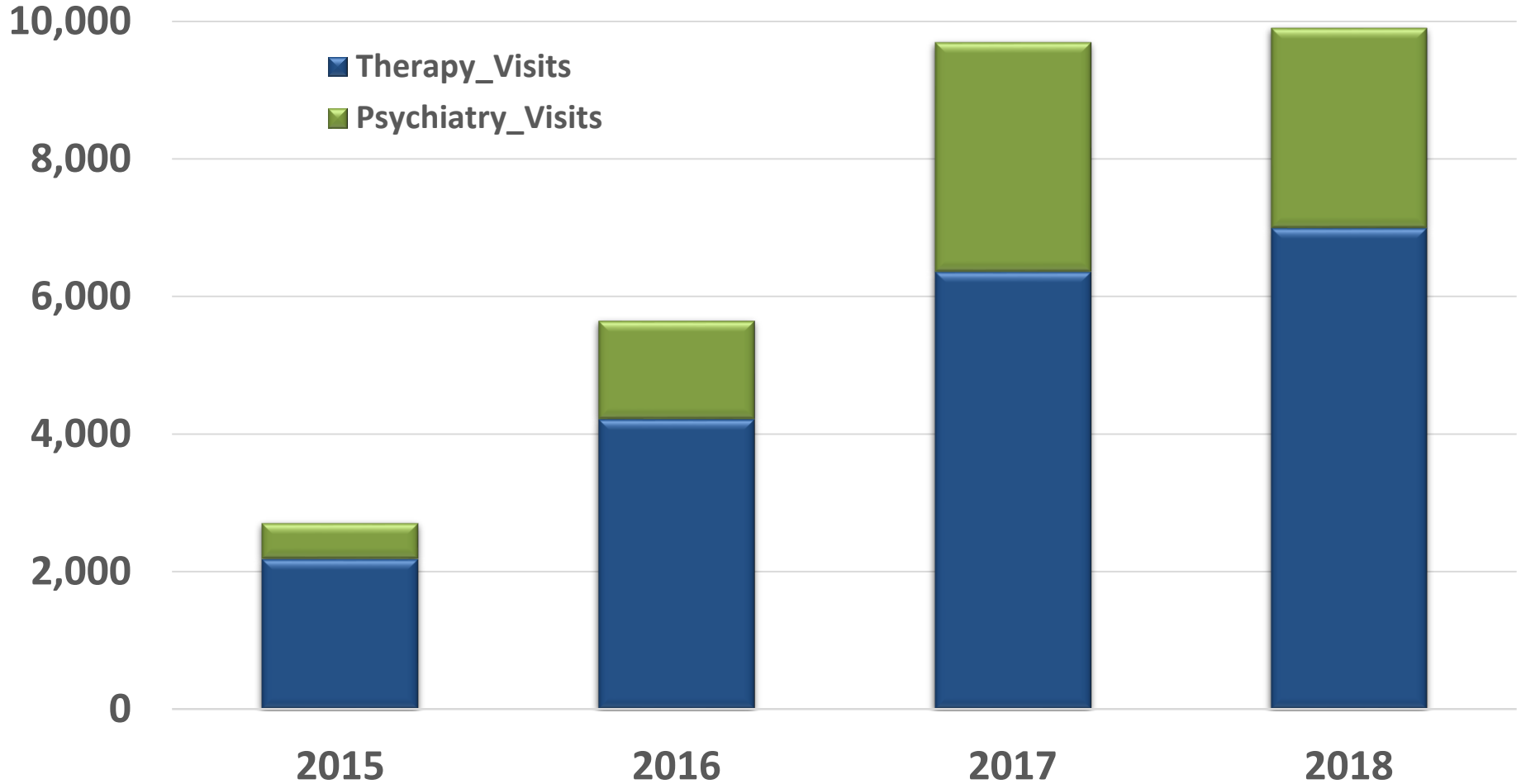
Warm Handoffs Per Year



MAT Case Management Visits by Year



Total IBH Visits Per Year



Patient feedback

“I’ve never been treated with so much respect and care in my life.”

“Best customer service. Excellent health care.”



Leadership Team



**Kathleen Condon Psy.D., Director
Clinical Psychologist**

20 years clinical experience in various settings, various snowy states (Alaska, Minnesota, Colorado, Idaho). Started integrated BH service at FQHC clinics in Idaho before relocating to pursue the CA dream. True believer in the integrated model of care. Works with all ages. Expertise in trauma, pain, geriatrics.



Dimitri Bacos MD, Medical Director

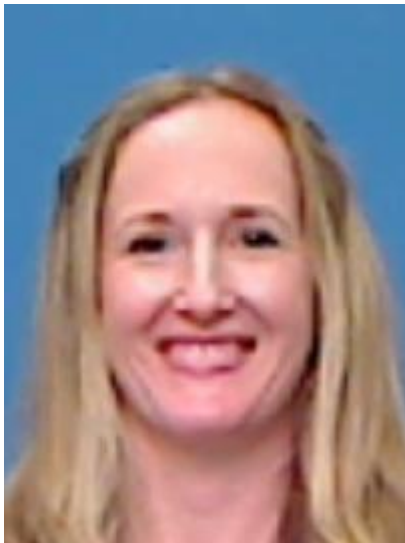
Emeline Clinic; Watsonville Health Center: Tuesdays
Board-Certified Psychiatrist. High school English teacher (Peace Corps in Romania, Boston charter school). Medical school Tufts University, residency USC. Several locums contract positions prior to Santa Cruz. Transitioned to permanent after 1 year. Promoted to IBH Medical Director May 2017. Hobbies include backgammon, tennis and squash

IBH Supervisors



Steve E. Macy, LCSW, Bilingual
Watsonville Health Center, Emeline Clinic

Worked within the County Mental Health system for over 16 years, worked in the mental health field for almost 30 years. Areas of experience and expertise are children, adolescents and families, substance use issues.



Casey Swank, LCSW
Emeline Clinic, Watsonville Health Center

10 years of experience in the social services field. I specialize in the treatment of substance dependence, anxiety, depression, trauma and co-occurring disorders. Clinical focus includes mindfulness, CBT, Seeking Safety and Motivational Interviewing. I love everything about Santa Cruz and when I am not at work I am spending time with my family/friends, hiking or reading.

IBH Prescribers



**Andrés Jovel , MD, Psychiatrist, Bilingual
Watsonville Health Center**

Board-Certified Psychiatrist with training in Consultation/Liaison Psychiatry. Interests include wellness and recovery in psychiatry, integrative medicine, and the effects of environmental interventions in mental health. He is a member of the American Psychiatric Association, the Academy of Psychosomatic Medicine and the American Association of Community Psychiatrists. Contemporary art aficionado, surfer and pizza lover.



**Toral Desai, MD, Child Psychiatrist
Watsonville Health Center, Emeline Clinic**

Board-Certified Psychiatrist
Board-Certified Child & Adolescent Psychiatrist
Areas of interest include ADHD, Pediatric mood and anxiety disorders, Women's mental health, Mindfulness based practice.

IBH Prescribers



Yujin Lee, MD, MSc, Psychiatrist
Emeline Clinic, HPHP

Board-Certified in Adult Psychiatry and Hospice and Palliative Medicine in the US. Board-Certified in Adult and Geriatric Psychiatry in South Korea. Psychiatry and palliative medicine practice in the US and South Korea since 2007. Specialize in Geriatric psychiatry, Hospice care, End-of-Life pain and symptom management, Goals of Care discussion, Psycho-Oncology, Psychosomatic medicine, and Consultation-Liaison psychiatry.



Blythe Ballaao, PMHNP-BC
Emeline Clinic

Psychiatric Nurse Practitioner Board Certified
Experience working with Veterans with cardiovascular disease, alcohol use disorder, and PTSD.

Areas of interest include integrative medicine, substance use disorders, and trauma.

IBH Therapists



Dan Model, Psychologist

Emeline Clinic

Liaison to Specialty Mental Health and PHF/CSP, ensures patients referred to IBH don't fall through the cracks. Responsible for QI, data gathering, program evaluation; also provide direct services. With specialty Mental Health for more than 12 years before joining IBH.



Jennifer Talbot, LCSW

Emeline Clinic

Licensed since 2004, worked in the field since 1995. Mindfulness, trauma work. I believe that movement is the best medicine.

IBH Therapists



Lori Brown, LCSW

Emeline Clinic

I've worked in the mental health field since graduating from UC Berkeley in the 1980s. Settings include employee assistance programs, inpatient psychiatry, psychiatric emergency services, and private practice. I've always opened my doors to adults with a diversity of presenting problems, levels of functioning and diagnostic categories and am committed to continuing to do so.



Laura De La Rosa, LCSW

Watsonville Health Center

30+ years experience. BSW University of Cincinnati, MSW San Jose State University. Child welfare, children and family therapy and medical social work. Areas of clinical focus include CBT, positive psychology, grief work, family therapy, substance use treatment, management of chronic pain and mindfulness practices. Work across the life span, children and families.

IBH Therapists



**Joel Stiles, Ph.D., Clinical Psychologist, Bilingual
Watsonville Health Center**

In the field of psychology since 2001. Areas of interest, expertise: Anxiety, Depression, PTSD, sexual trauma, family therapy, parenting skills, developmental issues, and substance use issues. Works across the life span, children.



**Julie Laurent, LCSW, Bilingual
Watsonville Health Center**

15 years in the field of social work and 10 years in the field of mental health. I am a generalist practitioner, with experience in healing informed interventions in areas of child welfare, substance use, and trauma.

I have maintained a circular migratory pattern between the Midwest and CA. I have a passion for travel and the ocean. Lastly, I am an advocate for humor, social justice, health equity, and ecological feminism and sustainability!

IBH Therapists



Cathy Willkie, Ph.D., Clinical Psychologist
Emeline Clinic, Watsonville Health Center

In the field since 1992. Generalist, late teens to older adults. Experience treating patients with complex medical conditions. Interested in integrating animals into therapy to promote secure attachment experiences for patients on a non-verbal basis while they incubate their own resilience. Personal interests include swimming; ancient sacred texts and languages; alternative living styles (I live in my 5th wheel trailer); and being In Home Support Service (butler) to my cat Boots, the Earl of Ham.

IBH Medical Assistants



Yvette Tavera, MA, Bilingual

Watsonville Health Center

Medical Assistant for 15 years in the Santa Cruz community. With the County of Santa Cruz for 5 years, primarily in Pediatrics at the Watsonville Health Center. With IBH for 6 months helping all of our staff in both South and North county. A passionate advocate for kids and all people with special needs.



Shannon Shakespeare Leon, MA, Bilingual

Emeline Clinic

I have been a certified medical assistant for 7 years in the Santa Cruz community, primarily working in OBGYN and Family medicine. I have been with County of Santa Cruz for 4+ months working with the staff in North County, and learning from those in South County. I enjoy working people in need of additional care and services, both children and adults.

IBH Staff-MAT



Danny Contreras, CDAC, MAT Case Manager

Emeline Clinic, HPHP, Watsonville Health Center

Over 30 years of life experience coupled with a B.S in psychology, certificates in drug and alcohol and human services. Certified Drug and Alcohol counselor through California Consortium of Addiction Programs and Professionals (CCAPP). Areas of experience include working with marginalized populations, homeless, youth, gang members, incarcerated and reentry, and people struggling with substance use disorders.



**Alejandro Monroy, CDAC, MAT Case Manager, Bilingual
Watsonville Health Center**

20 years of providing counseling and prevention services in Santa Cruz County. I attended Cabrillo College and completed the human service program back in 2006. I have certifications in curriculums such as; Thinking for a Change, MOAB, 7 Challenges, MIT, Cara y Corazon, Joven Noble, and a year ago I got my CAT-C certification. I love to spend time with my three kids and wife. I love to Dance Latin music, sign, take runs at the beach and work out at Gold's Gym.

IBH Staff-MAT

Adam Echols, RADT, MAT Case Manager

Emeline Clinic



In the field since 2005, beginning as a counselor and training instructor at the Los Angeles Suicide Prevention Center. Experience in residential treatment programs, most recently Encompass, serving clients with co-occurring disorders. Started with the County Syringe Services Program before transitioning to IBH. Areas of interest: harm reduction, motivational interviewing and mindfulness-based interventions. Born and raised in Santa Cruz, I have a vested interest in the health of our community and am privileged to have a role in seeing it thrive.

Gregory Goldfield, CADC, MAT Case Manager

Emeline Clinic



Working in Santa Cruz as a certified drug and alcohol counselor since 2014. Experience providing substance use disorder (SUD) services in outpatient and residential treatment programs and providing anger management counseling in the Santa Cruz County jails. I am excited to join the IBH team, and to work with members of our community who are living with substance use and co-occurring disorders.

IBH Staff-WPC



Jennifer Bailey, MFT

Emeline Clinic, Watsonville Health Center

For the past 19 years, served various populations throughout Santa Clara County primarily advocating for at risk youth and serving as case manager for wraparound services. Obtained MFT in 2011, which allowed her the opportunity to become a clinician and help others on their personal journey. Continues to commit to utilizing her strengths, experience and knowledge to help others.



Craig Murray AMFT

Emeline Clinic, Watsonville Health Center

After years of fitness and nutritional counseling, discovered a love for helping people to experience life-changing realizations and insights that bring about positive, lasting change in all aspects of life. MA in counseling psychology. Craig has dedicated his life to helping support clients in overcoming trauma, addiction and life obstacles, so that they may achieve their goals of health and happiness and create a positive future for themselves.

IBH Staff-Interns



**Alma Rosio Renteria, MSW Intern, Bilingual
Watsonville Health Center**

Pursuing MSW at CSUMB. 4 yrs as a Resident Advisor for CSUMB Housing. Interned with Learning for Life Charter School and SARC, providing case management for families and children. North East Los Angeles native. CSUMB Bachelor's degree in Collaborative Health and Human Services with an emphasis in Social Work. I am passionate about learning and making connections. I love to spend time with my family!



**Cristal Guevara, MSW Intern
Emeline Clinic**

Pursuing my MSW at CSUMB. BA in Collaborative Health and Human Services with a dual concentration in Social Work and Public Health. Intrigued by the level of care provided by the IBH team. Outside of my internship, I provide ABA therapy services to children with developmental disabilities. I am passionate about working with children and families and hope to inspire the lives of those I come across.