

FOUNDATIONS OF DISEASE MANAGEMENT

- ❖ Recovery
- ❖ Community Integration
- ❖ Good Practice Guidelines
- ❖ Good Utilization Management
- ❖ Good Business Practice

DISEASE MANAGEMENT MODEL

- ❖ Builds on current strengths of individual.
- ❖ Teaches skills to help reach “real life” goals.
- ❖ Promotes recovery within limitations of the disease through encouraging independence.
- ❖ Focuses on community integration.
- ❖ Focuses on whole-person and not just the disease.
- ❖ Requires participation of individuals served.
- ❖ Services are determined by individual’s needs.

BASIC DISEASE MANAGEMENT PRINCIPLES

- ❖ Treatment based on specific diagnosis and level of need.
- ❖ A system of service delivery based on progression of recovery.
- ❖ Outcomes that help individuals reach real life goals, increase community integration, and support progression toward recovery.
- ❖ Community integration through building on an individual’s skills.
- ❖ A system of services reflecting level of need matched with clinically appropriate resources. It is structured to progress from more intense levels of service to less intense and eventual graduation.
- ❖ Service delivery that is designed to reduce psychiatric hospitalization, reduce substance abuse, and encourage jail diversion.
- ❖ Services reflect right treatment, for appropriate length of time, and delivered in the appropriate setting.
- ❖ Individualized services based on a set of practice guidelines.

HILL COUNTRY COMMUNITY MHMR CENTER

serves 19 counties to include Bandera, Blanco, Comal, Edwards, Gillespie, Hays, Kendall, Kerr, Kimble, Kinney, Llano, Mason, Medina, Menard, Real, Schleicher, Sutton, Uvalde & Val Verde Counties

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DISEASE MANAGEMENT

**The Future of Community
Mental Health Service
Delivery in Texas**



*Learning to be the wind beneath the
wings of soaring eagles...*

WHAT IS DISEASE MANAGEMENT?

Treatment of Major Depression, Bipolar and/or Schizophrenia Disorders that focuses on an individual's outcomes, selected services, tools, and strengths in order for them to recover.

WHAT IS RECOVERY?

“A deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness” (Anthony, 1993).

RECOVERY

- ❖ Needs direction
- ❖ Is a way of life
- ❖ Creates balance
- ❖ Requires persons to look within themselves for strength and desire to change
- ❖ Requires commitment and perseverance

EVERYONE NEEDS

- ❖ A sense of power
- ❖ A sense of uniqueness
- ❖ Positive role models and mentors
- ❖ Problem solving skills
- ❖ Conflict resolution skills



PSYCHIATRIC REHABILITATION

- ❖ Identifies desired outcomes and real life goals of an individual.
- ❖ Builds on strengths and focuses on positives in an individual's life.
- ❖ Strengthens and teaches skills necessary for individual to cope with their disease.

WELLNESS STRATEGY

What is it that the individual needs and wants in order to recover?

- ❖ Regular Physical Exercise
- ❖ Adequate Sleep
- ❖ Healthy Diet
- ❖ Peer Support Groups
- ❖ Psychiatric Advance Directives Addressed
- ❖ Referral to outside agencies for funding assistance as needed and available.
- ❖ Linkage with at least 2 community supports

SELF MANAGEMENT TRAINING/EDUCATION

- ❖ Stress Management
- ❖ Coping Skills
- ❖ Symptom Management
- ❖ Medication Education
- ❖ Activities of Daily Living
- ❖ Budgeting
- ❖ Problem Solving
- ❖ Accessing Services
- ❖ Communicating Effectively
- ❖ Social Skills
- ❖ Development of Natural Supports
- ❖ Family Training Education
- ❖ Illness Education
- ❖ COPSD Groups
- ❖ Anger Management
- ❖ Supported Employment
- ❖ Supported Housing

UTILIZATION MANAGEMENT SYSTEM ACCOUNTABLE CARE OUTCOME-BASED RESULTS

SERVICE PACKAGES *

*As of 5/17/04 (Subject to Change)

AVAILABLE SERVICES Authorization Period	CLINICAL COORDINATION RN Medical	PHARMACOLOGICAL MANAGEMENT	PSYCHIATRIC REHABILITATION - INDIVIDUAL	PSYCHIATRIC REHABILITATION - GROUP	PSYCHOTHERAPY (CBT)	SUPPORTED EMPLOYMENT
365 DAYS	6 Hours	5 Hours by MD or RN	6.5 to 9.25 Hours	3 to 16.5 Hours Plus Add-on Service Up to an additional 6 Hours	N/A	Add-on Service Up to 6 Hours
SERVICE PACKAGE 1						
180 DAYS	3 Hours	2.5 Hours by MD or RN	3.25 to 4.5 Hours combined group and/or individual	20 Hours		Add-on Service Up to 3.5 Hours
SERVICE PACKAGE 2						
180 DAYS	N/A	2.5 Hours by MD or RN	19.75 Hours (Case Mgt)	24 Hours (Case Mgt)	N/A	60 Hours
SERVICE PACKAGE 3						