

The University of Texas
Health Science Center at Tyler

# Mental Health Workforce Development in Rural Northeast Texas

Presented to the House Select Committee on Mental Health



## **Workforce Challenges**

- Primary Care Workforce: In some areas, the ratio of patients to primary care providers is five times worse than the statewide average and eight times worse than the national benchmark.
- **Behavioral Health Workforce:** The ratio of patients to mental health providers in some communities is nearly 25,000 to 1, seven times worse than the state average.
- **Psychiatrists:** Over 60% of counties in Northeast Texas do not have a general psychiatrist.



# **GME & Workforce Development**

- Graduate Medical Education Programs in family medicine, internal medicine, and occupational medicine.
- We are making a difference in the most underserved areas of our State: more than 75% of the primary care residents we train stay in Texas, and over half of those stay in rural Texas.
- We are expanding our GME programs to address workforce shortages in rural primary care and mental health:
  - Established 2013: Clinical Psychology Internship Program
  - Estimated 2017: Family Medicine Rural Training Track
  - Estimated 2017: Psychiatry Residency



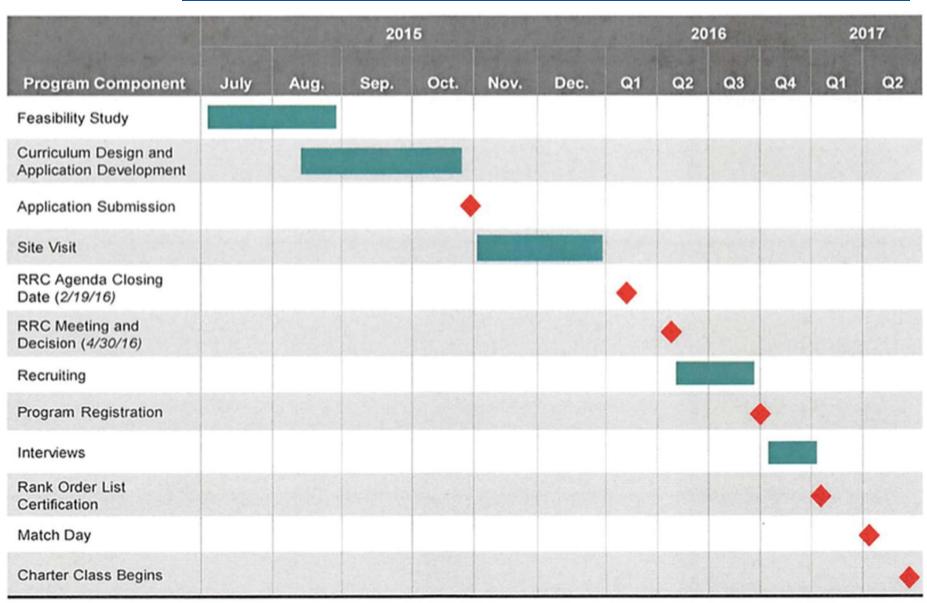
### **Exceptional Item Update**

The 84<sup>th</sup> Texas Legislature directed \$8 million for the biennium for UT Health to develop mental health workforce training programs for rural and underserved areas.

- Doubled the size of our clinical psychology internship program. Currently expanding rotations to Rusk State Hospital.
- Recruited two board certified child psychiatrists. Other faculty positions are currently being recruited.
- Deploying technology and telecommunications infrastructure to connect UT Health to Rusk State Hospital.



## **Psychiatry Residency Timeline**





### **Collaborations & Rotations**

- UT Health Northeast Adult Inpatient (Acute, Subacute, Geriatrics), Adult Outpatient, Child/Adolescent Outpatient
- Good Shepherd Medical Center Internal Medicine, Neurology, Addiction/Detox
- Rusk State Hospital Adult Inpatient
- Terrell State Hospital Adult Inpatient and Child/Adolescent
- Palestine Regional Medical Center Adult Inpatient
- Local Mental Health Authorities Community Psychiatry

#### **PSYCHIATRY RESIDENCY**

Providers working in LMHA

in PCP Clinics

Psychiatric services are offered

of Primary Care in first year

- Emergency Room collaboration

- FM residents rotate in Psychiatry

- Psychiatry Residents have 4 months

- Psychiatry Residents will see FM inpatients

#### PSYCHOLOGY INTERNSHIP

- Seeking ACGME approval for inaugural class of 6 residents to begin in 2017
- Four-year program with a total of 24 residents
- Rotations include IM, FM, Peds, **Emergency Psychiatry Consultation,** Liaison Psychiatry, and Outpatient **FAMILY Psychiatry**
- **MEDICINE AND** - Psychiatry residents will also **PSYCHIATRY** 
  - rotate at Rusk State Hospital

- Hired 8 new psychiatrists
- Opened 3 inpatient psychiatric units
- (Psychotherapy/Med
  - Shared didactics in psychotherapy and personality theory
- **PSYCHIATRY AND PSYCHOLOGY**
- Co-leading group psychotherapy
  - · Collaboration with treatment

- Inaugural class of 4 began 2015
  - Class size increasing to 6
    - APPIC membership granted 2015
      - APA Self Study March 2016
      - -Two specialized tracks:
        - -- Psychology in a Medical Setting
        - -- Neuropsychology/Rehabilitation
        - Multifaceted environment learning in consultation, psychotherapy, and testing

#### COMPLETELY BLENDED

- Shared Didactics
- Psychopharmacology
- Counseling skills
- Neurology
- Family Systems Psychiatric Diagnosis
- - Psychiatric Inpatient consults

behavioral health

**Shared Clinicals** 

Integrated

- **AND** FAMILY MEDICINE
- New Affiliations with: **PSYCHOLOGY** -- Rusk State Hospital
  - -- The University of Texas at Tyler

Psychology Interns and Psychiatry Residents assist FM patients in crisis

- Behavioral Health Integration **DSRIP Project**
- -Interns practice in Primary Care Clinics
- Interns are available for "warm handoffs"
- FM Residents are offered an electives
- Family Medicine Residency is an 8-8-8 program with 24 residents
- Required 2 week Psychiatry rotation during PGY-2 year
- Collaborative patient care experiences during inpatient and ER rotations
- Further experience in Psychiatry/Psychology may be obtained through electives
- Integrated behavioral health training in the FM continuity clinic
- All adult patients in FM clinic screened for depression

#### **FAMILY MEDICINE RESIDENCY**



### **Contact Information**

Jeffrey Levin, MD, MSPH
Senior Vice President, Clinical & Academic Affairs
UT Health Northeast
903-877-7270
Jeffrey.Levin@uthct.edu
www.uthealth.org