Mental Health Workforce Development in Rural Northeast Texas

Presented to the
House Select Committee on Mental Health

Jeffrey Levin, MD  April 27, 2016
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.
• 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
The 84th 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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Feasibility Study</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curriculum Design and Application Development</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Application Submission</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Site Visit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RRC Agenda Closing Date (2/19/16)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RRC Meeting and Decision (4/30/16)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recruiting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program Registration</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interviews</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rank Order List Certification</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Match Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Charter Class Begins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
- Hired 8 new psychiatrists
- Opened 3 inpatient psychiatric units
- 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 Psychiatry
- Psychiatry residents will also rotate at Rusk State Hospital

PSYCHOLOGY INTERNSHIP
- 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
- New Affiliations with:
  -- Rusk State Hospital
  -- The University of Texas at Tyler

PSYCHIATRY AND PSYCHOLOGY
- Co-leading group psychotherapy
- Collaboration with treatment (Psychotherapy/Med Management)
- Shared didactics in psychotherapy and personality theory

COMpletely BLENDED
Shared Didactics
- Psychopharmacology
- Counseling skills
- Endocrinology
- Neurology
- Family Systems
- Psychiatric Diagnosis

Shared Clinicals
- Integrated behavioral health
- Medical inpatient consults
- Psychiatric inpatient consults

Psychology Interns and Psychiatry Residents assist FM patients in crisis

PSYCHOLOGY AND FAMILY MEDICINE
- Behavioral Health Integration DSRIP Project
- Interns practice in Primary Care Clinics
- Interns are available for “warm handoffs”
- FM Residents are offered an electives in psychology

FAMILY MEDICINE RESIDENCY
- 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

Source: Kathryn Wortz, PhD
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