



# UC Davis Train New Trainers (TNT) Primary Care Psychiatry (PCP): Fellowship

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*Psychiatry, Internal Medicine, Pain Medicine*

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*Psychiatry, Cultural Psychiatry,*

*Community Psychiatry, Family Medicine*

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*Director of Outreach TNT PCP Fellowship*

*Clinical Internal Medicine*

# UC Davis TNT PCP Fellowship

- The Problem

- Poor access to mental health care
- Education gaps in those delivering the care

- UC Davis and Integrated Care

- National leader

- Primary Care Mini-fellowship

- Teaching PCP's the essentials of psychiatry
- Improving access to care through education

- Future considerations...

# Primary Care Setting: *De Facto* Mental Health Care System

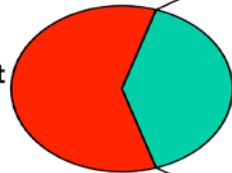
- Primary care physicians – provide up to 60% of all psychiatric care in U.S.
- Up to 40% of primary care patients have primary, active psychiatric problems
- 50% of patients with mental health referrals do not follow up (stigma, poverty, language barriers, paucity of psychiatrists, financial constraints)

# Primary Care is the “*De Facto*” Mental Health Care System

## National Comorbidity Survey Replication Provision of Behavioral Health Care: Setting of Service

**Only ~ 1/10 see a  
psychiatrist  
(50% see cash only  
patients)**

No Treatment  
59%



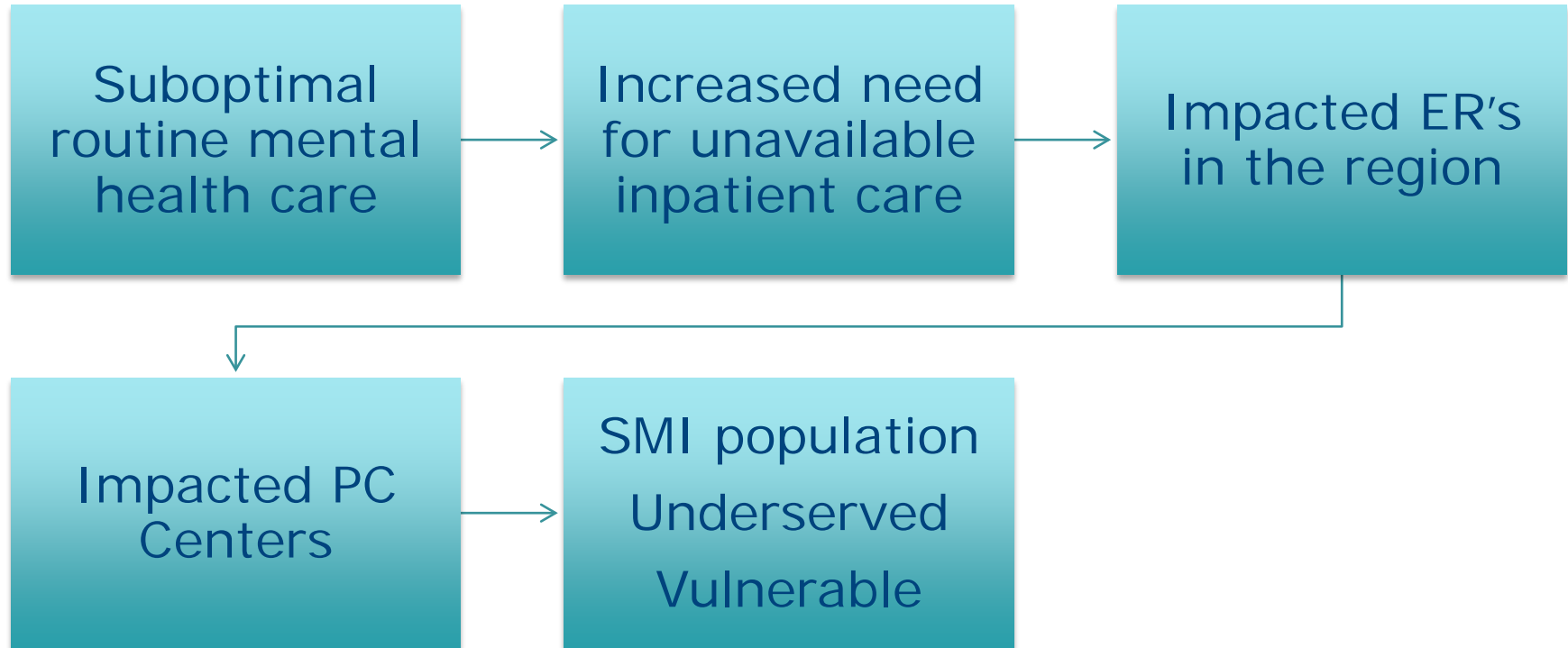
General Medical  
56%

MH  
Professional  
44%

41%  
Receiving  
Care

Wang P et al., Twelve-Month Use of Mental Health Services  
in the United States, *Arch Gen Psychiatry*, 62, June 2005

## Mental Health and Access...

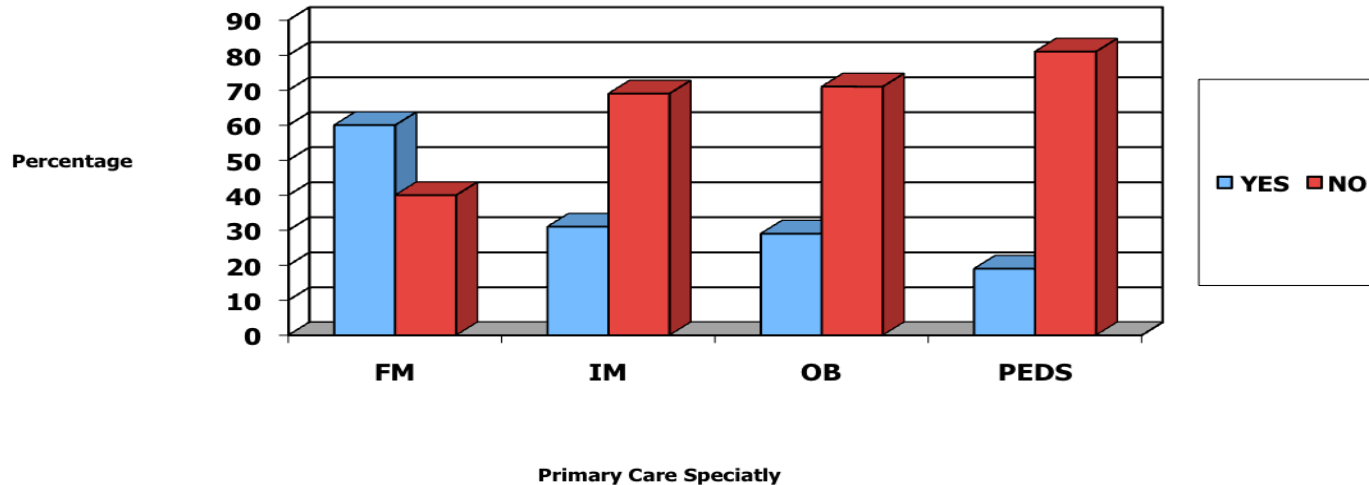


# PRIMARY CARE PSYCHIATRY TRAINING ISSUES

- Less than half of primary care patients with mental illness receive any treatment
- 50-70% MDD is not accurately diagnosed or treated in the primary setting
- Roughly 80% of all antidepressants are prescribed by non-psychiatrists
- More than half of primary care patients on antidepressants do not meet criteria for MDD
- Only 1/3 of internal medicine residents are comfortable treating MDD

# PRIMARY CARE PSYCHIATRY TRAINING ISSUES

Satisfaction With Psychiatry Training

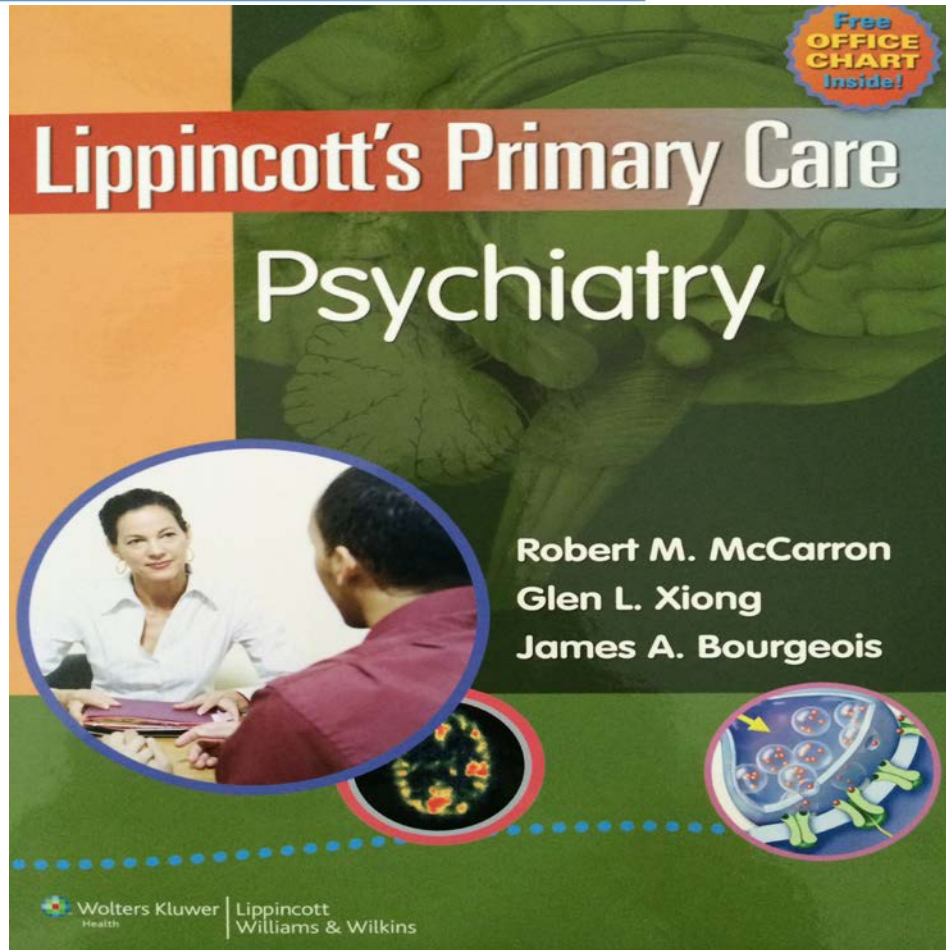




# UC Davis Psychiatry and Integrated Care Leading the Way...

- Two combined residency programs
- Leader in Telepsychiatry (STP and ATP)
- Coordinated Care
- Integrated clinics
  - FM, IM, Pain Psychiatry, Sac County (IBH)
- Seven dually trained faculty
- Integrated care curriculum...





**A – Anxiety**

**M – Mood**

**P – Psychosis**

**S – Substance Misuse**

**Psychiatric  
curriculum for PCP's**



PREVENTIVE  
**MEDICAL CARE**  
*in* PSYCHIATRY

A Practical Guide for Clinicians

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- *Preventive Medicine in Psychiatry:  
General Principles*
- *Cardiovascular and Pulmonary  
Disorders*
- Endocrine and Metabolic Disorders
- Infectious Disorders
- Oncologic Disorders
- Special Topics
  - Pain
  - Geriatric
  - Child Psychiatry

# **Integrated Medicine and Psychiatry Curriculum for Psychiatry Residency Training: a Model Designed to Meet Growing Mental Health Workforce Needs**

**Robert M. McCarron<sup>1</sup> · James A. Bourgeois<sup>2</sup> · Lydia A. Chwastiak<sup>3</sup> · David Folsom<sup>4</sup> · Robert E. Hales<sup>1</sup> · Jaesu Han<sup>1</sup> · Jeffrey Rado<sup>5</sup> · Sarah Rivelli<sup>6</sup> · Lorin Scher<sup>1</sup> · Angie Yu<sup>1</sup>**

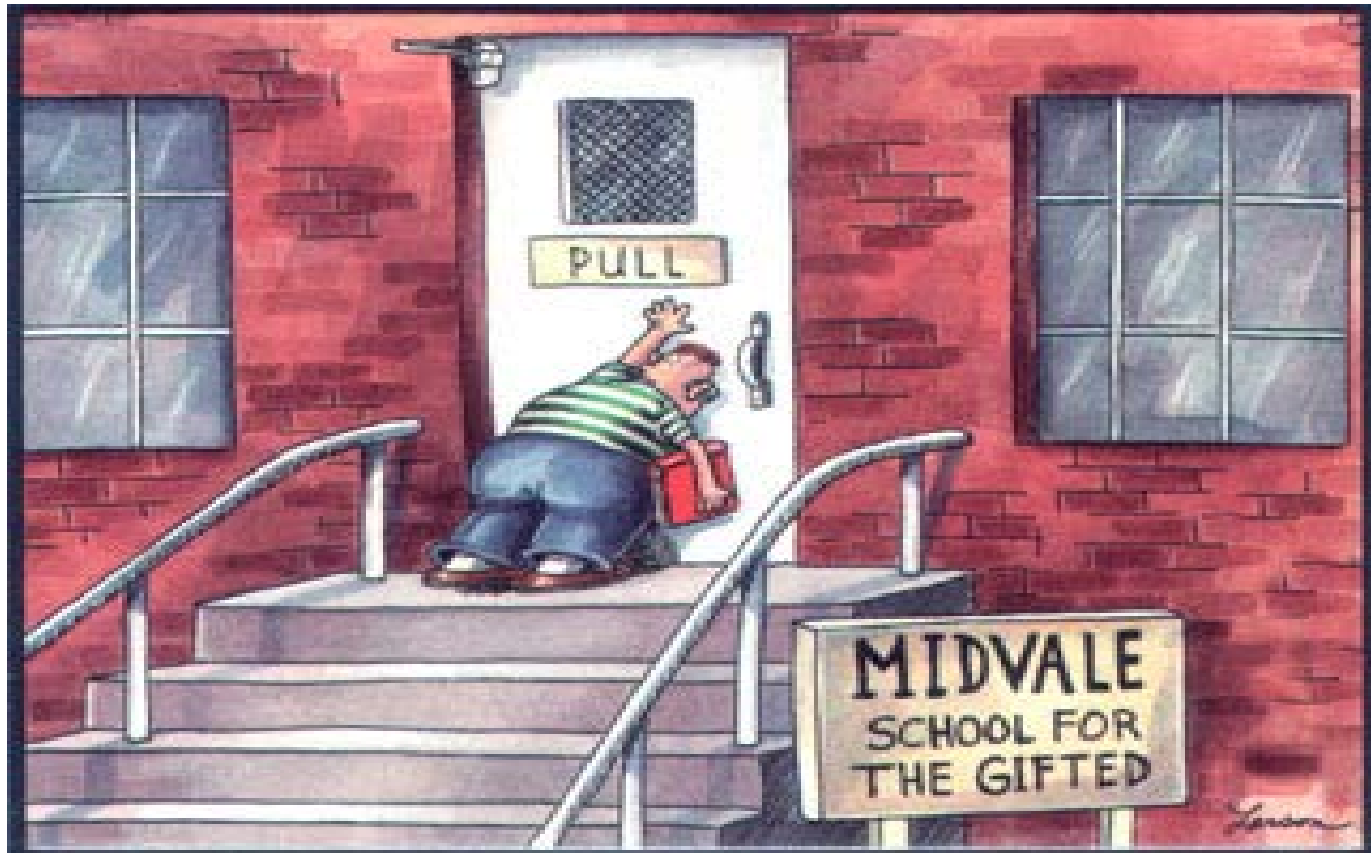
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# Expanding the Workforce...



# Education = Workforce



# UC Davis Train New Trainers (TNT) Primary Care Psychiatry (PCP) Fellowship



## Core Objectives:

- Complete a quick and targeted psychiatric assessment
- Focus on how to treat common psychiatric conditions
- Learn when to refer to a mental health specialist and how best to interface with mental health colleagues
- Learn how to train other providers
- Over 50 contact hours with faculty and 40 CME credits per learner
- Expand mental health access to care

# UC Davis Train New Trainers (TNT) Primary Care Psychiatry (PCP) Fellowship



- Longitudinal, one-year learning module
  - Two, case-based tele-education learning modules per month (normally 12-1 PM or early evening)
  - Two weekend (4 days) learning sessions with dually trained faculty per year
  - One hour of mentorship with faculty per month
- Curriculum provided
- Certificate program from UC Davis School of Medicine

# Based on AMPS

## Diagnosis and Treatment

“AMPS”

Screening For Common Psychiatric Illness

A – Anxiety disorders

M -- Mood disorders

P – Psychotic disorders

S – Substance use disorders

S – Suicide risk assessment



# TNT PCP Topics Covered



- AMPS primary care psychiatric interview
- Mental status examination
- Cultural psychiatry
- Mood disorders
- Anxiety disorders
- Trauma related disorders
- Substance misuse disorders
- Psychotic disorders
- Somatic symptoms disorders
- Pain psychiatry
- Fundamentals of psychopharmacology
- Neurocognitive disorders
- Personality disorders
- Suicide risk assessment
- Cognitive behavioral therapy
- Supportive psychotherapy
- Motivational interviewing
- Traumatic brain injury
- Collaborative care
- Teaching how to teach
- ADHD

# TNT PCP Core Faculty

**Robert McCarron, D.O., Co-Director TNT Fellowship**

Psychiatry, Internal Medicine, Pain Medicine, Psychosomatic Medicine

**Shannon Suo, M.D., Co-Director TNT Fellowship**

Psychiatry, Cultural Psychiatry, Community Psychiatry, Family Medicine

**Matt Reed, M.D., TNT Director of Education**

Psychiatry, Internal Medicine, Pain Medicine

**Sergio Aguilar-Gaxiola, M.D., Ph.D., TNT Director of Outreach**

Internal Medicine, Psychology

**Michelle Burke Parish, M.A., MFTI, TNT Director of Research**

Clinical Therapy, Counseling, Psychology, Research

**Jaesu Han, M.D.**

Psychiatry, Community Psychiatry, Family Medicine

**Glen Xiong, M.D.**

Psychiatry, Geriatric Psychiatry, Internal Medicine

**John Onate, M.D.**

Psychiatry, Community Psychiatry, Internal Medicine



**Lorin Scher, M.D.**

Psychiatry, Emergency Psychiatry, Psychosomatic Medicine

**David Liu, M.D.**

Psychiatry, Emergency Psychiatry, Psychosomatic Medicine

**Amir Ramezani, Ph.D**

Psychology, Pain Psychology, Neuropsychology

**Swati Rao, M.D.**

Psychiatry, Family Medicine

**Jim Bourgeois, O.D., M.D.**

Psychiatry, Psychosomatic Medicine

**Shawn Hersevoort, MD**

Psychiatry, Psychosomatic Medicine

**Scott Fishman, M.D.**

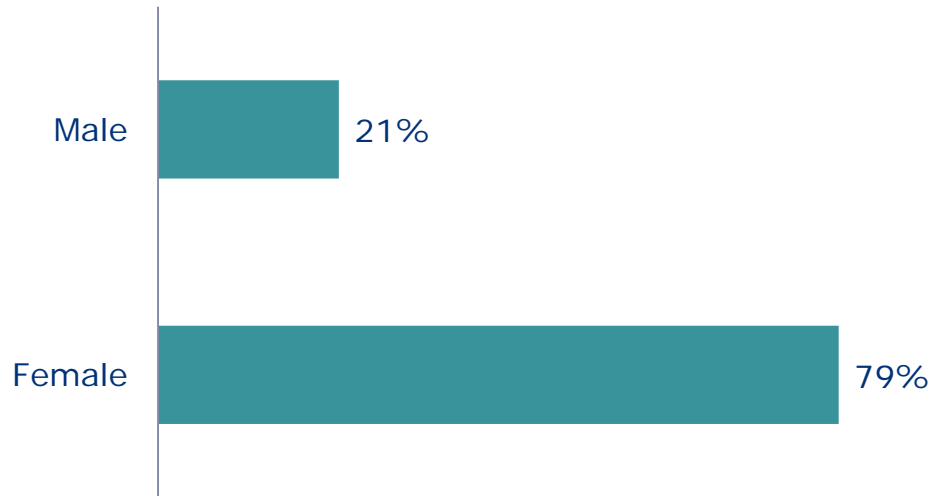
Internal Medicine, Psychiatry, Pain Medicine, Palliative Care

**Efrain Talamantes, M.D., MBA, MSHPM**

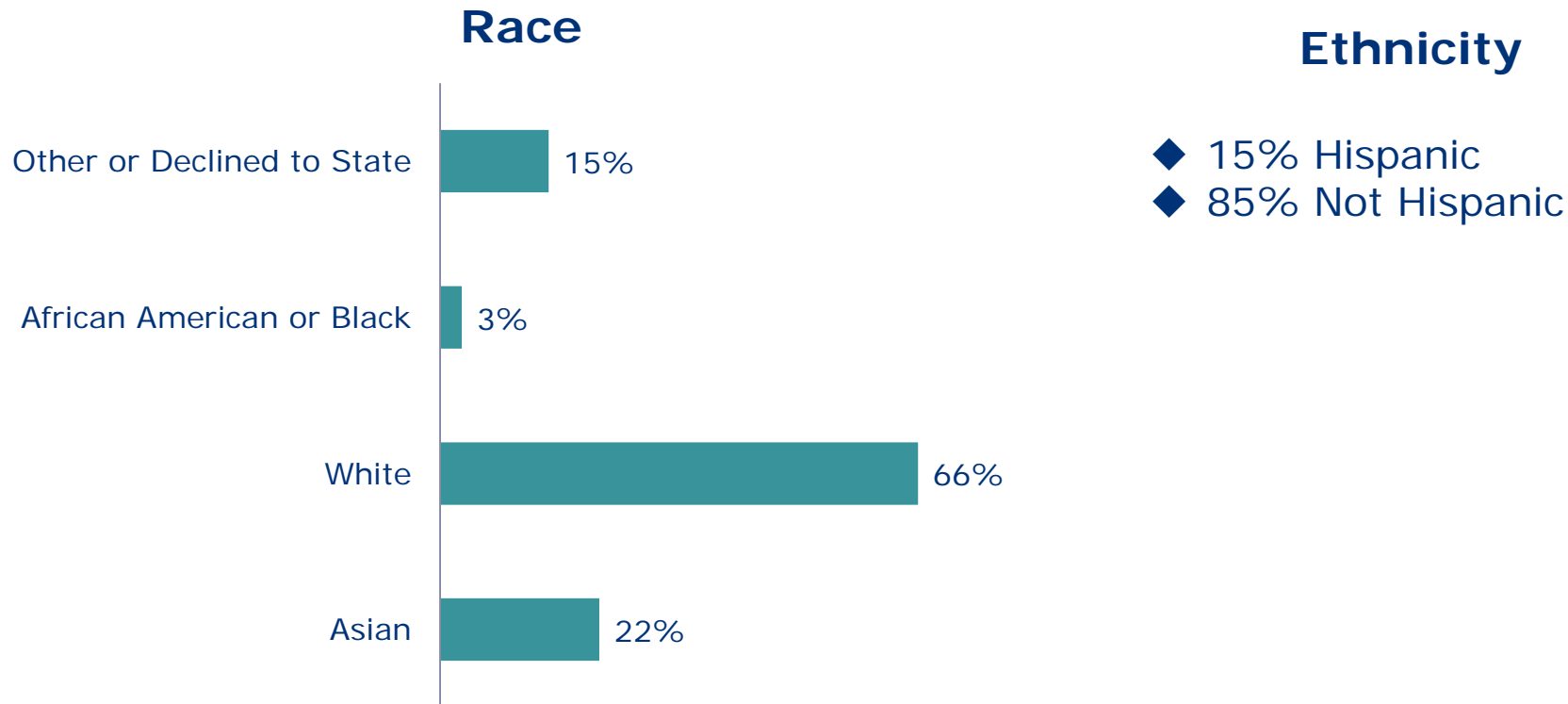
Internal Medicine

## 2016 TNT PCP Fellow Demographics

- ◆ Total number of fellows = 33
- ◆ Average Age = 43.7



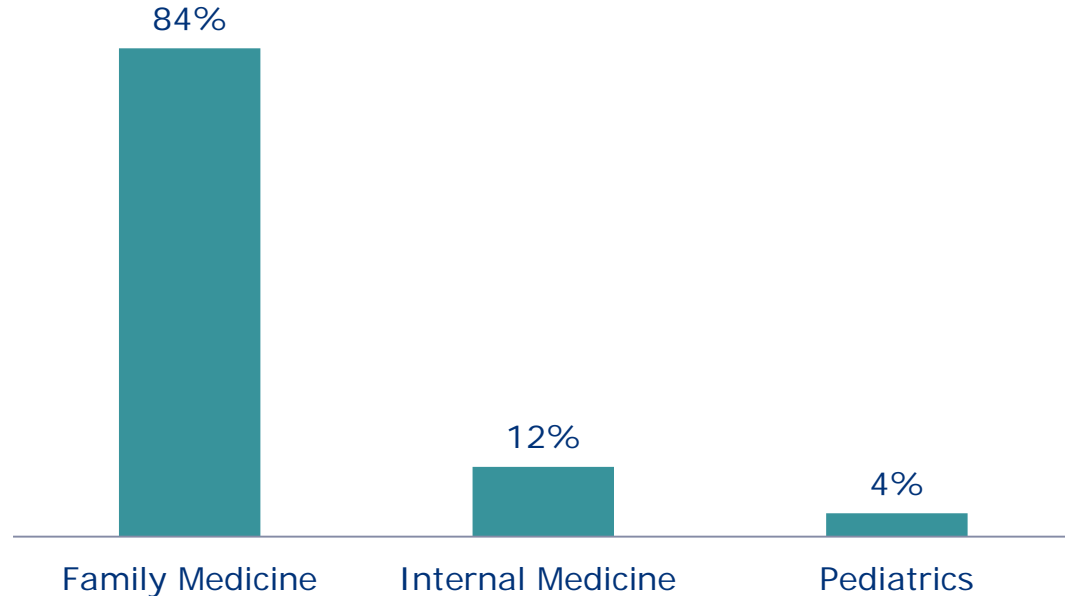
# 2016 TNT PCP Fellow Demographics



# 2016 TNT PCP Fellows Career Demographics

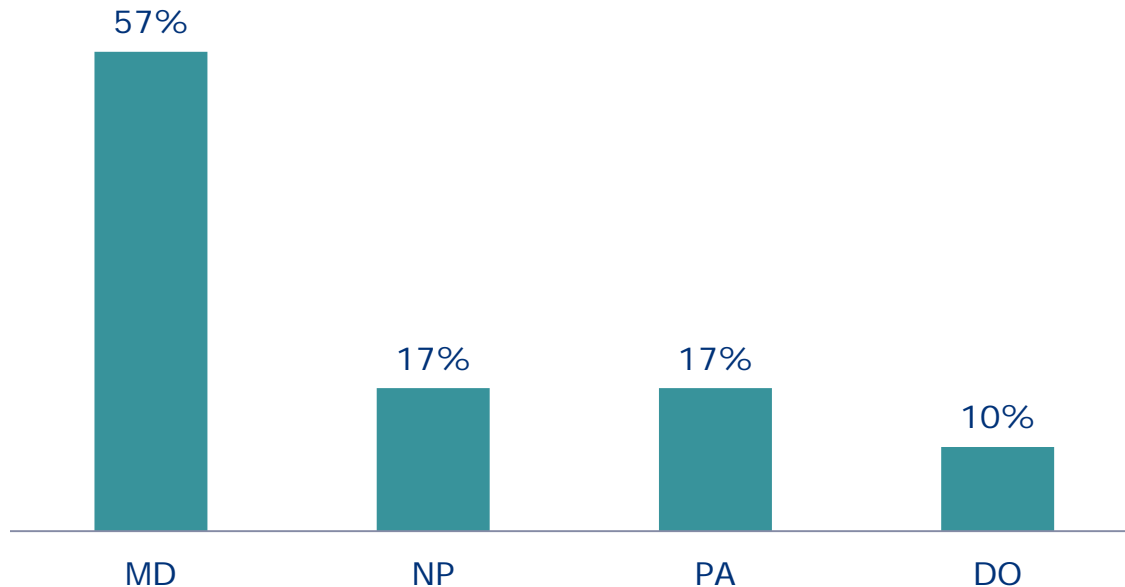
## Medical Specialty

◆ Average Years in Practice = 11.2



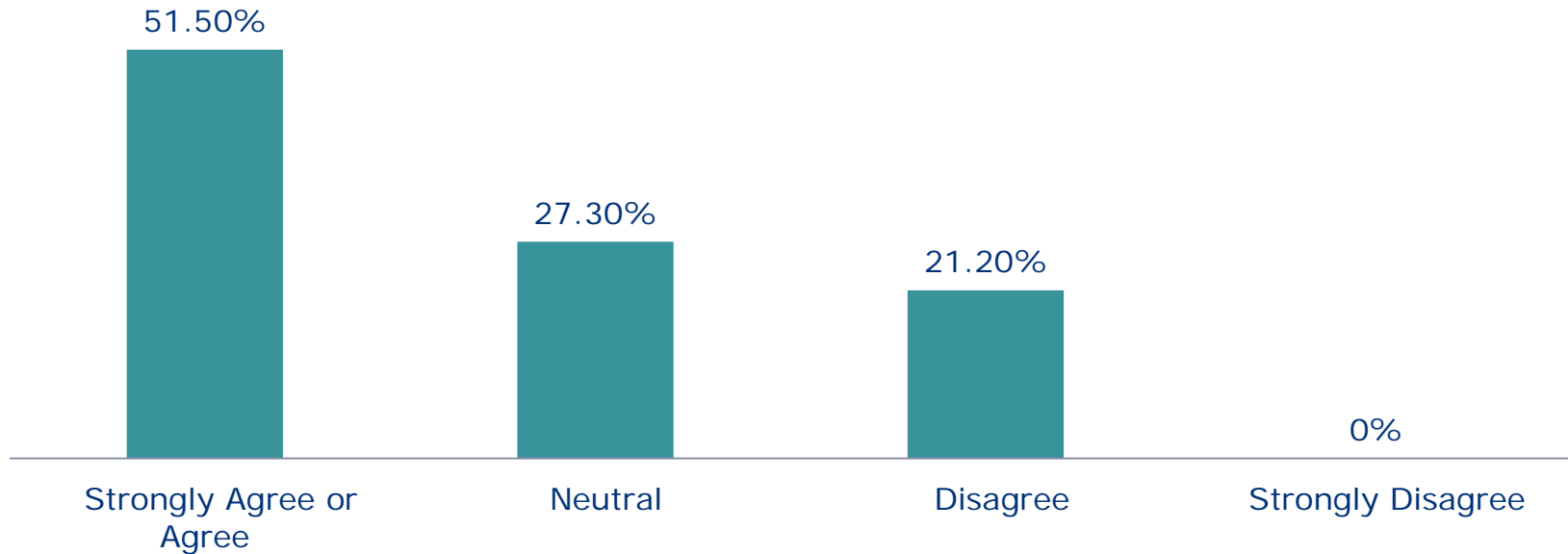
# 2016 TNT PCP Fellows Career Demographics

## Medical Discipline



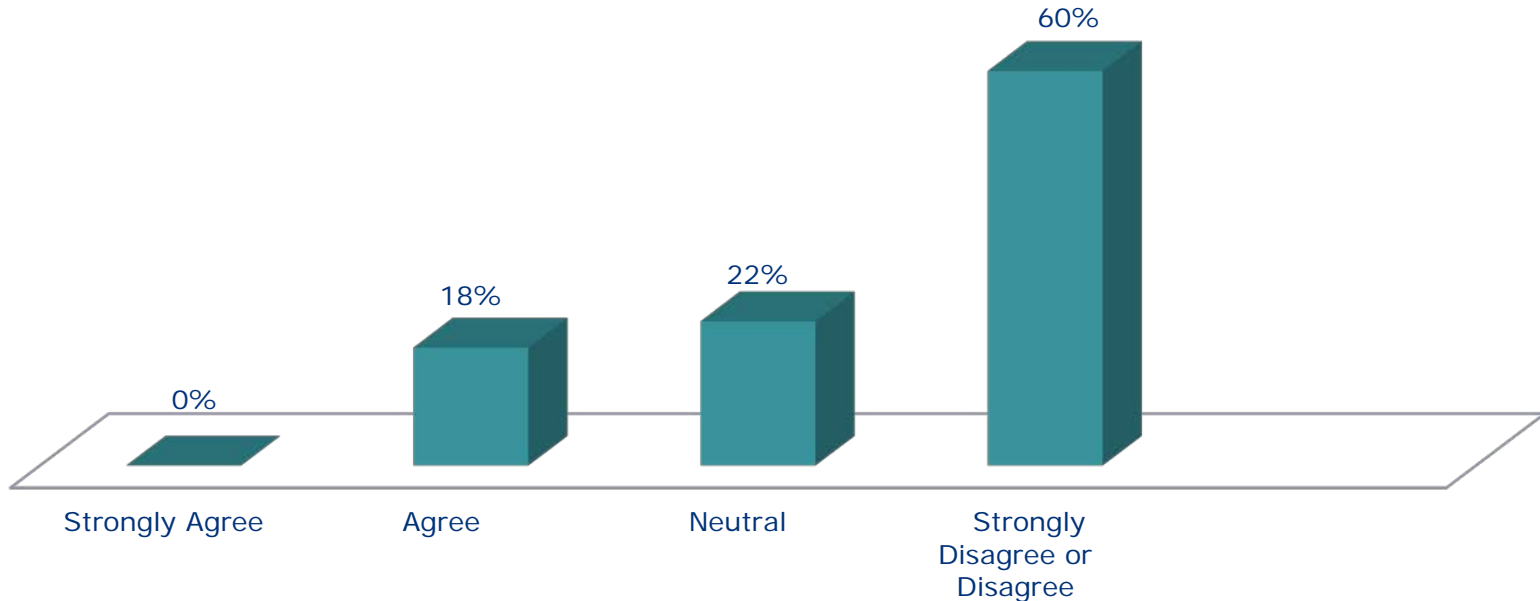
# TNT PCP Fellow Work Satisfaction

*I frequently feel burned out at work*



# TNT PCP Fellow Training Attitudes

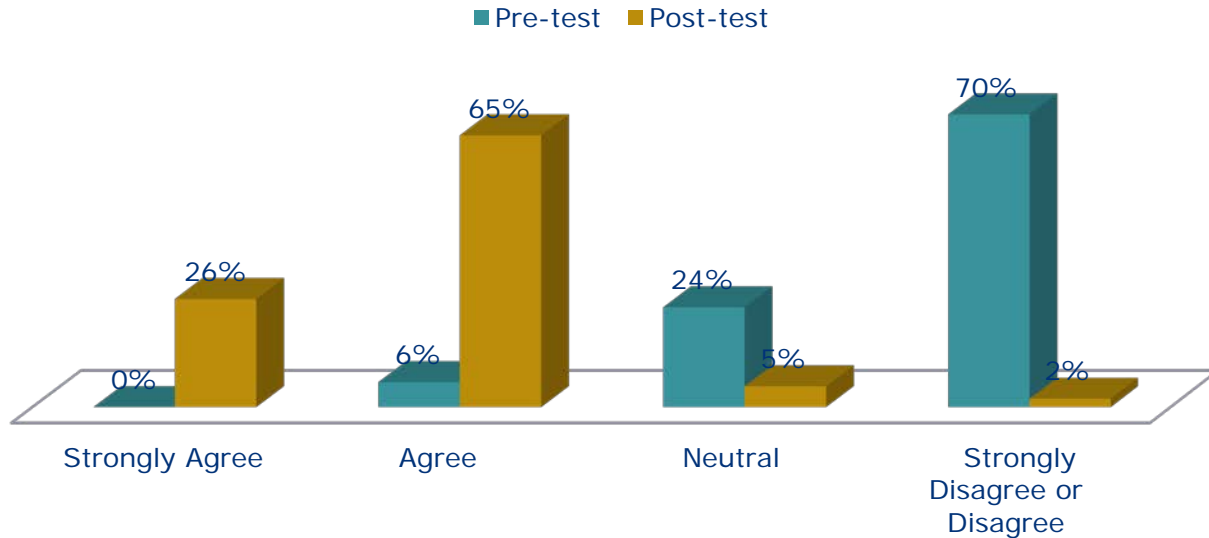
*I received adequate psychiatric training during my formal training*





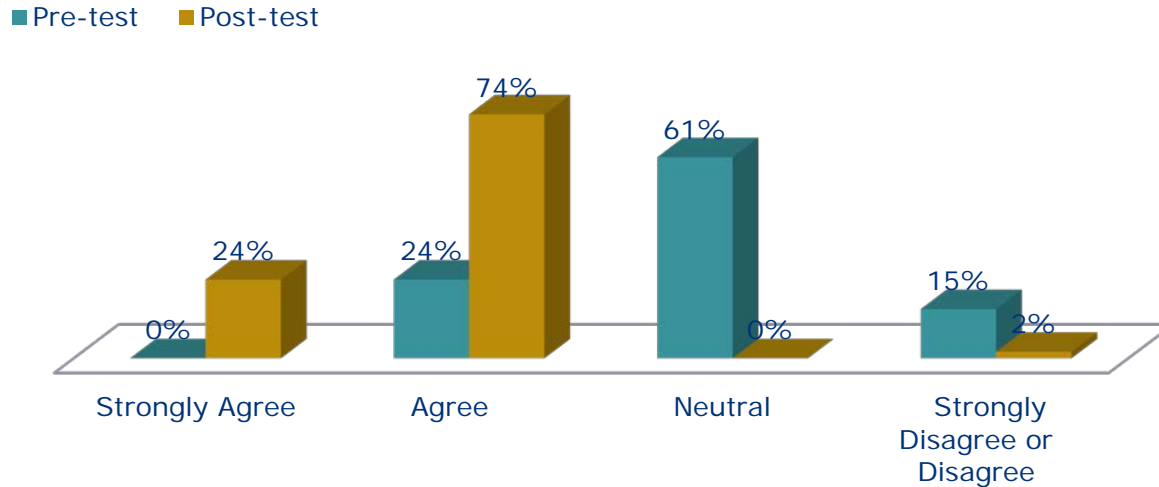
# TNT PCP Fellow Mental Health Treatment Attitudes Pre and Post Test

*I am satisfied with my overall knowledge base in the area of psychiatry*



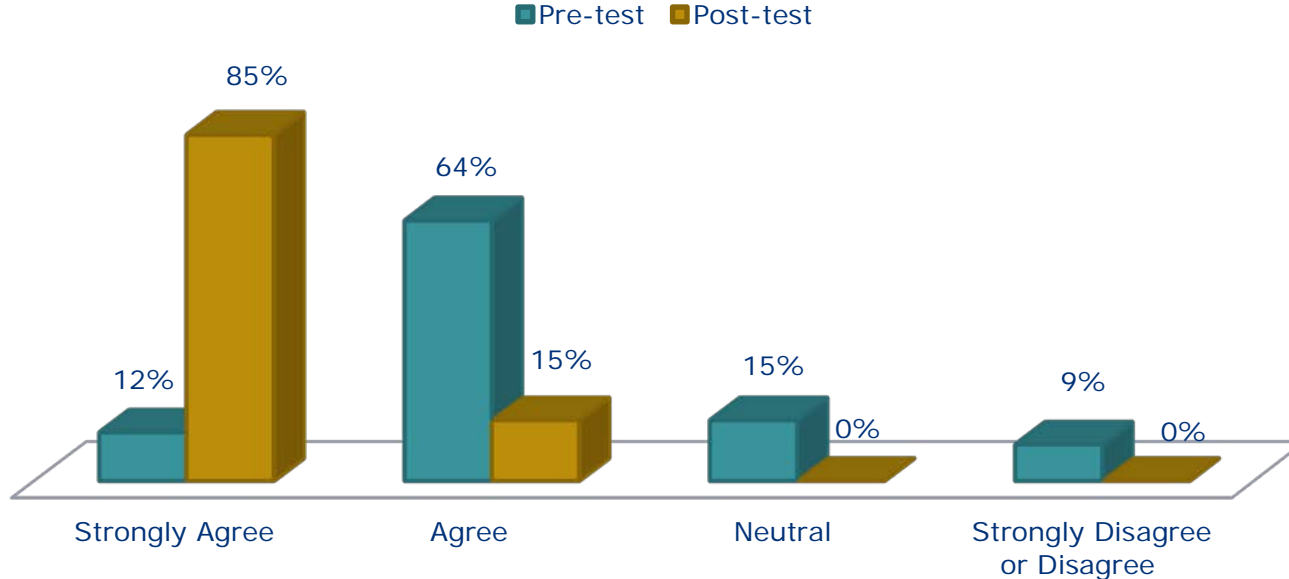
# TNT PCP Fellow Mental Health Treatment Attitudes Pre and Post Test

*I feel confident treating patients who have mental illness*



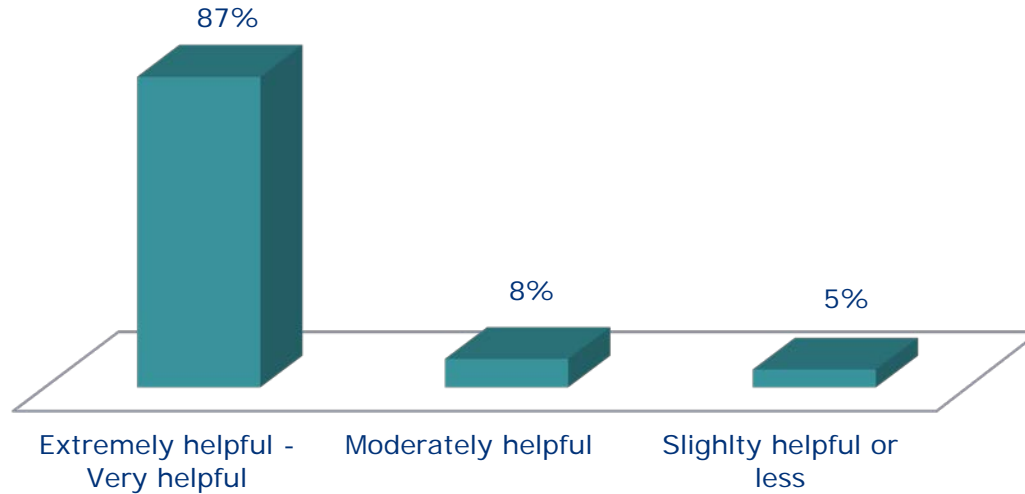
# TNT PCP Fellow Mental Illness Treatment Attitudes Pre-test vs. Post-test

*I feel comfortable treating depression*



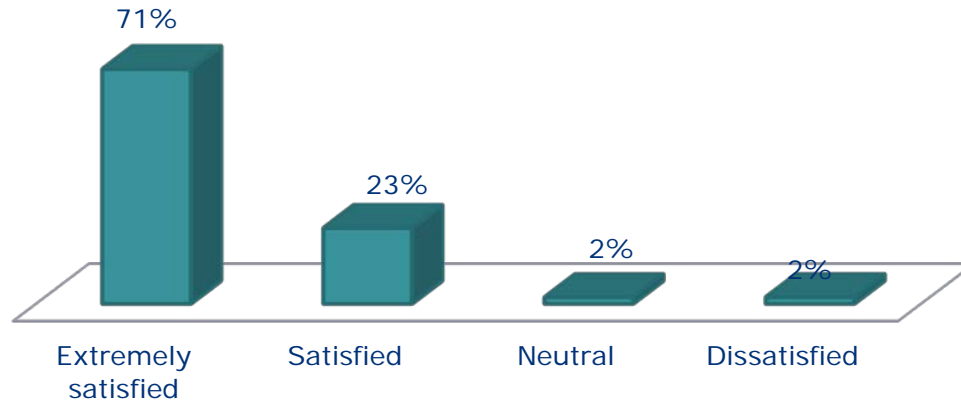
# TNT PCP Fellow Post Fellowship Satisfaction

How helpful or unhelpful is your mentor?



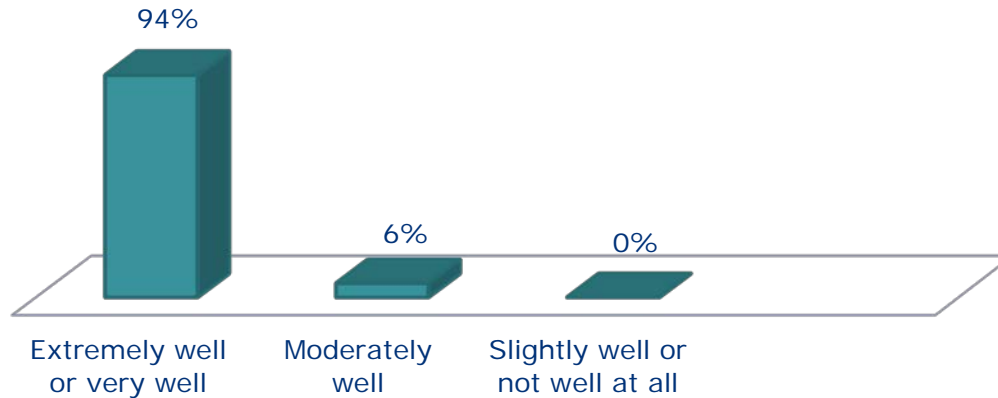
# TNT PCP Fellow Post Fellowship Satisfaction

*Overall, how satisfied or dissatisfied are you with your experience in the fellowship?*



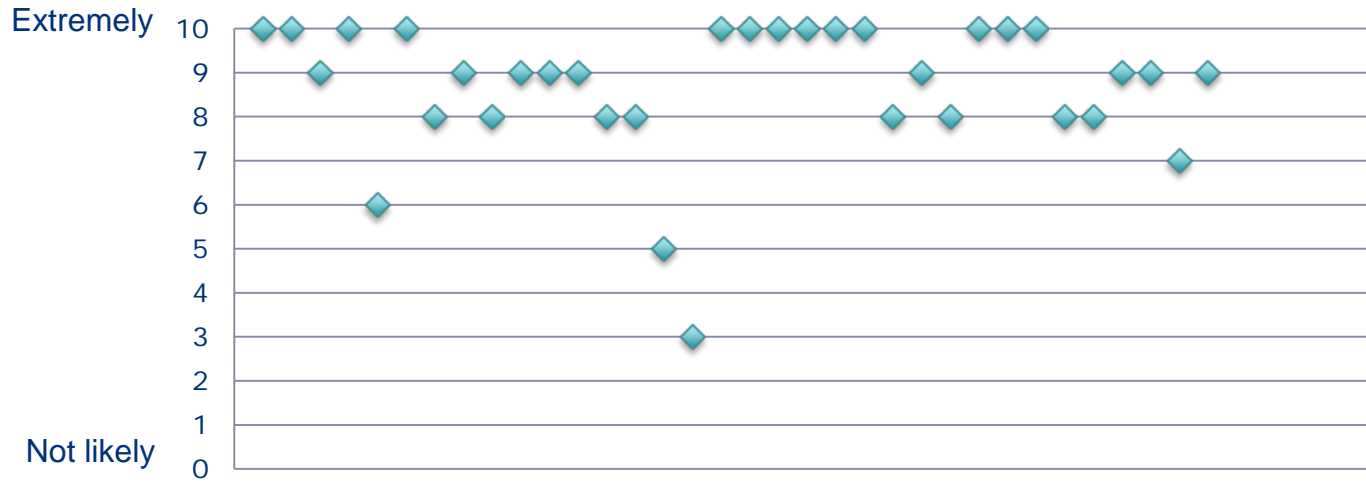
# TNT PCP Fellow Post Fellowship Satisfaction

*Overall, how well do the professors in this fellowship program teach?*



# TNT PCP Fellow Post Fellowship Satisfaction

How likely are you to recommend this fellowship program to friends or colleagues?



# UC Davis TNT PCP Fellowship



- Directed by PCP's who are also psychiatrists
- Nationally recognized curriculum
- PCP's learn during non-clinical time
- Improving regional mental health access
- Recruiting now for the January 2017 class
- Tuition is \$15,000 per learner
- Certificate of fellowship completion and ongoing primary care psychiatry mentorship



## Future Thoughts...

- TNT Primary Care Pain Medicine Fellowship
- TNT Preventive Medicine in Psychiatry Fellowship
- TNT Culturally and Linguistically Appropriate Services (CLAS) Training

# First Cohort of TNT PCP Fellows (2016)





**UCDAVIS**  

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**HEALTH SYSTEM**