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

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Psychosomatic 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)

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...

- Suboptimal routine mental health care
- Increased need for unavailable inpatient care
- Impacted ER’s in the region
- Impacted PC Centers
- SMI population Underserved Vulnerable
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

Percentage

FM  IM  OB  PEDS

Primary Care Specialty

YES  NO
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 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. McCarron¹ · James A. Bourgeois² · Lydia A. Chwastiak³ · David Folsom⁴ · Robert E. Hales¹ · Jaesu Han¹ · Jeffrey Rado⁵ · Sarah Rivelli⁶ · Lorin Scher¹ · Angie Yu¹

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Expanding the Workforce...

Psychiatrists by Age

- 40 or Younger: 10%
- 41-50: 20%
- 50-60: 31%
- 61 or Older: 39%

70% of all active psychiatrists are 50 or older.

55% of all active physicians are 50 or older.

Source: AMA Physician Master File (2013)
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

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Psychiatry, Internal Medicine, Pain Medicine, Psychosomatic Medicine

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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

- Male: 21%
- Female: 79%
2016 TNT PCP Fellow Demographics

**Race**

- Other or Declined to State: 15%
- African American or Black: 3%
- White: 66%
- Asian: 22%

**Ethnicity**

- 15% Hispanic
- 85% Not Hispanic
2016 TNT PCP Fellows Career Demographics

Medical Specialty

- **Medical Specialty**
  - **Family Medicine**: 84%
  - **Internal Medicine**: 12%
  - **Pediatrics**: 4%

- **Average Years in Practice**: 11.2
2016 TNT PCP Fellows Career Demographics

Medical Discipline

- MD: 57%
- NP: 17%
- PA: 17%
- DO: 10%
TNT PCP Fellow Work Satisfaction

*I frequently feel burned out at work*

- Strongly Agree or Agree: 51.50%
- Neutral: 27.30%
- Disagree: 21.20%
- Strongly Disagree: 0%
TNT PCP Fellow Training Attitudes

*I received adequate psychiatric training during my formal training*

- Strongly Agree: 0%
- Agree: 18%
- Neutral: 22%
- Strongly Disagree or Disagree: 60%
TNT PCP Fellow Mental Health Treatment Attitudes Pre and Post Test

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

<table>
<thead>
<tr>
<th>Attitude</th>
<th>Pre-test</th>
<th>Post-test</th>
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<tbody>
<tr>
<td>Strongly Agree</td>
<td>0%</td>
<td>26%</td>
</tr>
<tr>
<td>Agree</td>
<td>6%</td>
<td>65%</td>
</tr>
<tr>
<td>Neutral</td>
<td>24%</td>
<td>5%</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>70%</td>
<td>2%</td>
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TNT PCP Fellow Mental Health Treatment Attitudes Pre and Post Test

*I feel confident treating patients who have mental illness*

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<thead>
<tr>
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<th>Pre-test</th>
<th>Post-test</th>
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</thead>
<tbody>
<tr>
<td>Strongly Agree</td>
<td>0%</td>
<td>24%</td>
</tr>
<tr>
<td>Agree</td>
<td>24%</td>
<td>74%</td>
</tr>
<tr>
<td>Neutral</td>
<td>61%</td>
<td>0%</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>15%</td>
<td>2%</td>
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TNT PCP Fellow Mental Illness Treatment Attitudes Pre-test vs. Post-test

I feel comfortable treating depression

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<thead>
<tr>
<th></th>
<th>Pre-test</th>
<th>Post-test</th>
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<tbody>
<tr>
<td>Strongly Agree</td>
<td></td>
<td>12%</td>
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<tr>
<td>Agree</td>
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<td>85%</td>
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<tr>
<td>Neutral</td>
<td>15%</td>
<td>0%</td>
</tr>
<tr>
<td>Strongly Disagree or Disagree</td>
<td>0%</td>
<td>9%</td>
</tr>
</tbody>
</table>
How helpful or unhelpful is your mentor?

- Extremely helpful - Very helpful: 87%
- Moderately helpful: 8%
- Slightly helpful or less: 5%
Overall, how satisfied or dissatisfied are you with your experience in the fellowship?
Overall, how well do the professors in this fellowship program teach?

- Extremely well or very well: 94%
- Moderately well: 6%
- Slightly well or not well at all: 0%
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)
TNT PCP Fellowship

https://www.youtube.com/watch?v=2p0E2ChnWWw&feature=youtu.be