

# Integrated Health Interventions for Patients with Mental Illness



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## Bridgeway Rehabilitation Services

Bridgeway Rehabilitation in Elizabeth, NJ is a partial-care facility with the larger Bridgeway Rehabilitation Services, which was established in 1970 with the goal of rehabilitating people with mental illness. The organization aims to help persons in their recovery process but also in their overall reintegration into society through a wide range of services from PACT (Program for Assertive Community Treatment) Teams to integrated programs like Bridge to Wellness.



The Elizabeth site holds daily group sessions on subjects such as substance abuse recovery and healthy living. Bridgeway also focuses on development of social skills, job preparation and providing creative outlets for their persons served.

## Other Services & Interventions



### HEALTH EDUCATION + PATIENT ADVOCACY WORKSHOPS

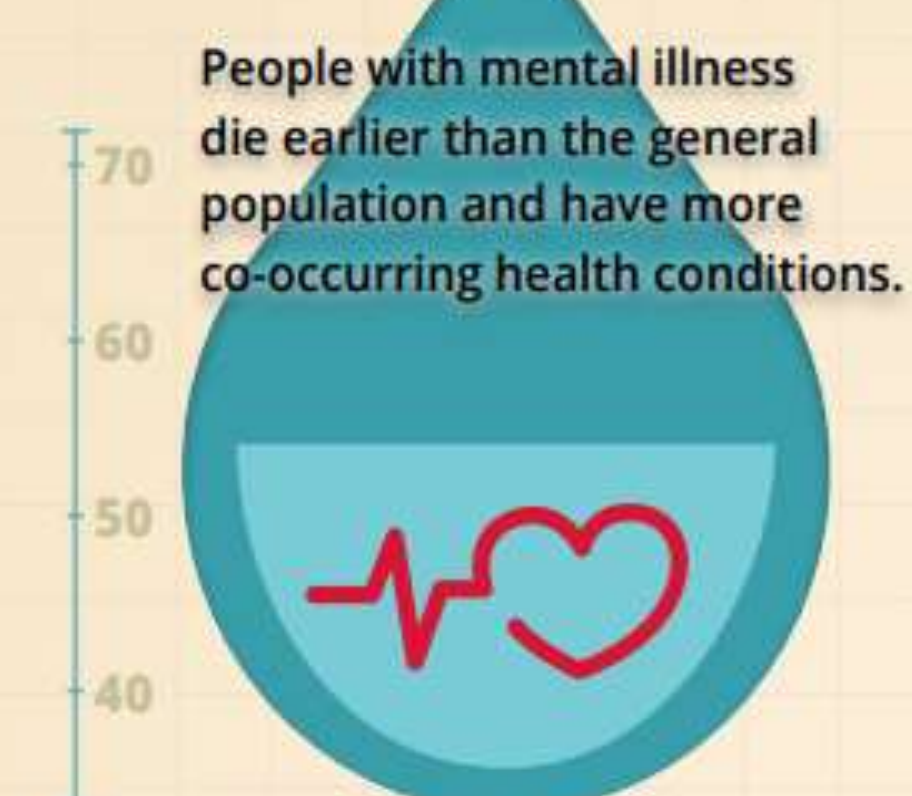
- Presented on various Wellness & Healthcare topics
  - ❖ Sun Safety, Oral Health, Preparing for an Appointment, Healthcare Literacy, Encouraging Self-Advocacy
- Exposure to pedagogy & developing teaching methods
  - ❖ Engaged persons served and encourage retention of information using Trivia games, Roleplays, KWL techniques

### LGBTQ WELLNESS GROUP

- Raised awareness on LGBTQ+ Health related topics
  - ❖ Discussed various health and social disparities among the LGBTQ population & provide information on resources available

## Integrated Healthcare – What & Why?

### The PROBLEM



**68%**  
of adults with a mental illness have one or more chronic physical conditions

**more than 1 in 5**  
adults with mental illness have a co-occurring substance use disorder

### The SOLUTION



The solution lies in integrated care - the coordination of mental health, substance abuse, and primary care services.  
Integrated care produces the best outcomes and is the most effective approach to caring for people with complex healthcare needs.

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, SAMHSA-HRSA Center for Integrated Health Solutions.

## Acknowledgements

We would like to give our utmost gratitude to our site preceptor, Dr. Michael Swerdlow, along with Mrs. Debra Brown-Ford, Mr. Scott Kelsey, Ms. Elizabeth Tirrell, Ms. Donna DeGiovine, and the rest of Bridgeway Rehabilitation Services for their guidance and insight. We would also like to thank the persons served for their friendliness and participation. Finally, we would like to thank Ms. Sarah Kelly, Ms. Maria Pellerano, and the rest of the Bridging the Gaps program for this amazing opportunity.

## Project Objectives

- To evaluate integrative care on patient experience and as a policy
- To educate the persons served on the accessible on-site resources for their primary care needs
- To address barriers and successes of integrative care for further modification

## Project Development

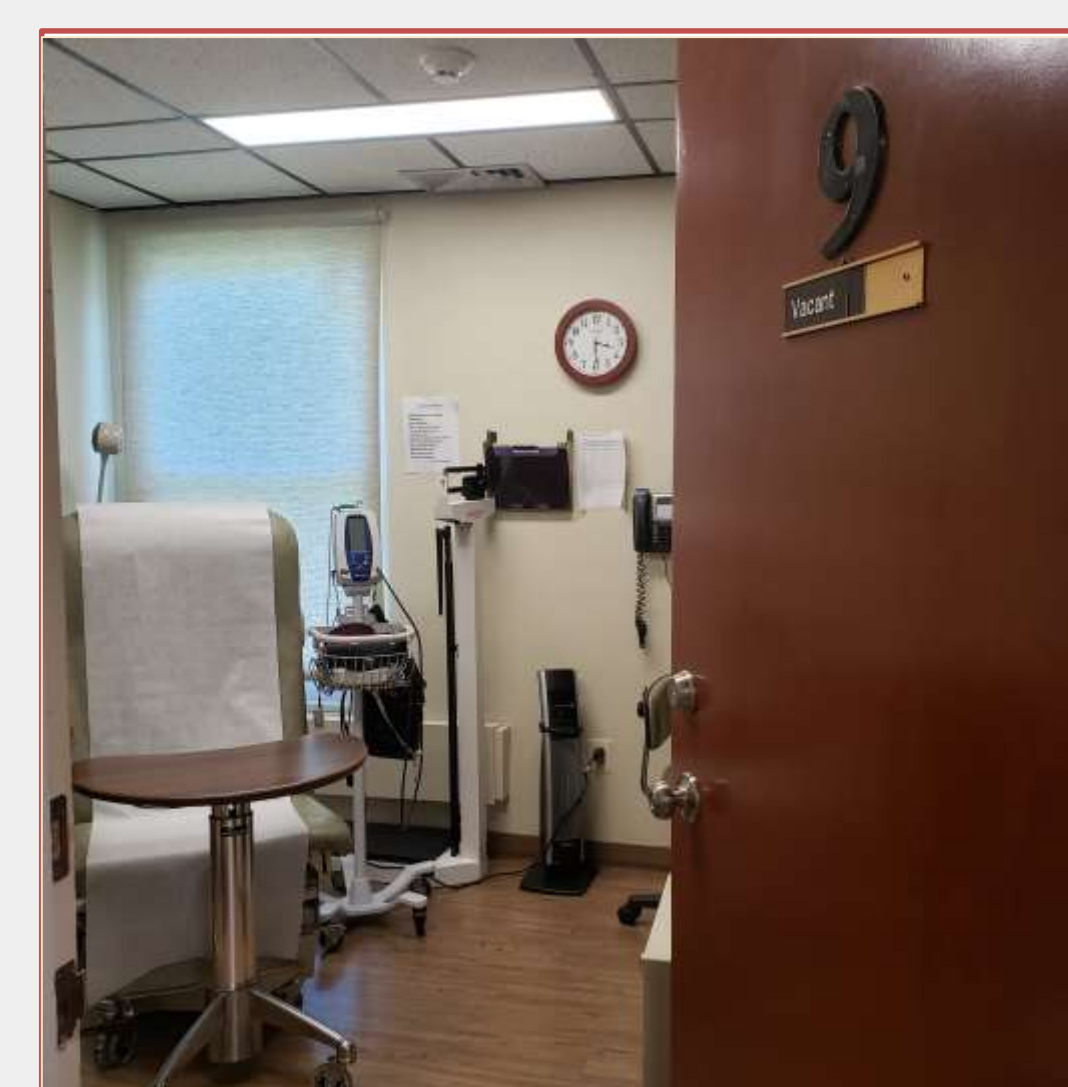
Gain exposure to integrated care & identify needs of patients

Develop intervention structure, draft & test questions to include via pilot interviews

Finalize interview format & questions for the intervention

## Project Execution

- Recruit volunteers attending different groups to partake in a short 15-20 minute conversational interview regarding primary care
- Baseline understanding & efficacy of their primary care assessed
- Direct referral to on-site Nurse Practitioner Donna M. DeGiovine, APN if the status of primary healthcare appears to be an area of concern



## Challenges & Solutions

### CHALLENGES

- Persons served only under certain insurance coverage fully benefit from Bridge to Wellness
- Lack of awareness of the Bridge to Wellness program and its utility
- Lack of proper interdisciplinary communication among healthcare providers and site APN

### SOLUTIONS

- Appropriate correspondence with Ms. DeGiovine, APN, who brought these issues to light
- Better marketing for Bridge to Wellness and its advantages

## Discussion

- Integrated Healthcare WORKS!

- ❖ Earlier diagnosis
  - ❖ Fewer Hospitalizations
  - ❖ Fewer ER Visits
- = **Cost Effective**

- Full Potential Not Yet Realized

- ❖ Barriers like challenges in billing for services & insurance compatibility effect overall enrollment.

- Despite Challenges, Integrated Healthcare is the Way Forward

- ❖ Despite low enrollment, the critical impact on the overall health of the persons served & outcomes are substantial

