

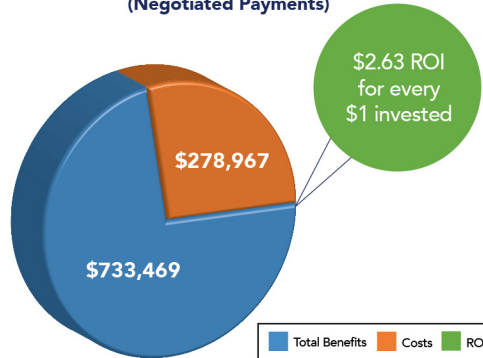
Integrating Behavioral and Primary Health Care: Key Findings from the ZVHC Pilot Project

Independent analysis prepared by Wilder Research, part of the Amherst H. Wilder Foundation.

Return on Investment

The integrated care pilot provided an ROI of \$2.63 per dollar spent when calculating actual paid amounts. This figure is based upon payments made by DHS to health care providers and accounts for existing discounts.

Return on Investment to DHS (Negotiated Payments)

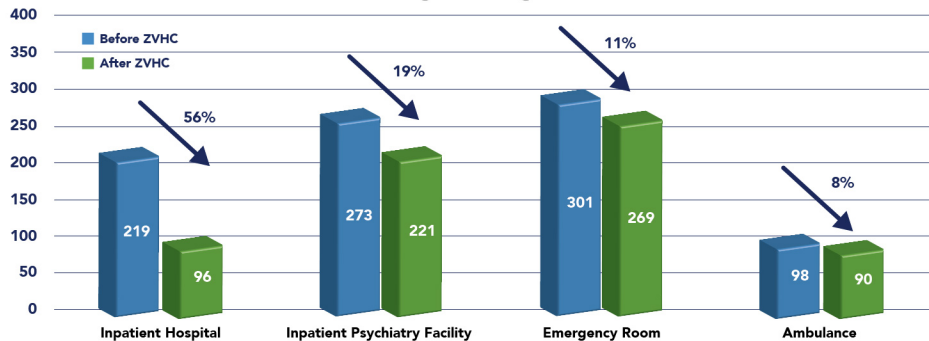


"We can conclude that the integration of services within a 30-day period results in a significant reduction in charges when compared to providing the two services separately."

- Wilder Research Team

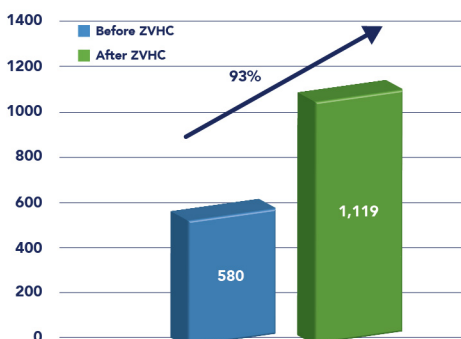
Utilizing actual claims data from the Dept. of Human Services over a two-year period, Wilder Research determined the integrated care model significantly reduced visits of high-end, high-cost services for the sample of 124 patients in the treatment group.

Reductions in High-End, High-Cost Services

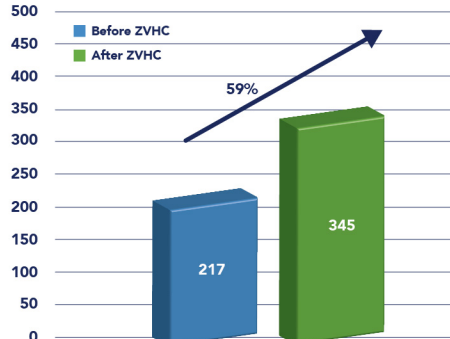


The treatment group participants also began shifting from a crisis-focused approach for their care to one that is more comprehensive and consistent.

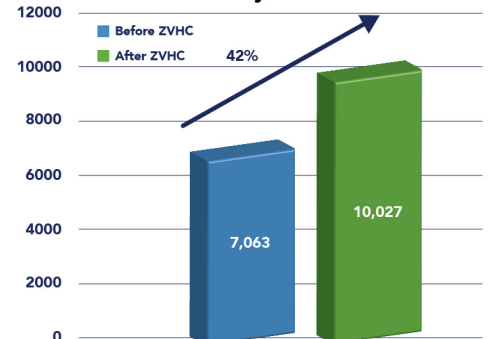
Mental Health Center Visits



Dental Care Visits

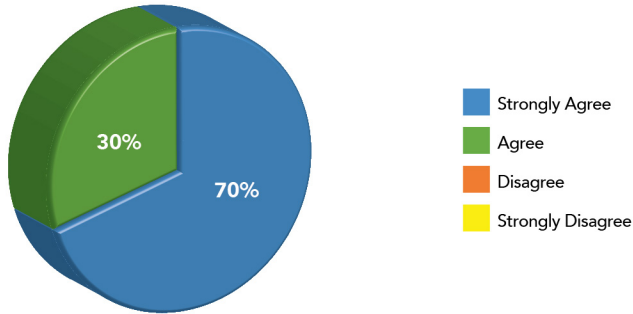


Primary Care Visits

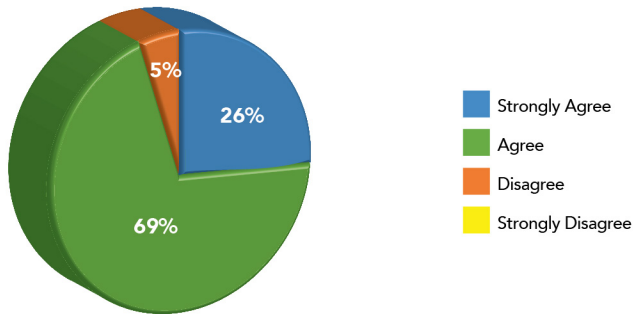


Clients Very Satisfied with Care

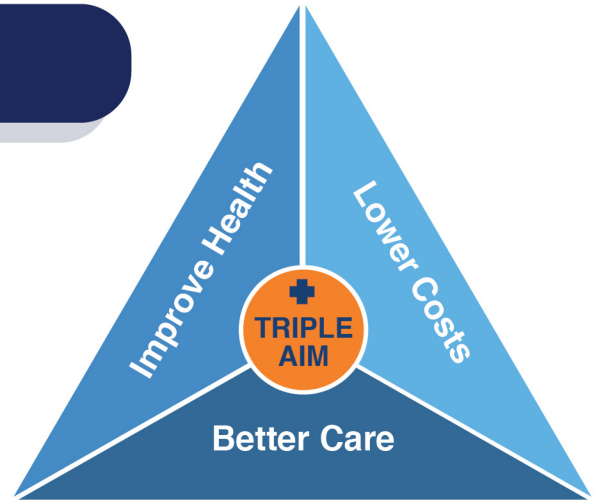
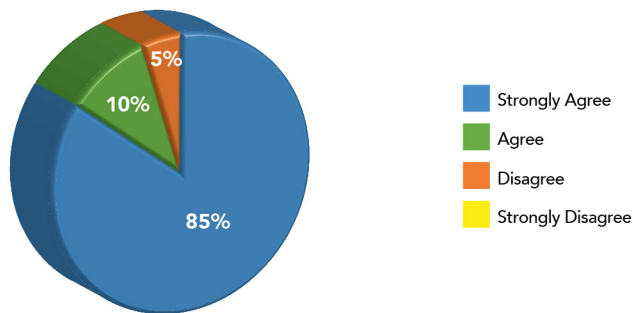
My Mental Health has Improved Since Coming to ZVHC



My Physical Health has Improved Since Coming to ZVHC



More Convenient to Get My Primary Care and Mental Health Care at the Same Place



Client Story

TS is a 38-year-old male who was referred to the primary care clinic by his chemical health counselor at Zumbro Valley Health Center. Although he had worked in construction in the past, TS was currently unemployed. In addition to his substance use disorder, TS was being seen by a therapist and psychiatrist to address his major depression and anxiety.

During his initial appointment, TS reported a significant family history of heart disease and that he had not seen a primary care provider in his adult life. Clinic staff conducted a comprehensive assessment and diagnostic testing, which revealed TS had hypertension, high cholesterol and sleep apnea, and a referral was made to Mayo Clinic for the latter. The clinic staff then worked with TS to educate him about the significance of the hypertension and high cholesterol given his age and family history. Medications were prescribed to address these conditions and TS worked with his care team to improve both his nutrition and physical activity.

During a follow-up appointment, TS inquired about dental services as his long history of drug abuse (methamphetamine) had left many of his teeth decayed. He had maintained his sobriety for several months and wished to improve his oral health, even though he was embarrassed going to a dentist as they would know the damage was from drug use. The registered nurse was able to get TS an appointment that day at the on-site Apple Tree Dental clinic, and TS has continued to visit this dentist for his care and prevent further decay and disease.