



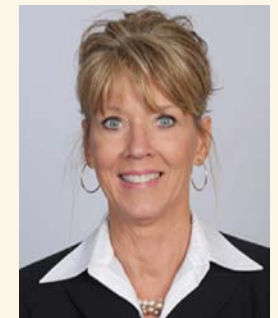
**REDUCING DEPRESSION WITH A
FLEXIBLE CLINICAL PATHWAY:**

**THE RED ROCK DEPRESSION
CARE PATHWAY SUCCESS STORY**

REDUCING DEPRESSION WITH A FLEXIBLE CLINICAL PATHWAY: THE RED ROCK DEPRESSION CARE PATHWAY SUCCESS STORY

PRESENTERS:

- VERNA FOUST, RED ROCK BEHAVIORAL HEALTH SERVICES
 - Nothing to Disclose
- WANA ELLISON, PSYD, RED ROCK BEHAVIORAL HEALTH SERVICES
 - Nothing to Disclose
- MELANIE ELLIOTT, PHD, AFIA, INC.
 - Nothing to Disclose





LEARNING OBJECTIVES:

- Define a “prescribed” and measurable course of action to achieve a desired clinical outcome, while permitting use of clinical judgement during the course of treatment.
- Effectively recognize real-time feedback on consumer progress as well as consumer and clinician fidelity to the clinical protocol, which permits clinicians to make pathway alterations to ensure client positive progress.
- Promote engagement from both clinicians and consumers in support of the care pathway and improved consumer wellbeing.

RED ROCK'S ROAD TO BECOMING A CCBHC

RED ROCK'S MISSION

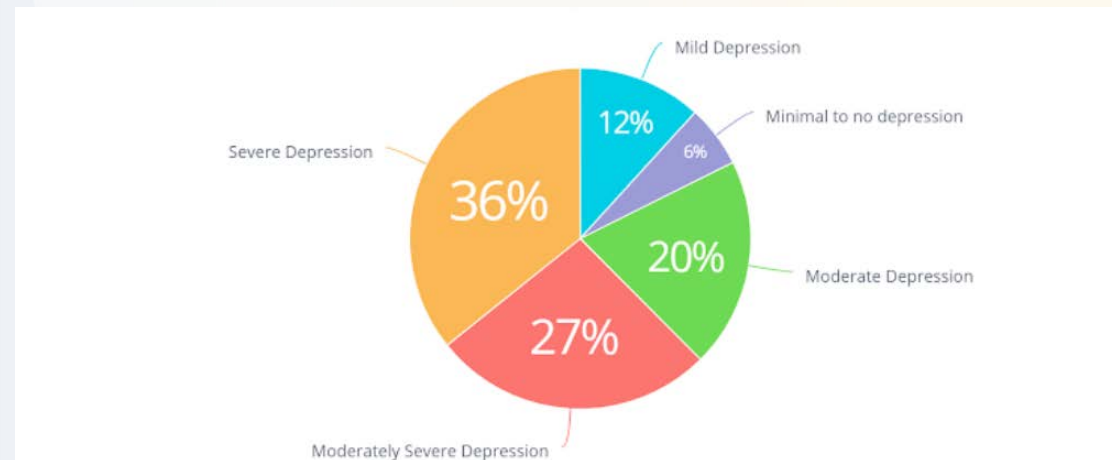
- The Mission of a CCBHC
- Red Rock's Path to Progress



WHY DEPRESSION WAS A PRIMARY FOCUS

WHY FOCUS ON IMPROVING DEPRESSION?

- Depression in Community Mental Health Centers
- The Impact of Depression on Red Rock Clients



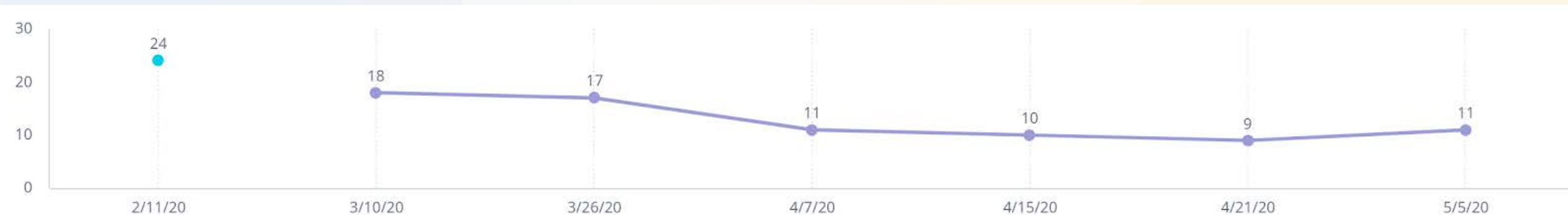
THE RED ROCK DEPRESSION CARE PATHWAY

THE RED ROCK DEPRESSION CARE PATHWAY

- 12-week Clinical Intervention
- 3 Levels, based on PHQ-9 score at Baseline
- *PHQ-9 Score, Fidelity to the Intervention, and Progress* tracked weekly

CLIENT-LEVEL DASHBOARD: FEEDBACK TO CLIENTS

- Regular check-in with client to review current depression symptoms & progress to date



MANAGING DEPRESSION WITH LARGE CASELOADS

- Managing data for a large caseload via spreadsheets was not feasible

1	Assessment Date	Total Score	Suicidality	Diminished Interest	Diminished Pleasure	Sleep	Energy	Appetite	Self-doubt	Cognition	Psychomotor
2	8/30/2019	3	0	1	1	1	0	0	0	0	0
3	11/7/2019	0	0	0	0	0	0	0	0	0	0
4	3/16/2020	10	0	1	1	3	1	1	2	1	0
5	3/25/2020	16	0	2	2	3	2	2	1	2	2
6	3/30/2020	10	0	1	1	2	1	0	1	2	2
7	4/6/2020	8	0	1	1	2	0	1	1	2	0
8	4/27/2020	10	0	2	1	1	1	0	1	3	1
9	5/12/2020	6	0	1	1	2	0	0	1	1	0
10	9/16/2020	21	0	3	3	3	3	3	0	3	3
11	9/23/2020	14	0	2	3	0	1	2	1	2	3
12	10/8/2020	20	0	2	2	3	3	2	2	3	3
13	10/21/2020	8	0	0	0	2	2	1	0	2	1
14	1/2/2020	23	1	2	2	3	3	3	3	3	3
15	1/7/2020	17	0	1	1	2	3	3	2	2	3
16	3/16/2020	9	0	1	1	1	2	2	2	0	0
17	10/30/2020	14	0	1	2	3	3	3	1	1	0
18	11/4/2020	19	0	3	3	3	3	3	1	3	0
19	11/11/2020	20	0	2	3	2	3	3	1	3	3
20	11/18/2020	17	0	2	2	2	2	3	2	2	2
21	12/10/2020	11	0	1	1	3	3	2	0	0	1
22	7/13/2020	14	1	1	2	2	2	1	2	3	0
23	7/27/2020	11	0	1	1	2	2	1	1	3	0
24	10/24/2019	14	0	2	2	3	2	1	2	2	0
25	10/31/2019	12	0	1	1	3	2	1	2	2	0
26	5/1/2019	15	1	2	3	2	1	2	2	2	0
27	5/16/2019	10	0	2	2	3	0	0	0	3	0
28	6/19/2019	17	0	2	3	3	1	2	3	2	1
29	7/18/2019	8	0	1	2	2	0	3	0	0	0
30	7/15/2019	3	0	0	1	0	1	0	1	0	0
31	8/6/2019	2	0	0	1	0	1	0	0	0	0
32	12/23/2020	15	1	3	3	3	3	1	1	0	0
33	1/25/2021	14	1	1	3	2	2	1	1	2	1
34	2/11/2021	10	1	1	1	3	1	1	1	0	1
35	1/3/2020	13	1	2	2	1	2	1	2	1	1
36	1/14/2020	11	0	1	1	1	2	1	2	2	1
37	1/21/2020	6	0	0	1	0	1	0	2	2	0
38	1/30/2020	4	0	0	1	0	0	1	1	1	0
39	2/11/2020	10	0	1	2	2	1	2	1	1	0
40	2/25/2020	0	0	0	0	0	0	0	0	0	0
41	3/17/2020	0	0	0	0	0	0	0	0	0	0

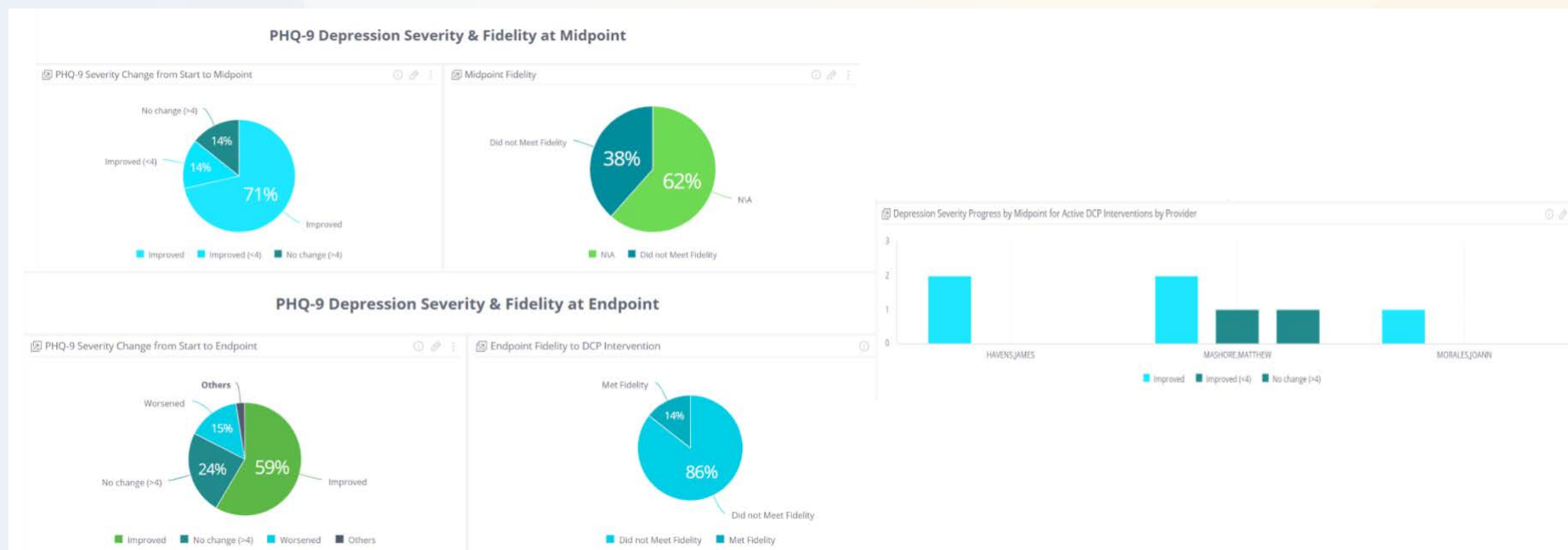
CLINICIAN-LEVEL DASHBOARD: CASELOAD MANAGEMENT

- If progress was not made, then take a closer look at fidelity to the intervention

DCP Midpoint Fidelity (Weeks 1-6)	
ADD TITLE	ADD TITLE
Week 1: Met Fidelity	Week 1 Running Service Count: 1
ADD TITLE	ADD TITLE
Week 2: Met Fidelity	Week 2 Running Service Count: 2
ADD TITLE	ADD TITLE
Week 3: Fidelity Not Met	Week 3 Running Service Count: 2
ADD TITLE	ADD TITLE
Week 4: Fidelity Not Met	Week 4 Running Service Count: 3
ADD TITLE	ADD TITLE
Week 5: Fidelity Not Met	Week 5 Running Service Count: 4
ADD TITLE	ADD TITLE
Midpoint (Week 6): Fidelity Not Met	Week 6 (Midpoint) Running Service Count: 4
Change in Depression Severity from Start to Midpoint	
Improved	

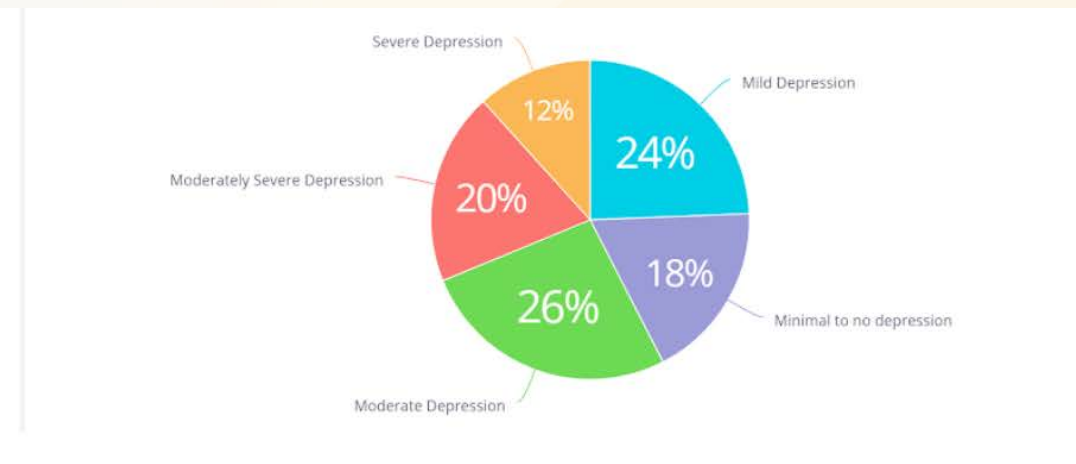
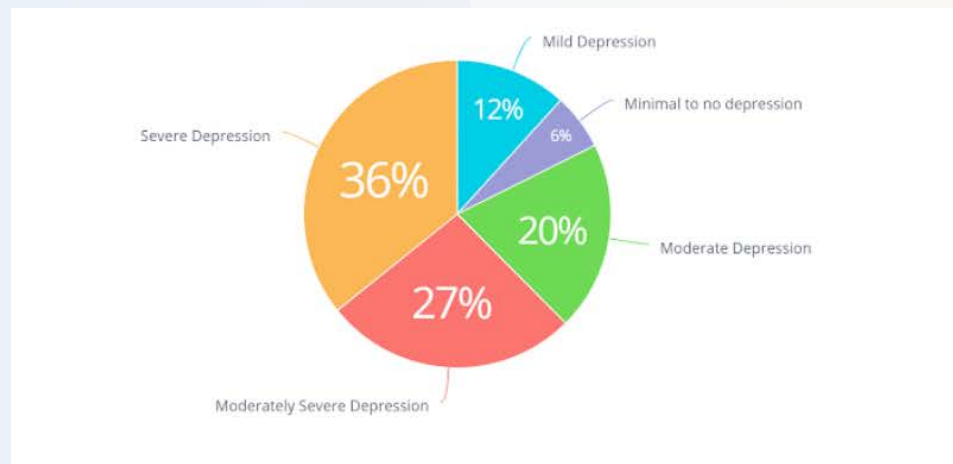
POPULATION-LEVEL DASHBOARD: FEEDBACK TO SUPERVISORS & EXECUTIVES

- Caseload & Other Aggregate Metrics



SUCCESS OF THE RED ROCK DEPRESSION CARE PATHWAY

- Severe Depression **reduced by 66%**
- Proof that Red Rock was making a difference!



CHANGE MANAGEMENT WITH CLINICAL TEAMS

CHANGE MANAGEMENT WITH CLINICAL TEAMS

- The Culture
- The Change Strategy
- Case Examples
 - Client
 - Clinician

WHAT'S NEXT FOR RED ROCK?

FUTURE PLANS

- Additional pathways (suicidality, physical health metrics, substance use, PTSD)
- Continue to focus on whole-person health
- Continuing to be on the cutting edge of quality client care

Q & A

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Thank you!