

**MEMO OF UNDERSTANDING  
BETWEEN  
WALLOWA VALLEY CENTER FOR WELLNESS  
AND  
WINDING WATERS CLINIC, PC**

**I. PROJECT PURPOSE**

The Wallowa Valley Center for Wellness (WVCW) aspires to improve the physical health status of 100 individuals with serious mental illness (SMI) who have or are at risk for co-morbid primary care conditions and chronic diseases by providing coordinated and integrated services through the co-location of medical services in our community-based behavioral health settings. This project will expand the evidence based program of Assertive Community Treatment (ACT) to include coordinated, accessible and seamless on-site primary care services.

The SAMHSA Primary and Behavioral Health Care Integration award would support the implementation of the following goals: 1) integrating the ACT and primary care providers into a unified treatment team, 2) integrating team meetings, 3) integrating treatment planning and implementation, and 4) utilizing HIT to enhance/optimize information sharing, resulting in a transformed/merged integrated practice (Level 6).

**II. TARGET POPULATION**

The target population will be 100 individuals with serious mental illness (SMI) who have or are at risk for co-morbid primary care conditions and chronic diseases.

The number of individuals from the population of focus served by Winding Waters Clinic, PC (WWC) is 80-90.

**III. EXPECTED OUTCOMES, MEASURES, AND BENEFITS**

We hope to demonstrate an effective “reverse integration program” as evidenced by improved health care for the mutual consumer/patient as a result of one integrated team communicating regularly about patient care, and medical home for the consumer/patient.

WWC will participate in the following ways:

- Providing primary care services 5 days per week;
- Dedicating an MD to serve as Primary Care Lead on PBHCI Coordination Team;
- 20 hours per week of care coordination services provided by RN;
- 10 hours per week Prevention and Promotion services that focus on smoking cessation, nutrition/exercise and/or managing chronic conditions provided by certified Behavior Health Coaches (BHCs)

For consumers who choose to retain external primary care services but want to avail themselves to the care coordination services and health and wellness services, care will be facilitated by ongoing collaboration and communication with the Primary Care Lead and Nurse Care Coordinator.

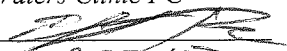
Specific clinical outcomes to be determined, but may include:

- Increased ability of mental health and primary care providers to manage the combination of mental and physical health needs in an integrated setting;
- Prevention of medical and psychiatric deterioration via early identification and direct, on-site treatment of at-risk consumers;
- Decrease in tobacco use and improvement related to nutrition/exercise;
- Lowered cost of care and increased access to holistic wellness supports and services.

*Winding Waters Clinic PC*

Signature

Date

  
2-27-15