

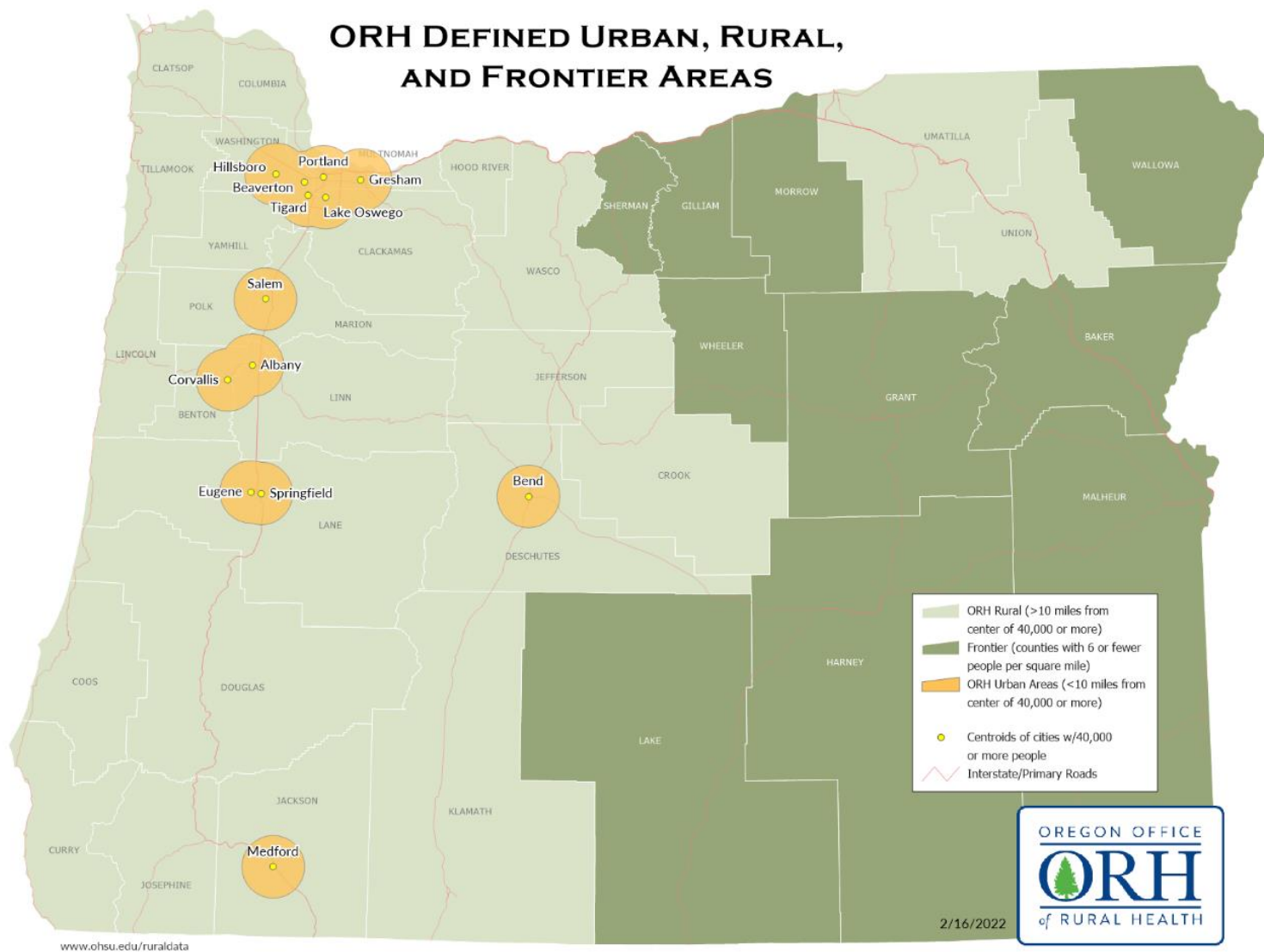


Improving Access to Mental Health Treatment in Rural Oregon

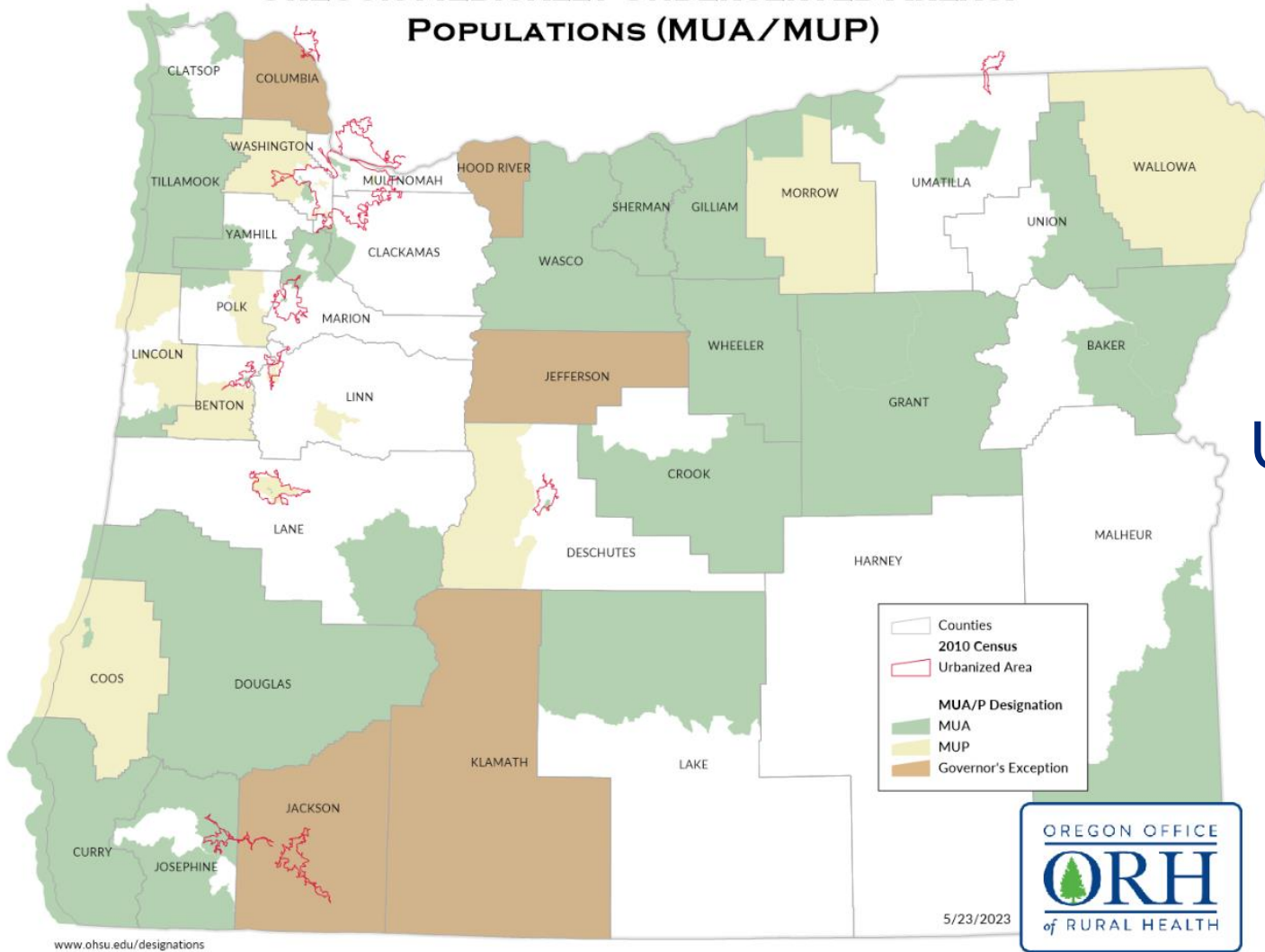
Jonathan Betlinski MD and Linda Schmidt MD
Directors, Oregon Psychiatric Access Line
Oregon Health & Science University

October 11, 2023

Oregon's Urban Rural and Frontier Areas

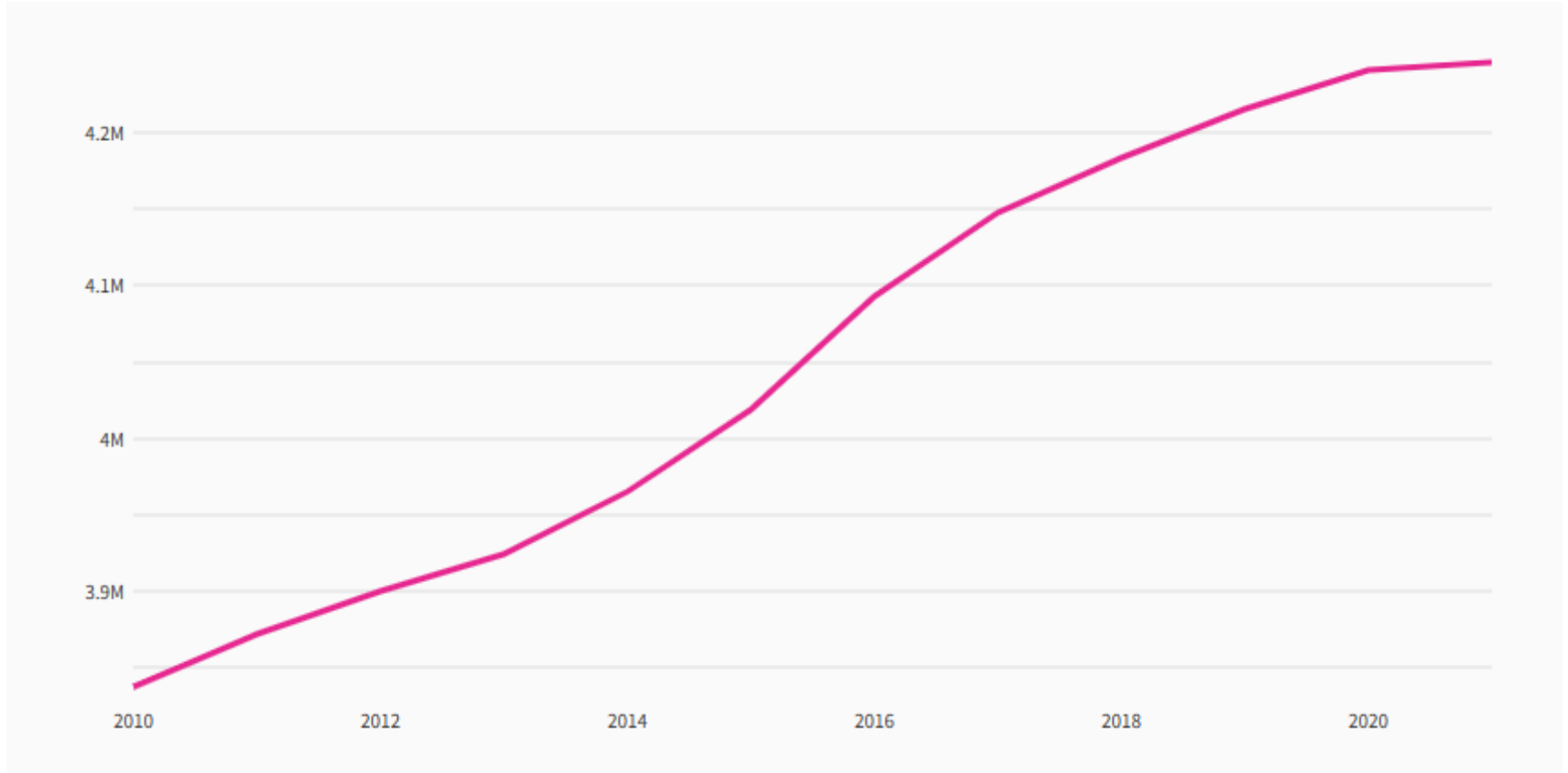


OREGON MEDICALLY UNDERSERVED AREAS/ POPULATIONS (MUA/MUP)



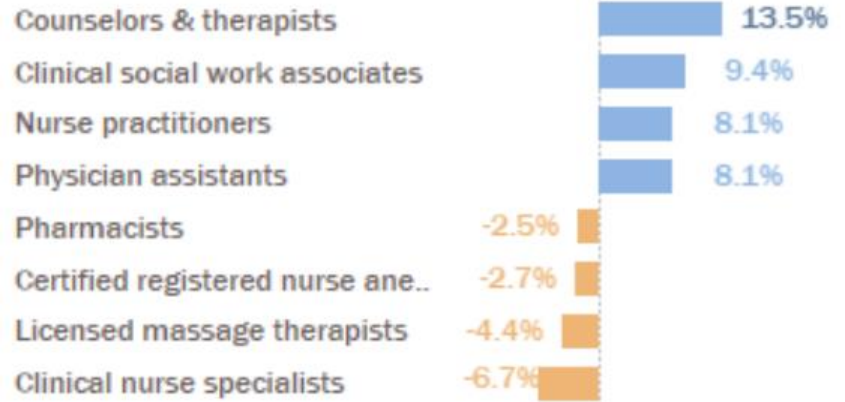
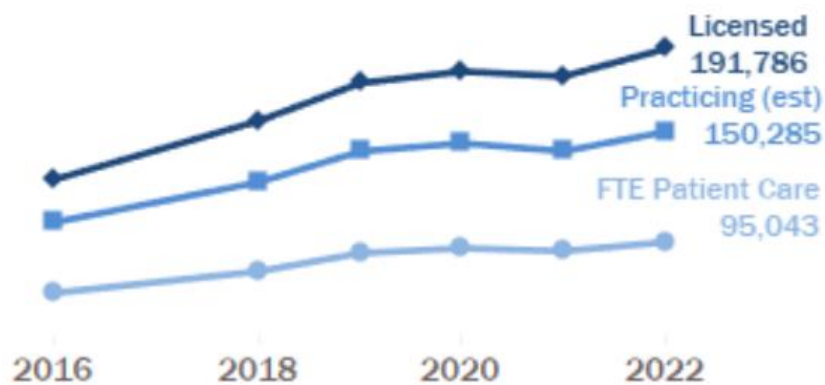
Oregon's
Medically
Underserved
Areas and
Population

Population Growth in Oregon



<https://usafacts.org/data/topics/people-society/population-and-demographics/our-changing-population/state/oregon/?endDate=2021-01-01&startDate=2010-01-01>
<https://www.census.gov/>

Oregon Workforce



https://www.oregon.gov/oha/HPA/ANALYTICS/HealthCareWorkforceReporting/HWRP_Supply_2022_final.pdf

Oregon Workforce

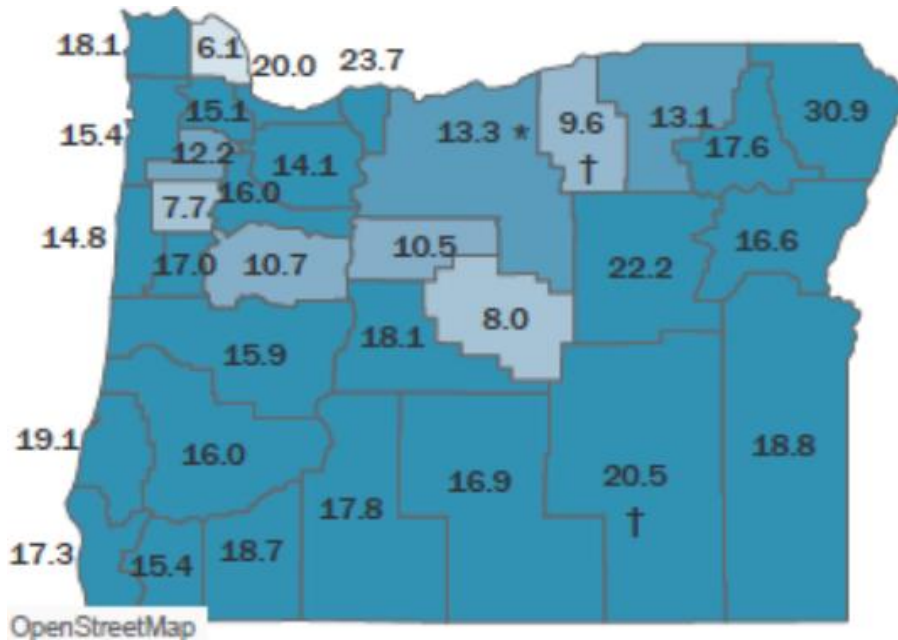


Oregon Workforce

Primary care professionals

Statewide ratio: 16.2 per 10,000

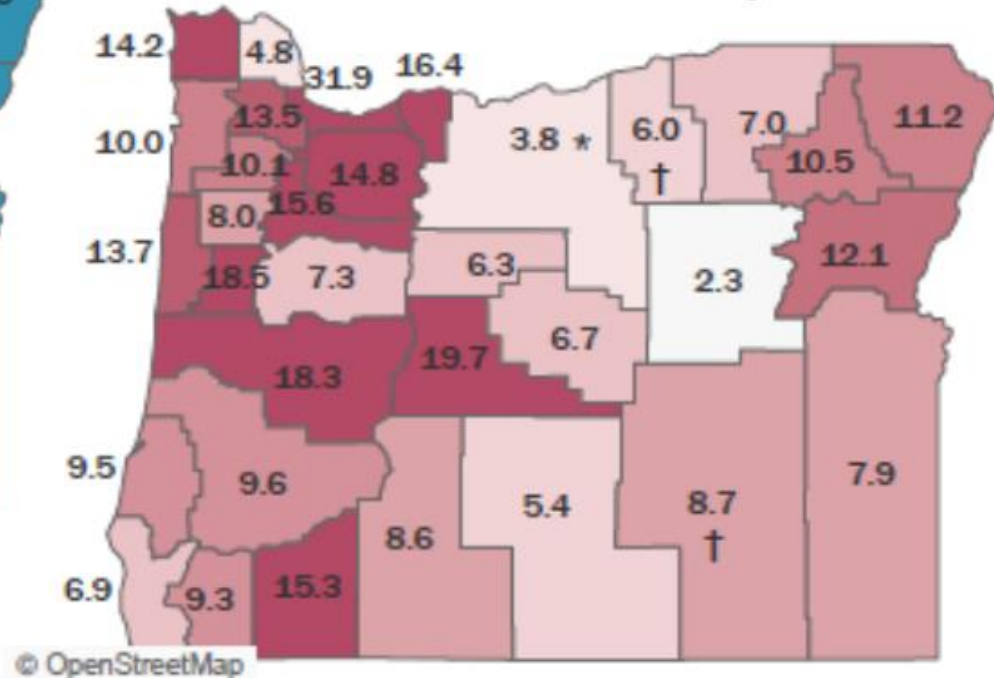
County ratios: 6.1 to 30.9 per 10,000



Behavioral health professionals

Statewide ratio: 17.1 per 10,000

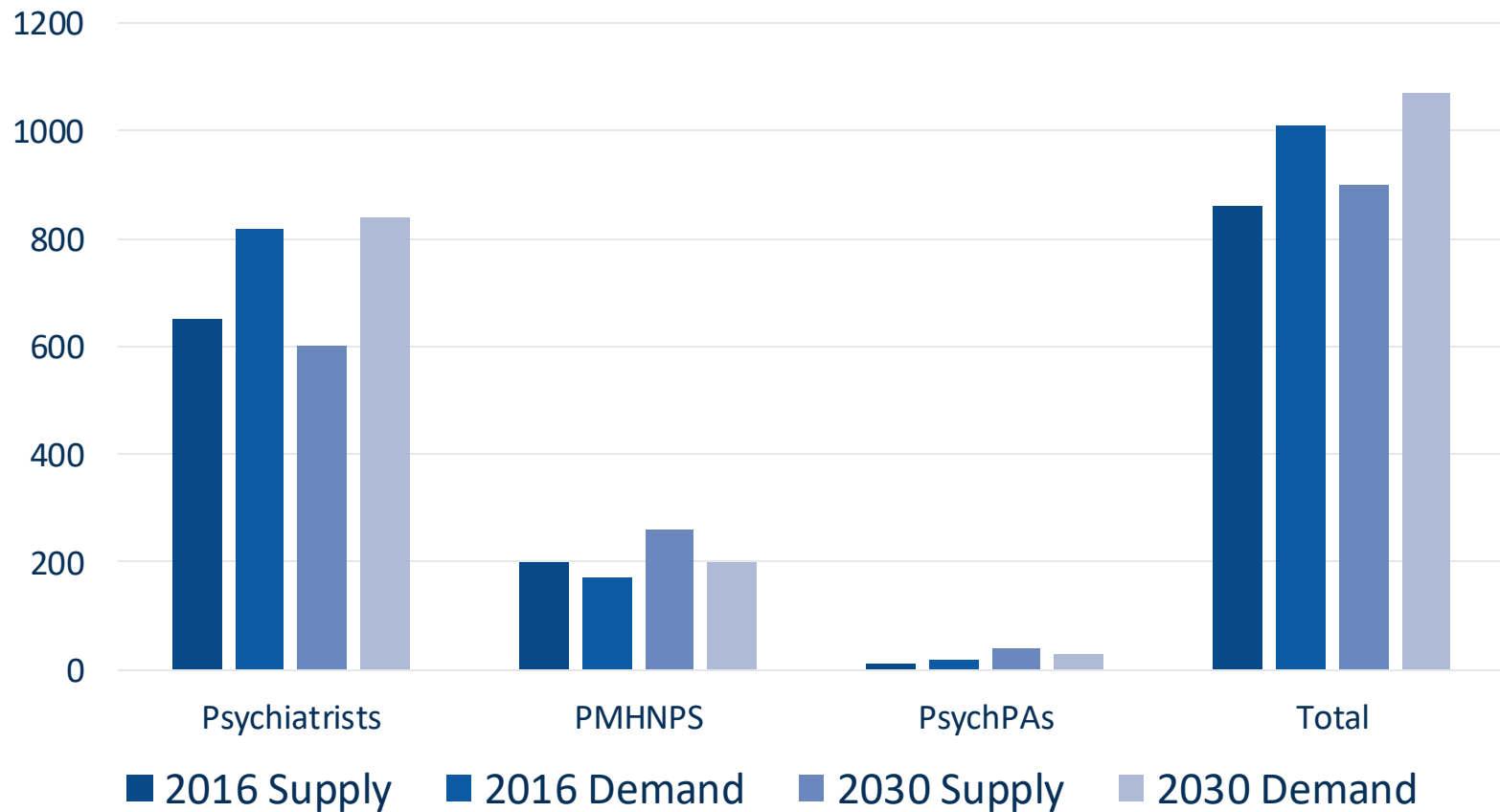
County ratios: 2.3 to 31.9 per 10,000



* Gilliam, Sherman, Wasco and Wheeler aggregated due to small numbers

† May be statistically unreliable due to small numbers, interpret with caution

Behavioral Health Prescriber Needs 2016-2030



2023 Mental Health America Rankings



Prevalence of Mental Illness	Access to Care	Adult Ranking	Youth Ranking	Overall Ranking
51	30	48	51	50





**WELCOME
TO
OPAL**



What is OPAL?

Psychiatric telephone consultation for all prescribing clinicians in Oregon

State funded

Initially OPAL-K, now also OPAL-A

As of July 2023, OPAL-K offers consultations with DBPs

Other OPAL programs

Foster Care Program

Antipsychotic Monitoring Program

Why OPAL?

Primary care and other health clinicians provide an increasing amount of mental health care for patients

< 1/3rd of all primary care visits involve mental health concerns

~ 50% of care received for psychiatric disorders provide by primary care

Goals of OPAL

↑ number of patients who receive treatment for mental health challenges

↓ delays in treatment

Target appropriate level of intervention

Utilize a “biopsychosocial” framework

Goals Continued....

Support appropriate prescribing of psychotropic medications

Create opportunities for consultation, mentoring, and education

Provide a service that is blind to insurance and statewide for the care of all Oregonians

Who Can Call?

Any professional licensed to prescribe medication

How it Works



Call Summary Outline

Non-medical interventions

Psychosocial treatment advice

Medication management considerations

Monitoring ideas

Other comments

Suggested Care Guides

Our Unofficial Motto:

There is no question
too big or too small.

Enrollments Since Launch

OPAL-K in 2014: 2,756

OPAL-A in 2018: 2,501



Calls Since Launch

OPAL-K in 2014: 7,546 calls

OPAL-A in 2018: 4,983 calls



Child Psychiatry in Oregon

Total CAPs

142

Number of Children < 18

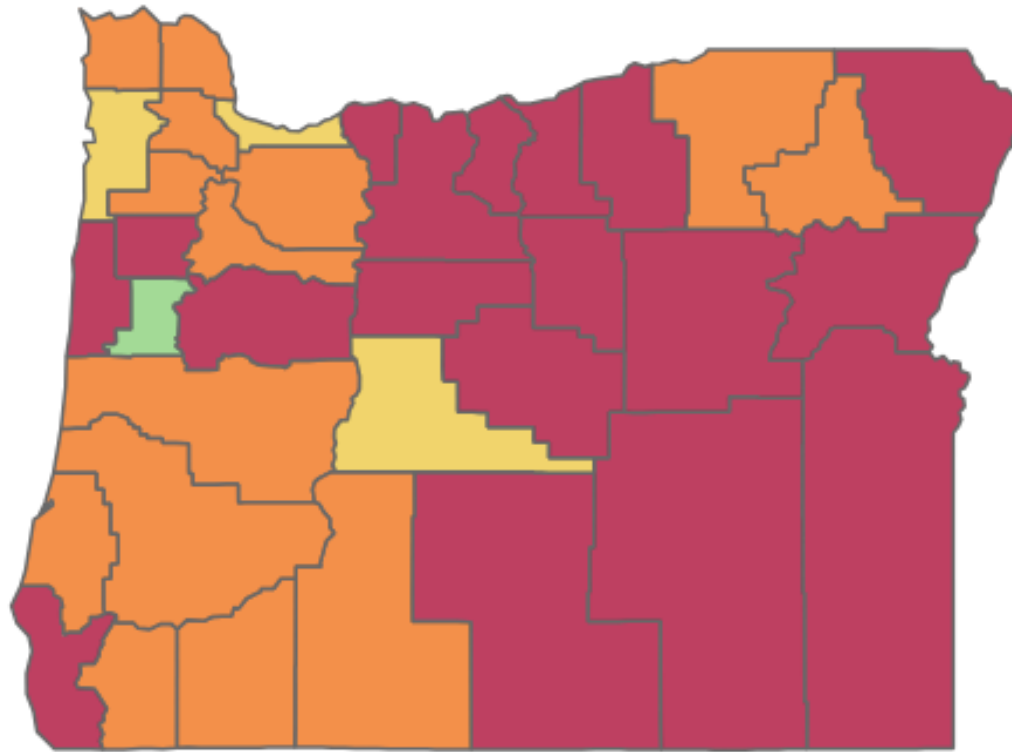
867,943

Number of CAPs/100k Children

16

Average CAP Age

54

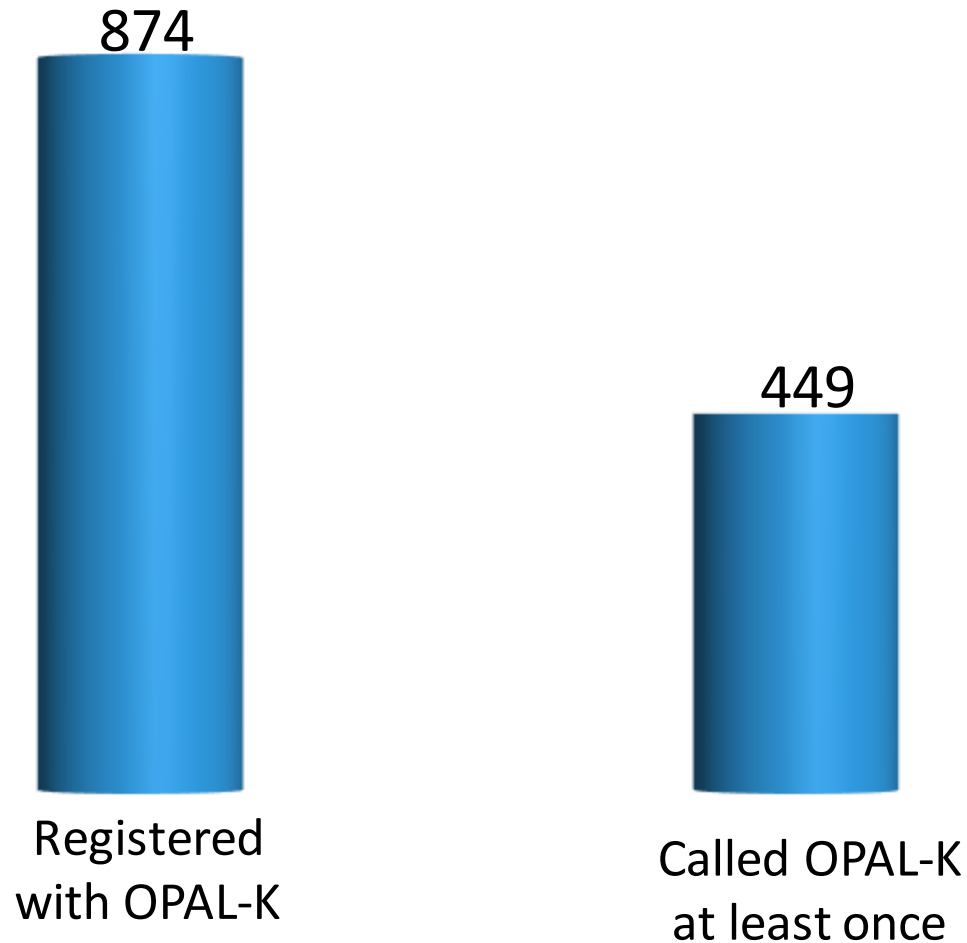


County Map

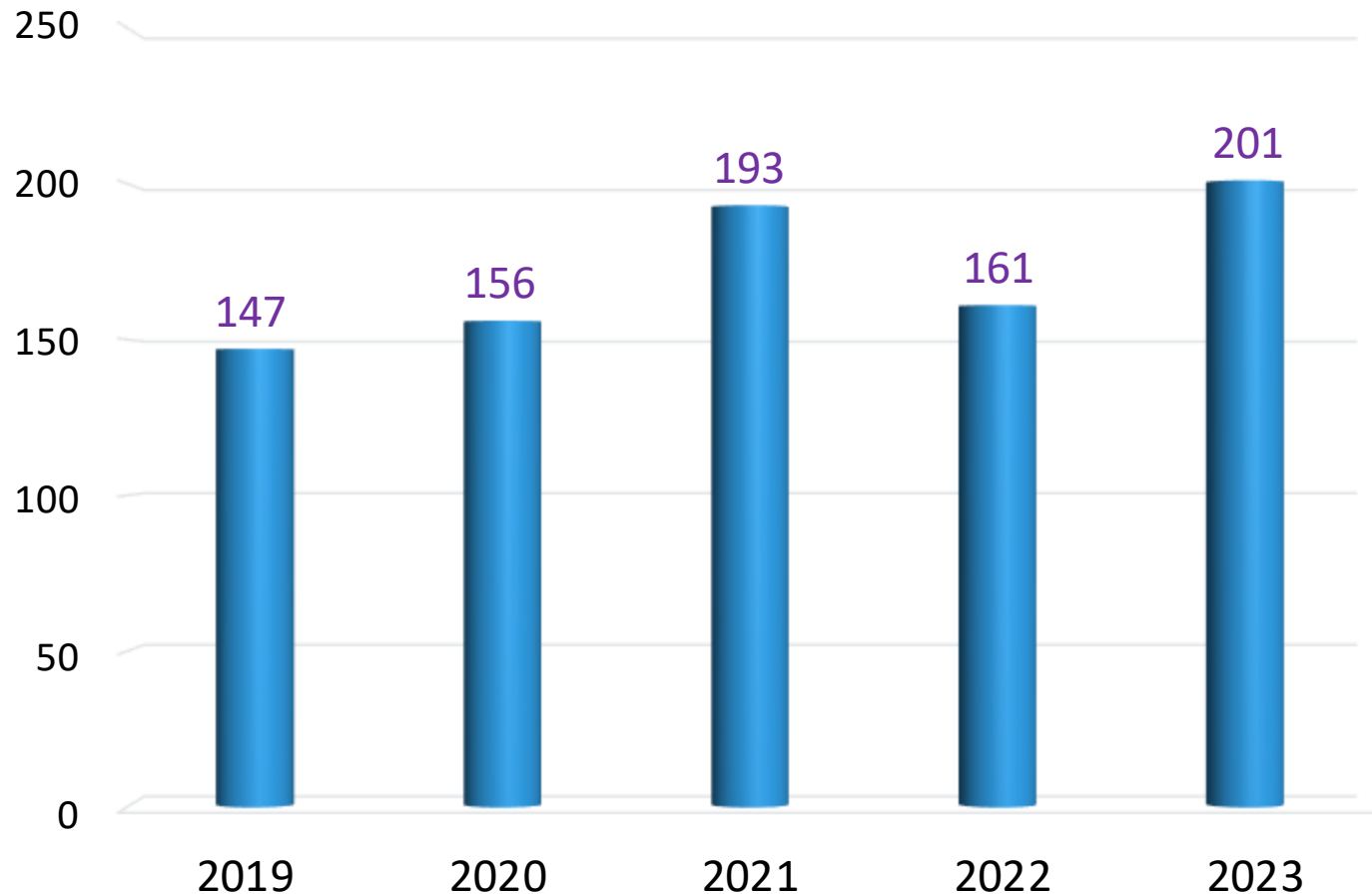
Mostly Sufficient Supply (≥ 47) | High Shortage (18-46)* | Severe Shortage (1-17)* | No CAPs

OPAL-K Rural PCPs Registered vs. Called

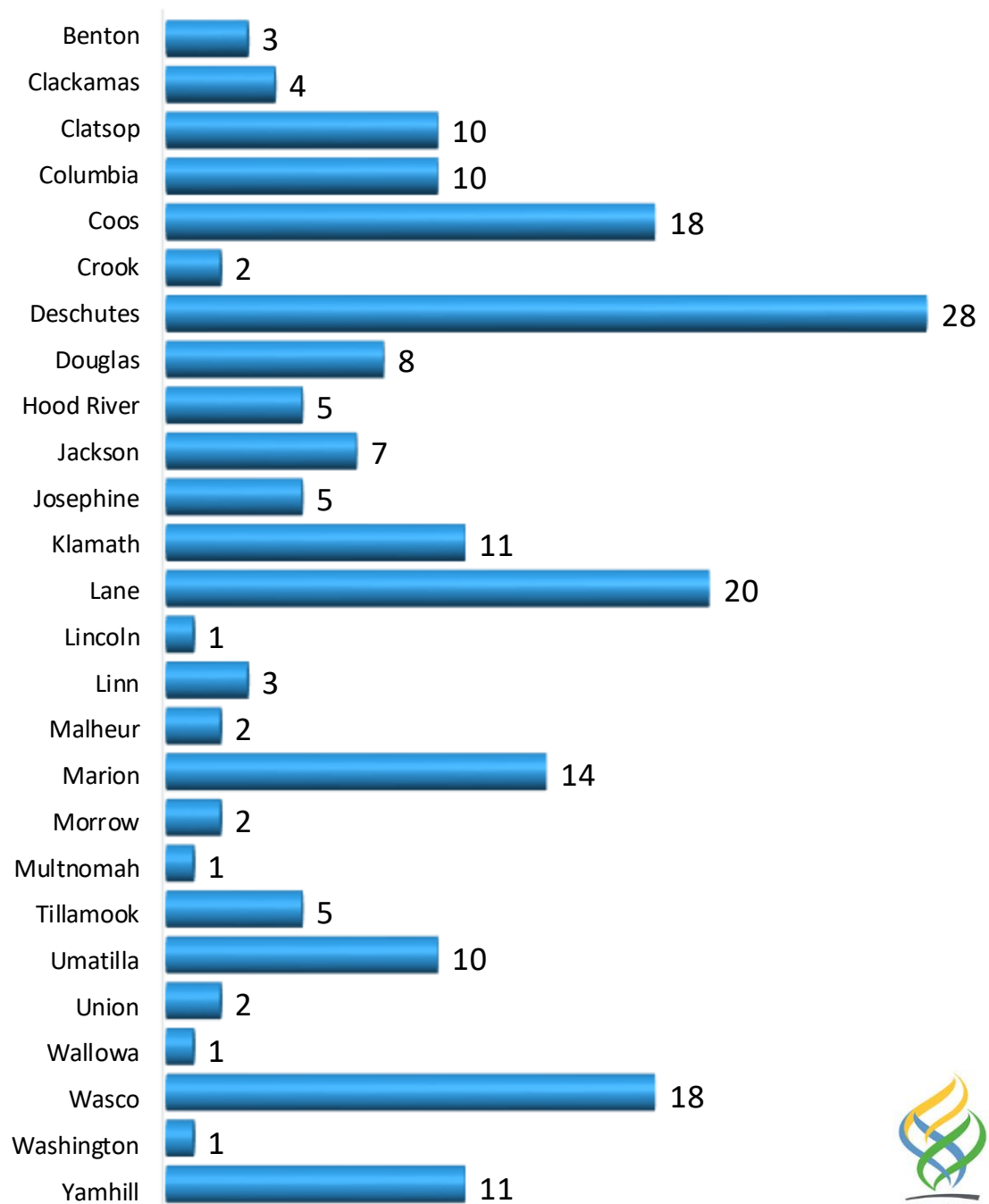
2014 - 2023

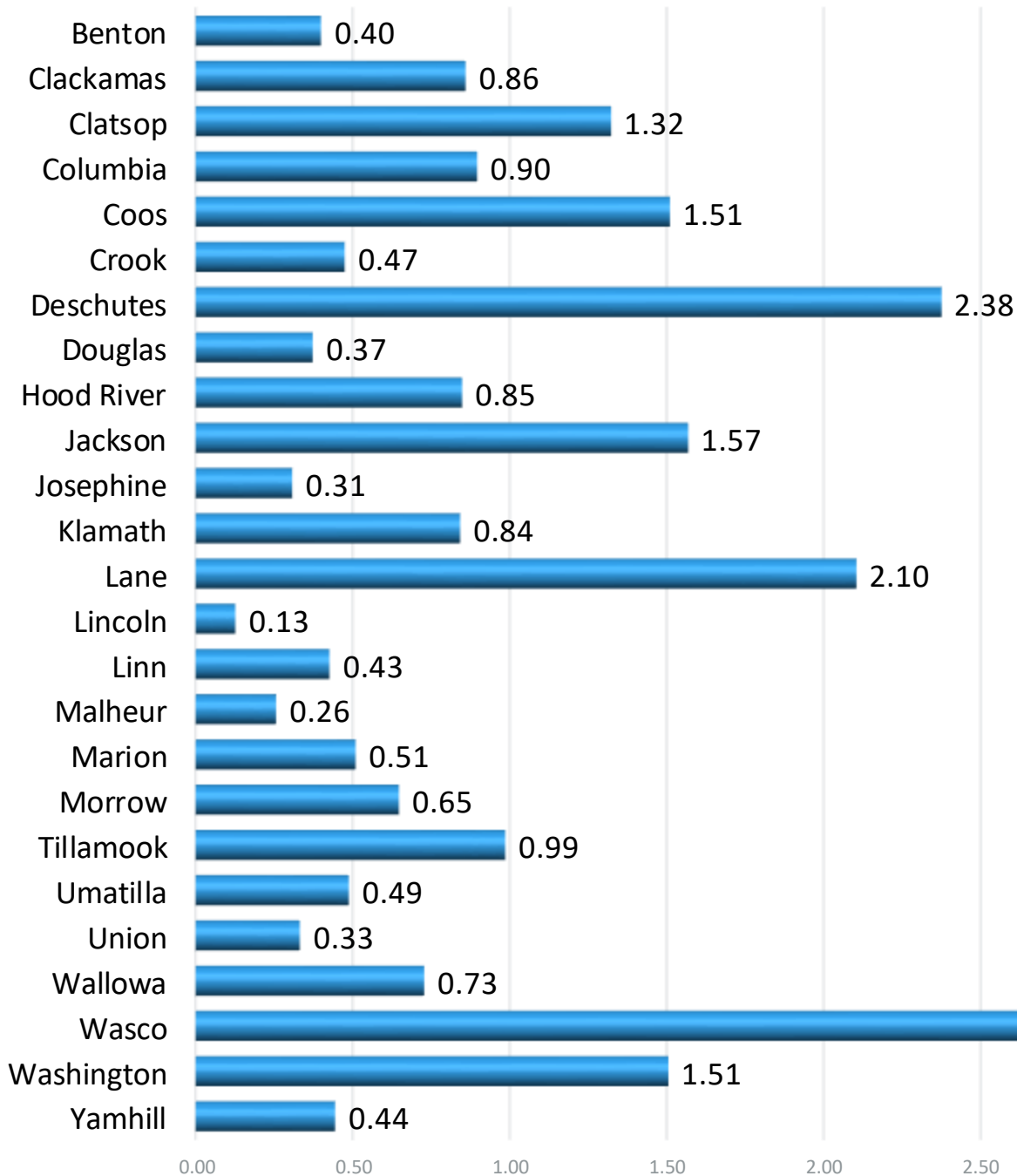


OPAL-K Calls from Rural Providers FYs 2019 - 2023



OPAL-K Rural PCPs Calls by County 2022-2023



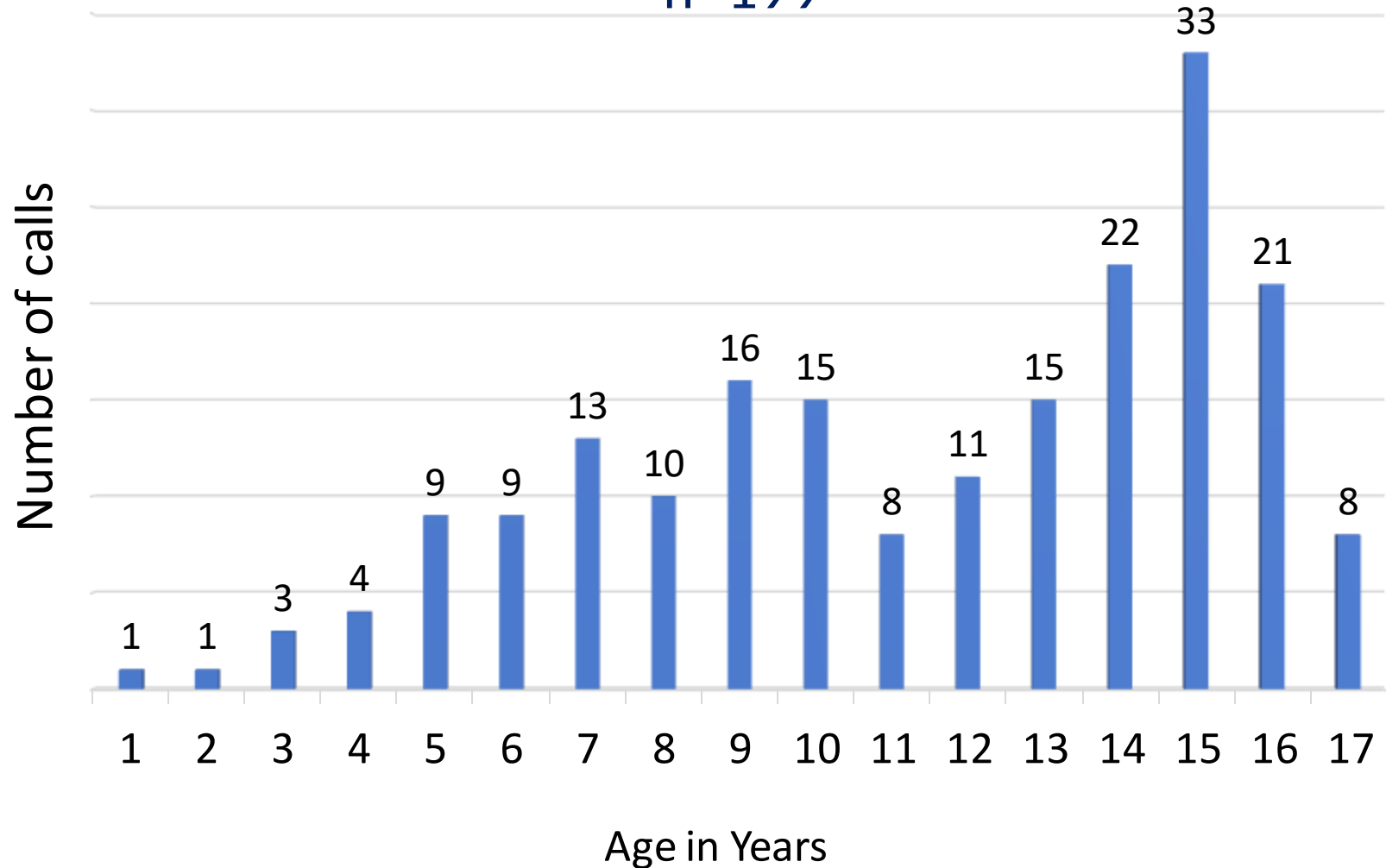


OPAL-K Calls
by County
Per Capita Calls
(per 1000)
Age 0-17 Population

OPAL-K Rural PCPs

Patient Age

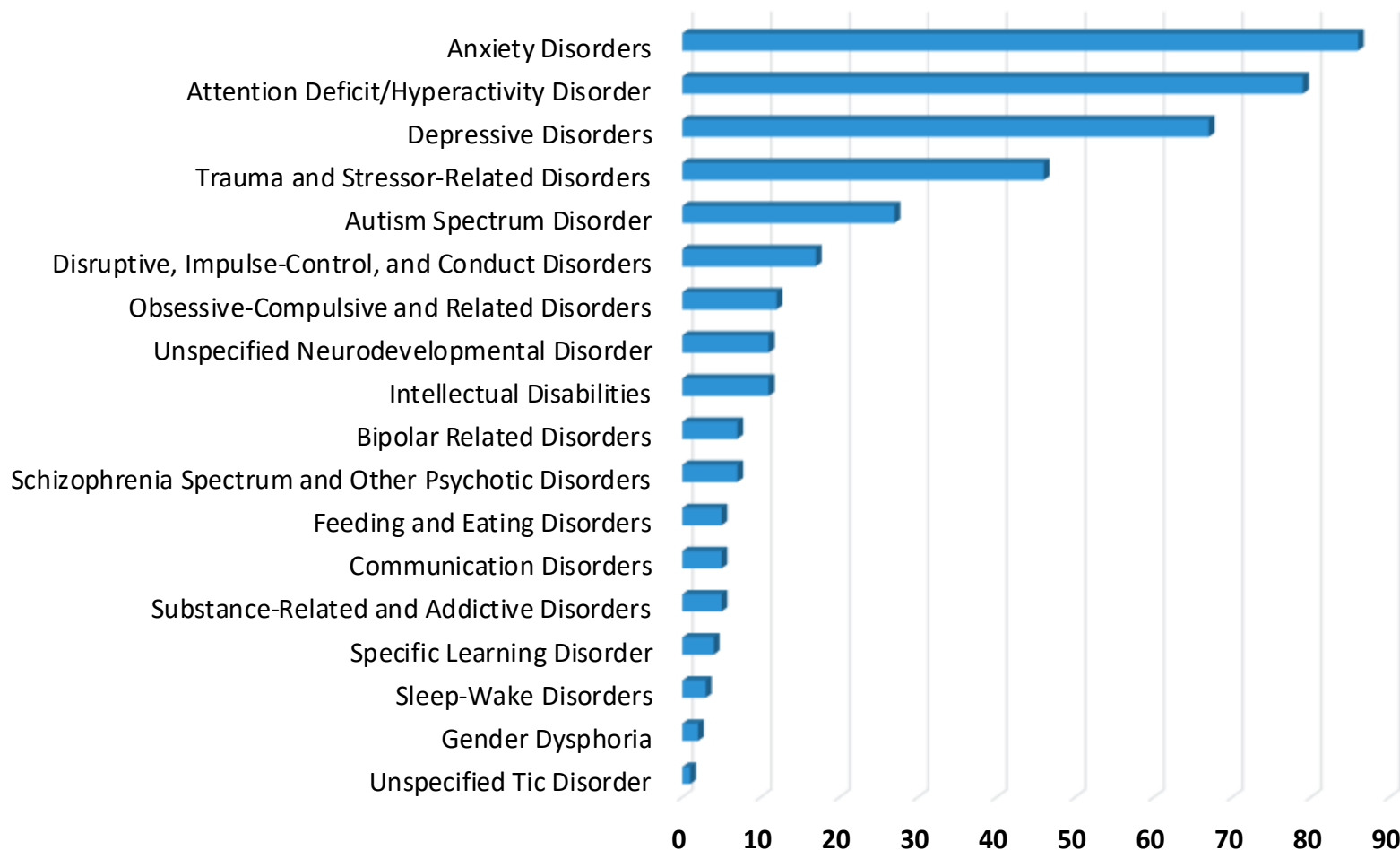
n=199



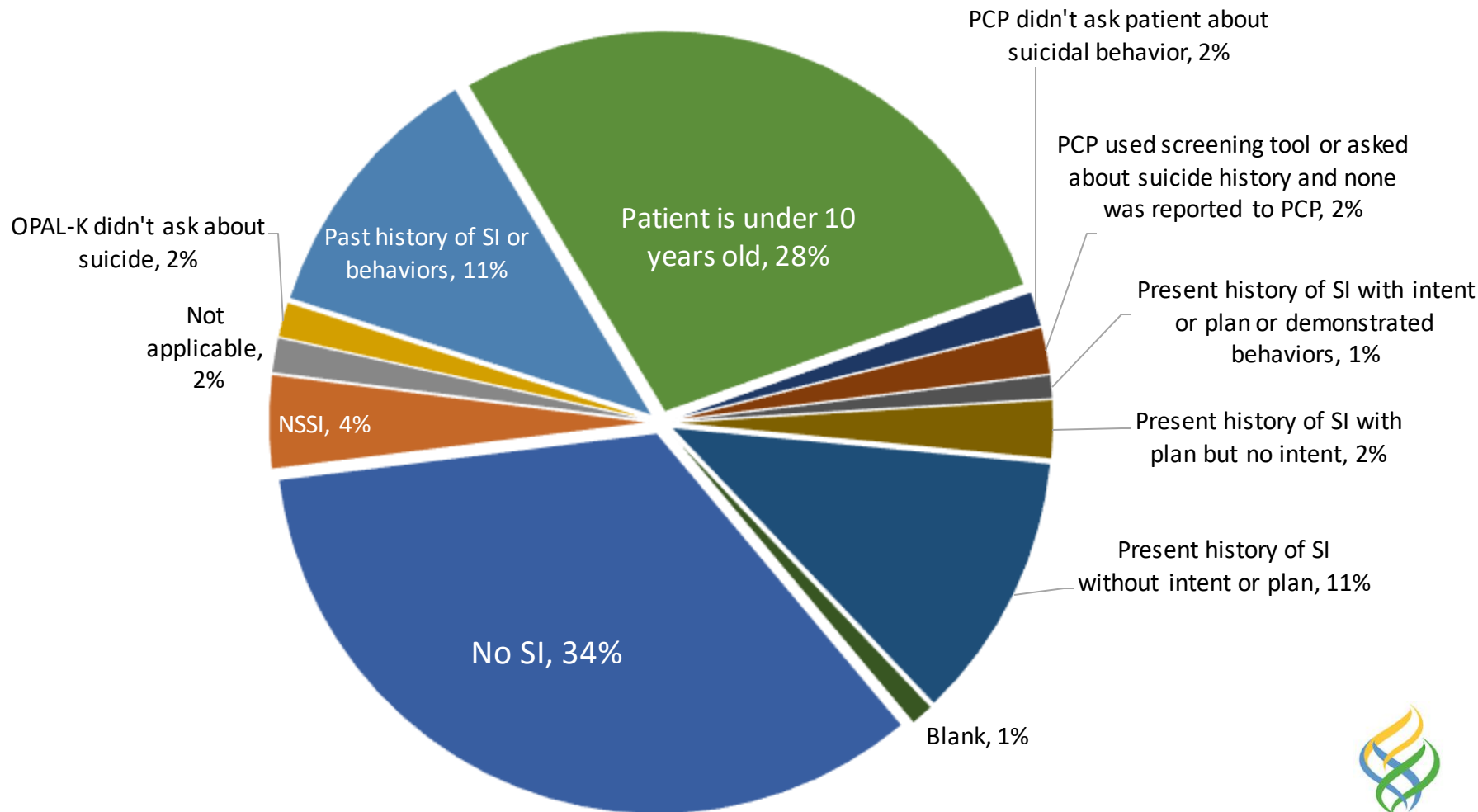
OPAL-K Rural PCPs

Diagnoses in FYE 2023

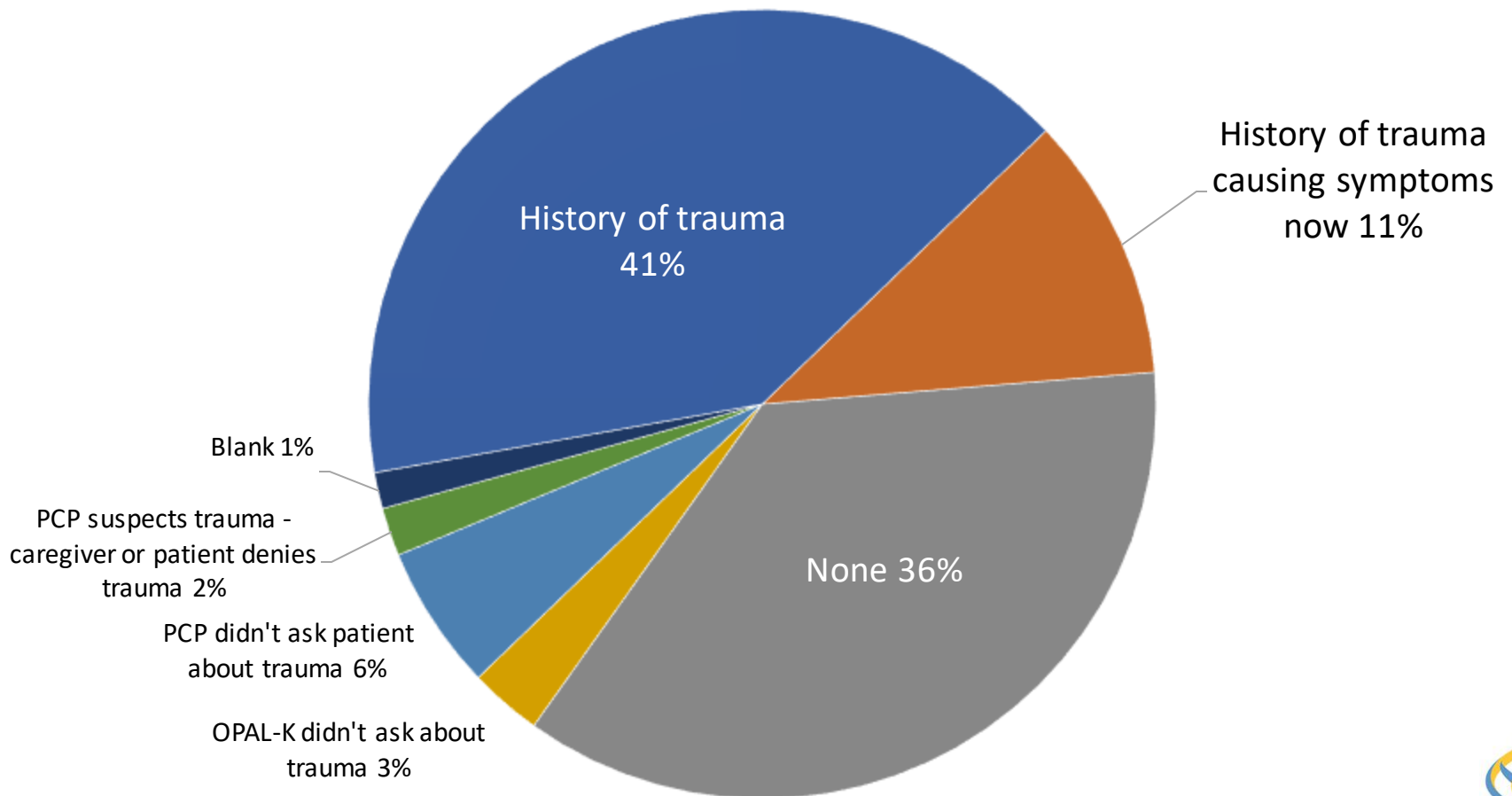
n=395



OPAL-K Rural Suicide Data FYE 2023



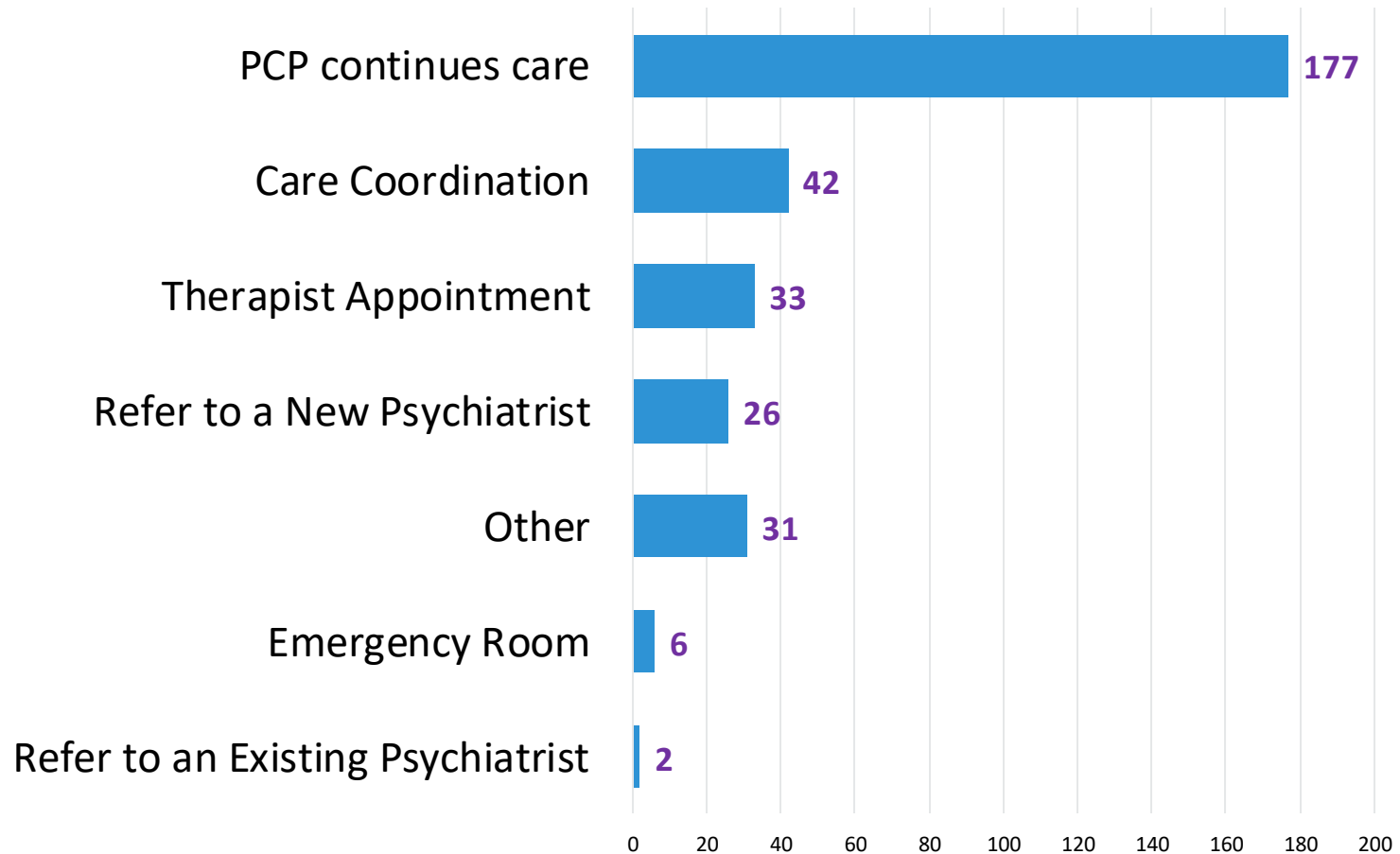
OPAL-K Rural Trauma Data FYE 2023



OPAL-K Rural PCPs

Outcomes from Calls

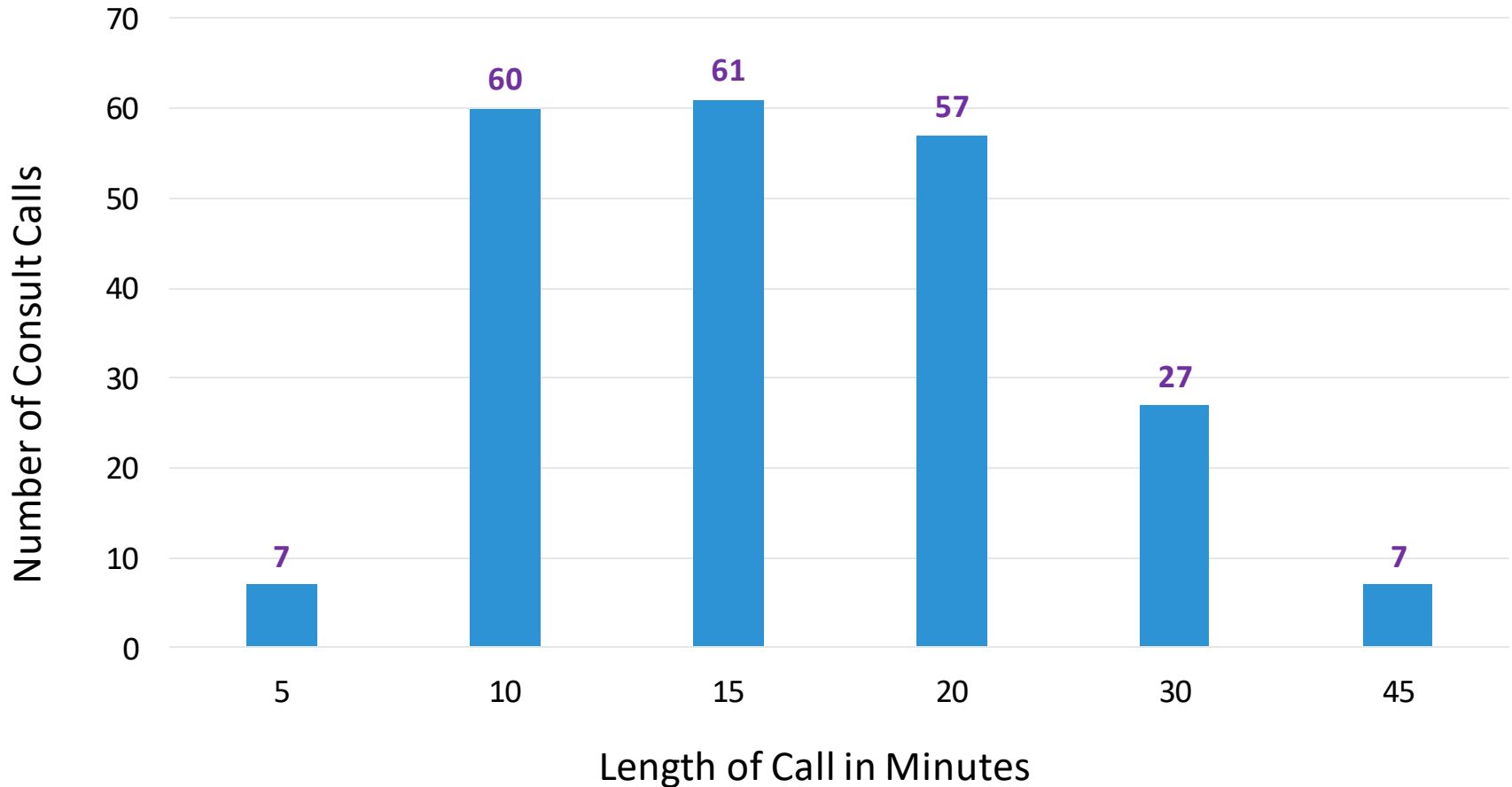
2022 - 2023



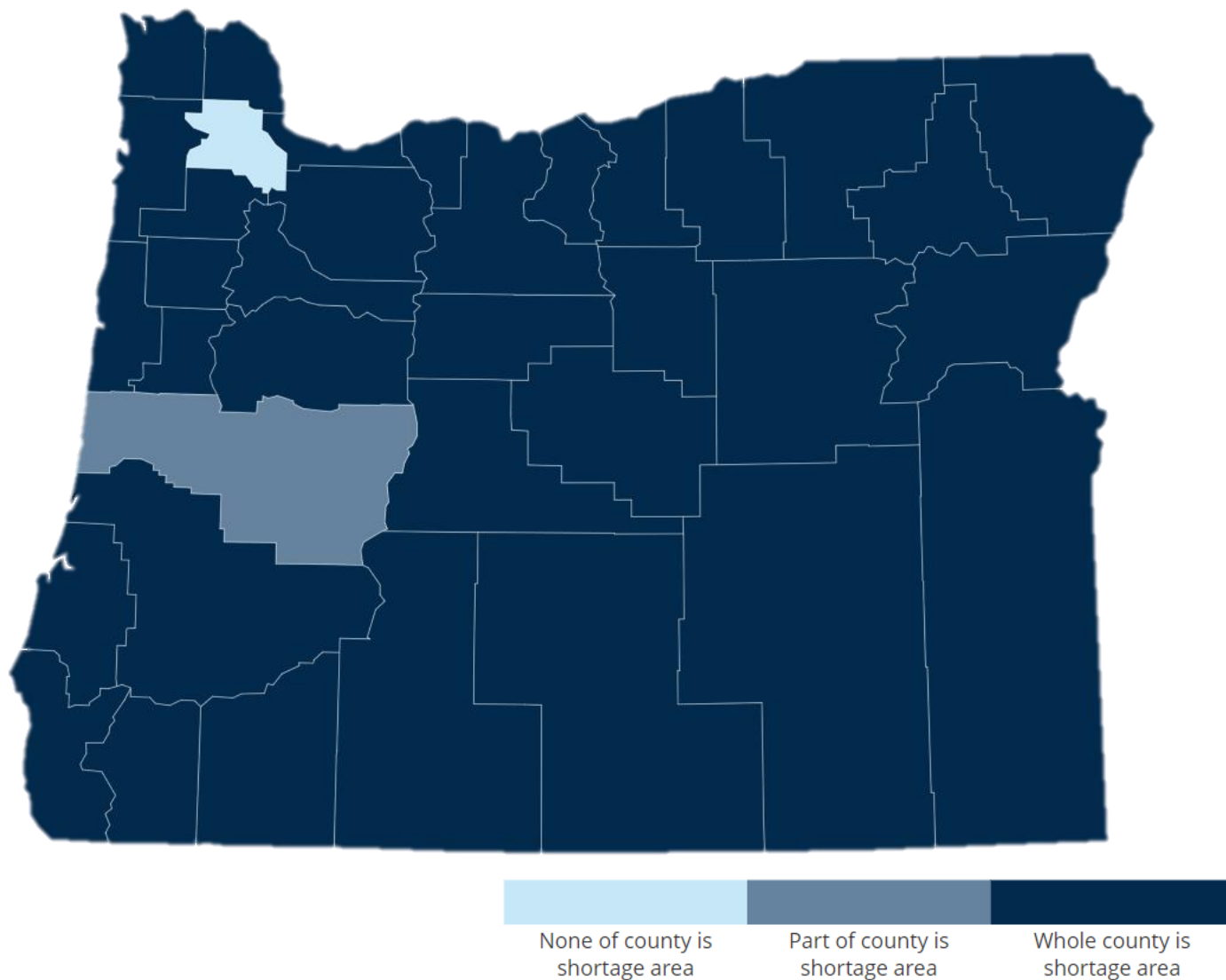
OPAL-K Rural PCPs

Length of Consult Calls

8/22 - 8/23 N=219



Health Professional Shortage Areas: Mental Health, by County, 2023 - Oregon

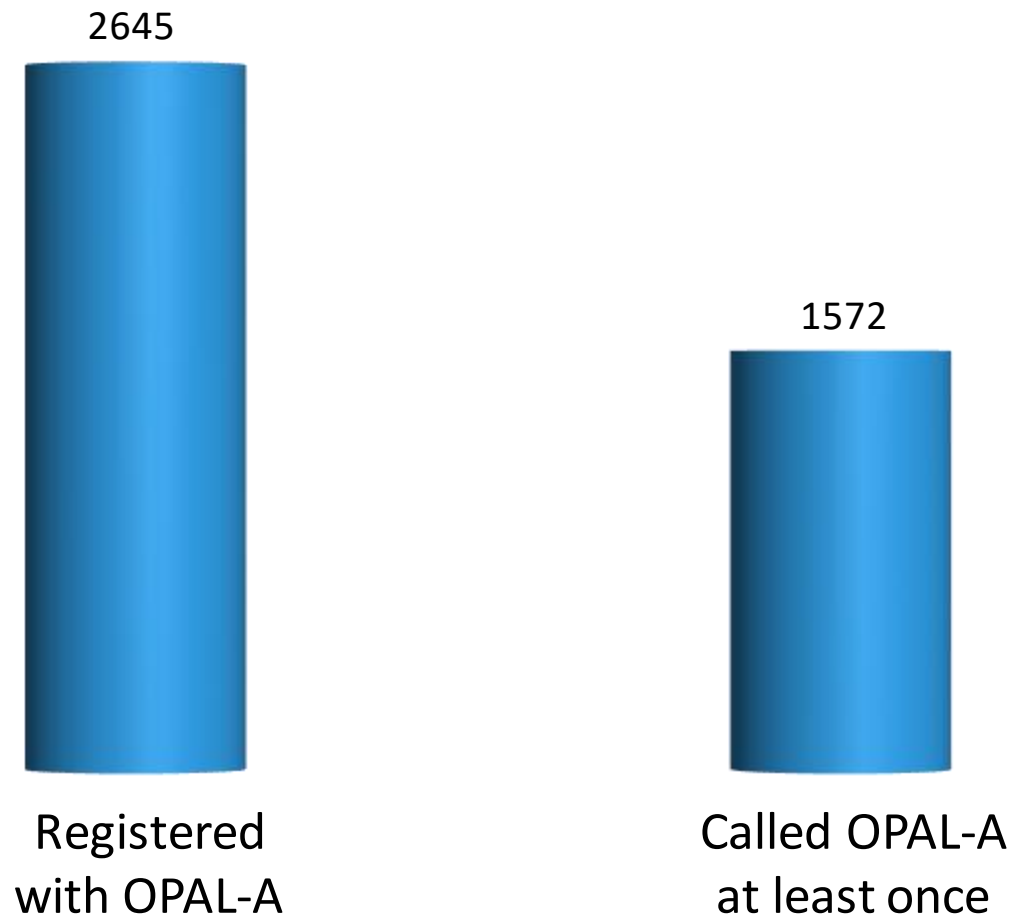


Source: data.HRSA.gov, May 2023.

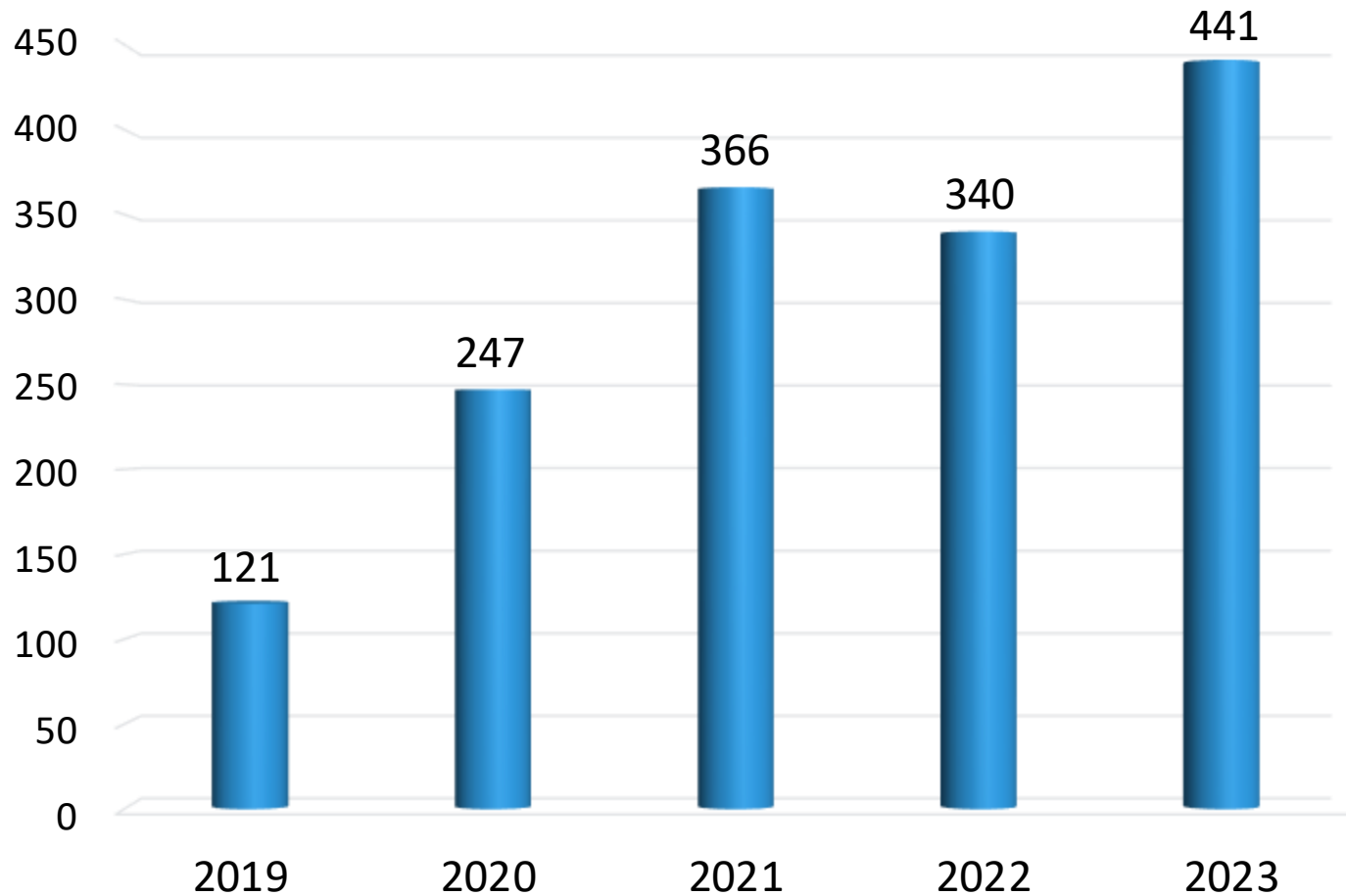
OPAL-A Rural PCPs

Registered vs. Called

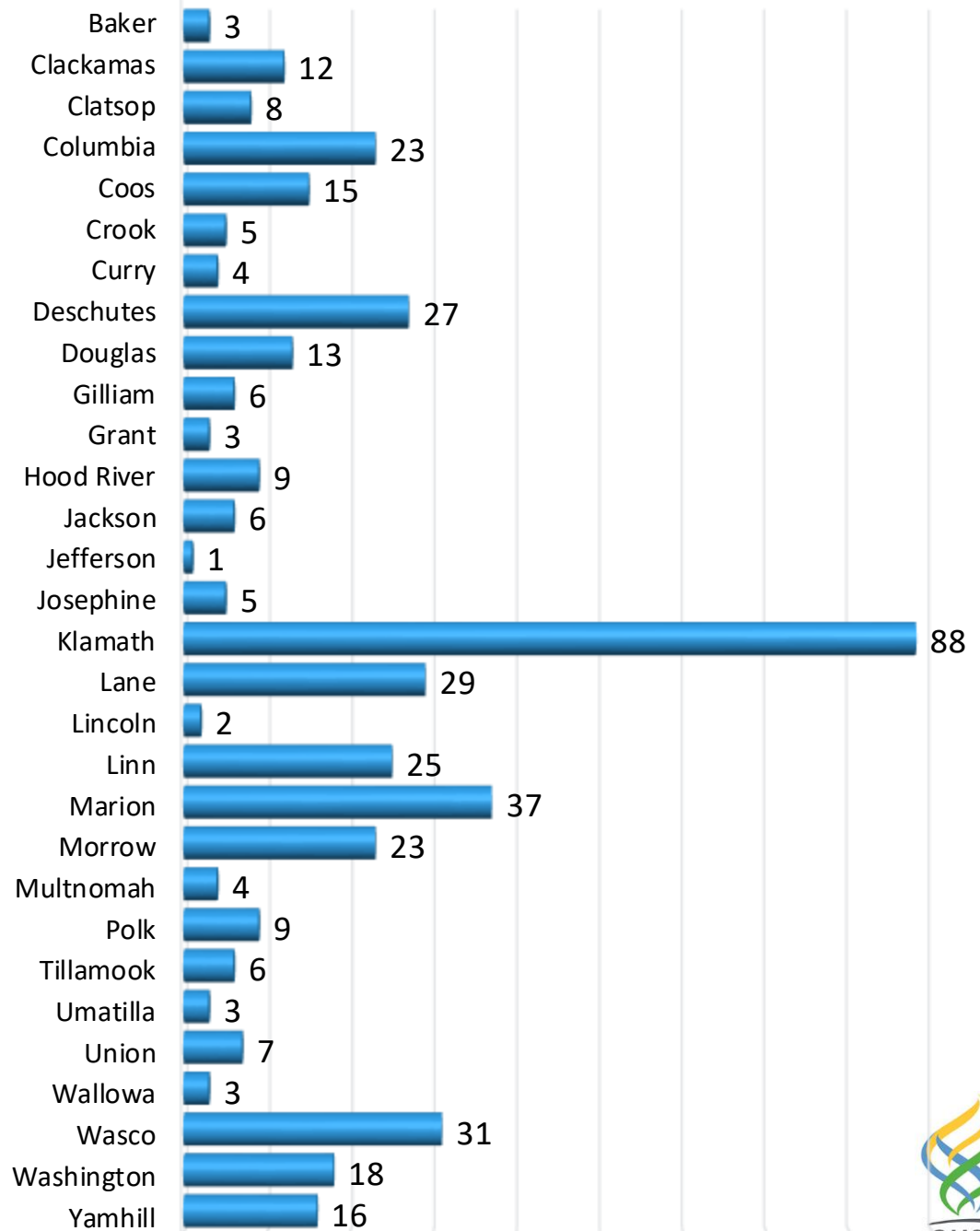
2018 - 2023



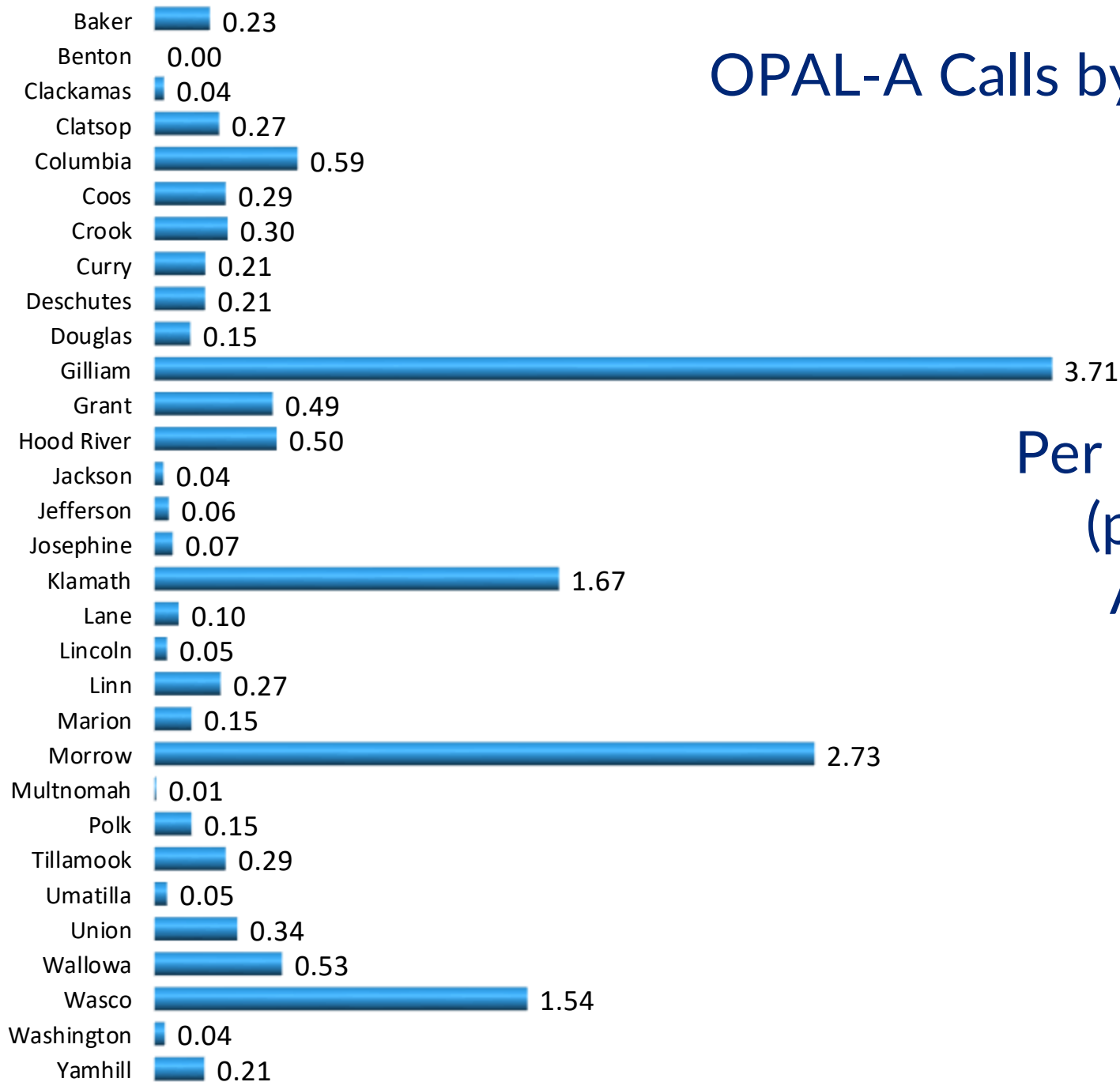
OPAL-A Calls from Rural Providers FYs 2019 - 2023



OPAL-A Rural PCPs Calls by County 2022-2023



OPAL-A Calls by County

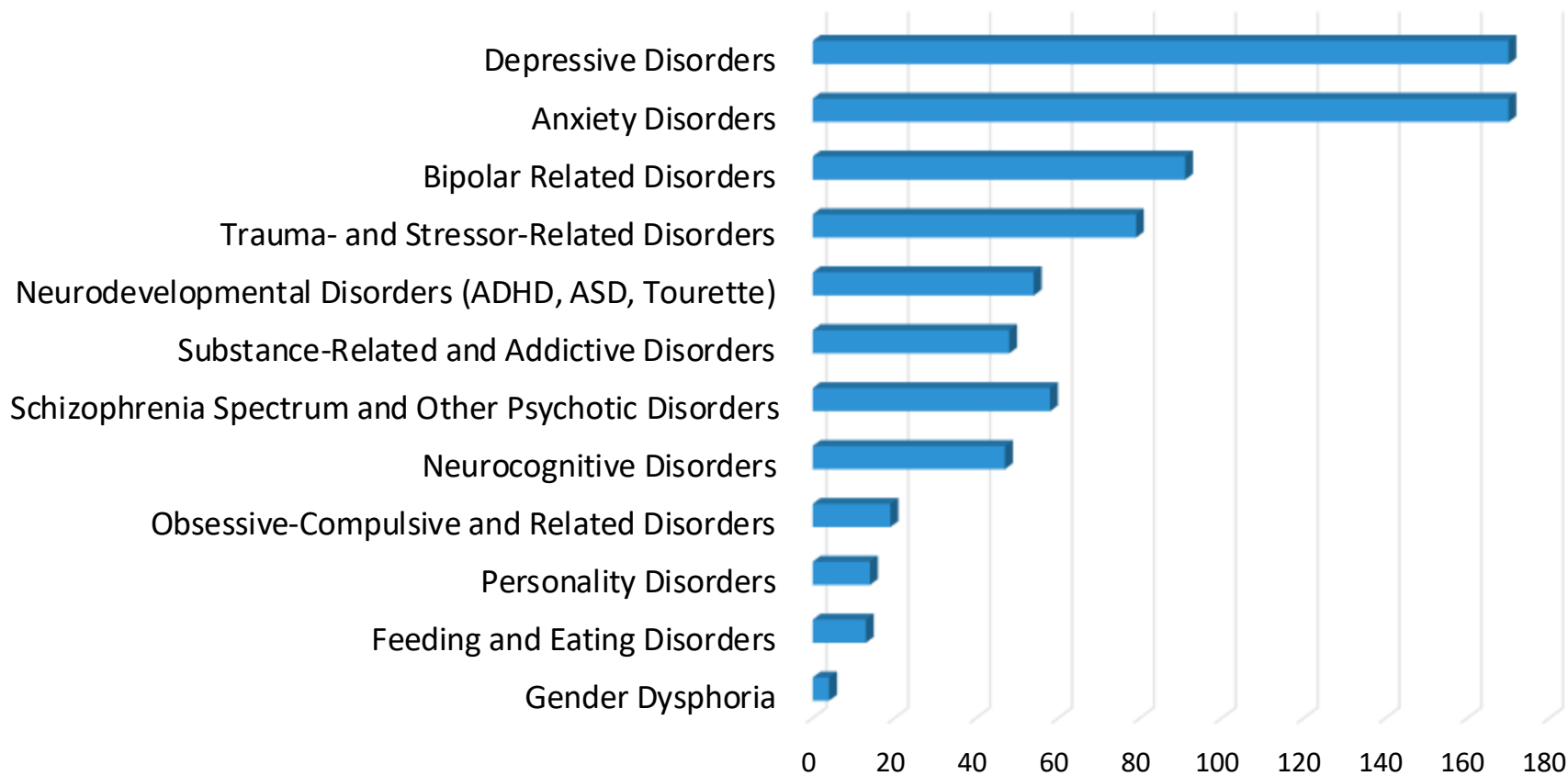


Per Capita Calls
(per 1000)
Age 18+

OPAL-A Rural PCPs

Diagnoses in FYE 2023

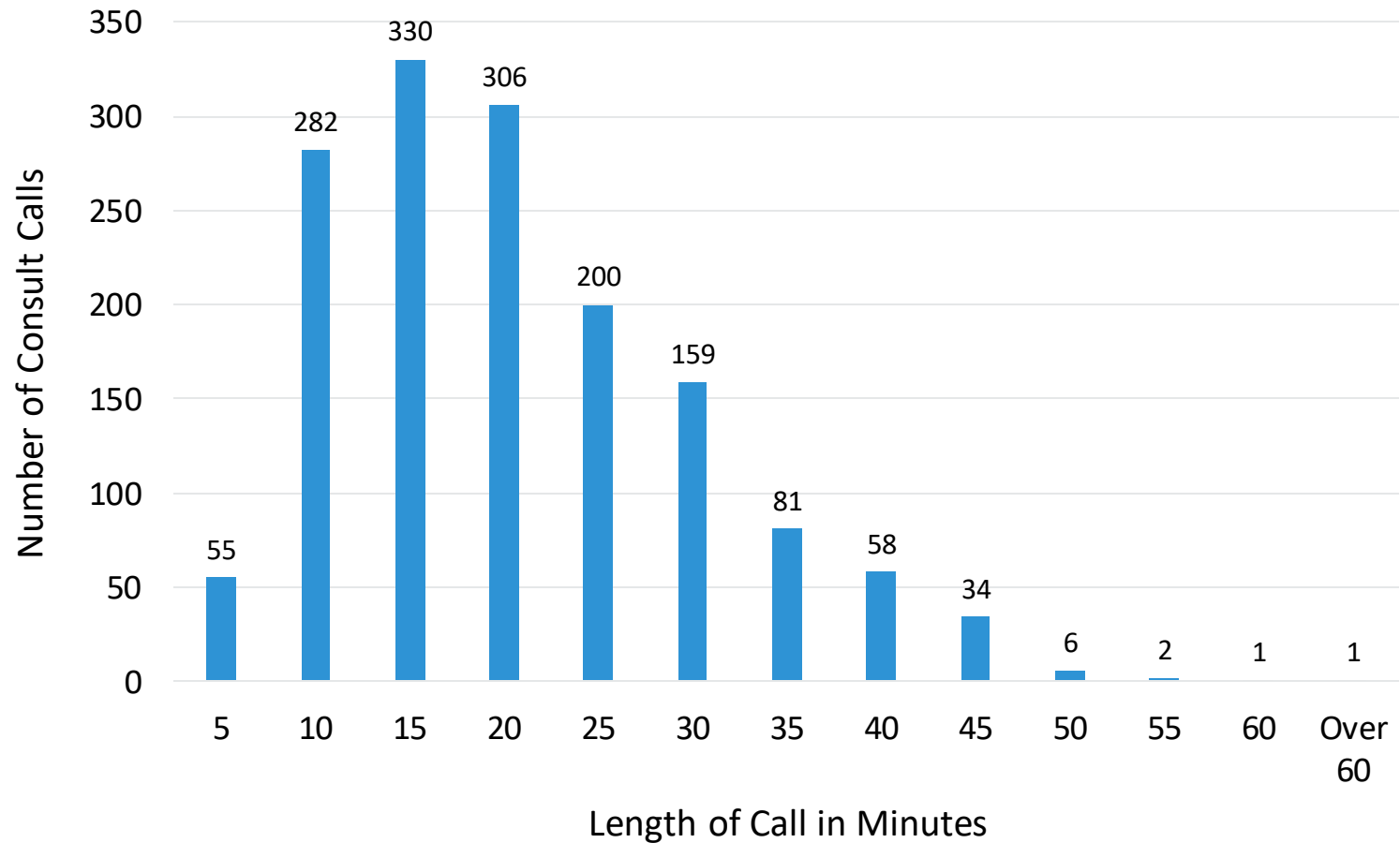
n=767



OPAL-A Rural PCPs

Length of Consult Calls

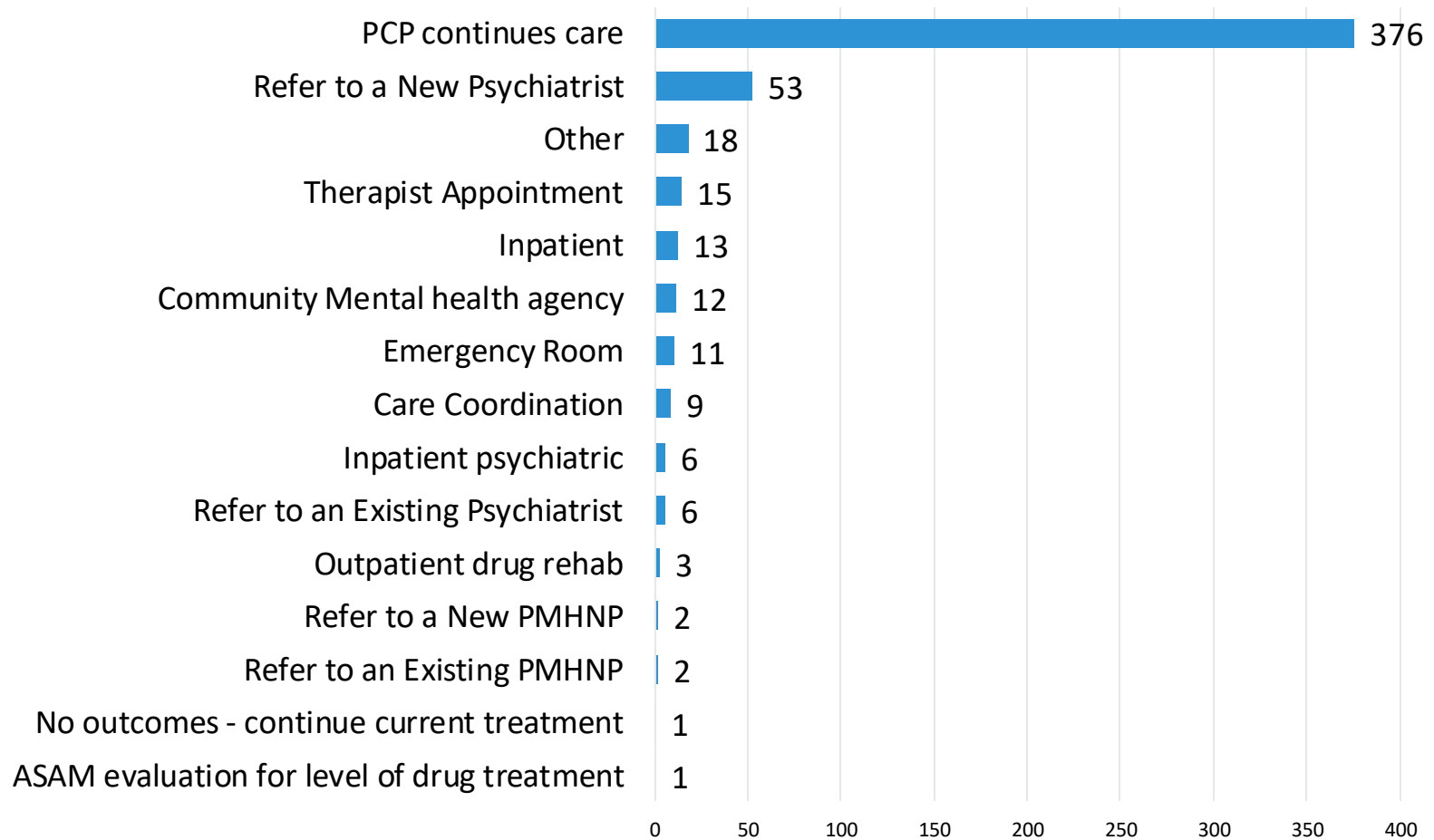
2018 – present n=1515



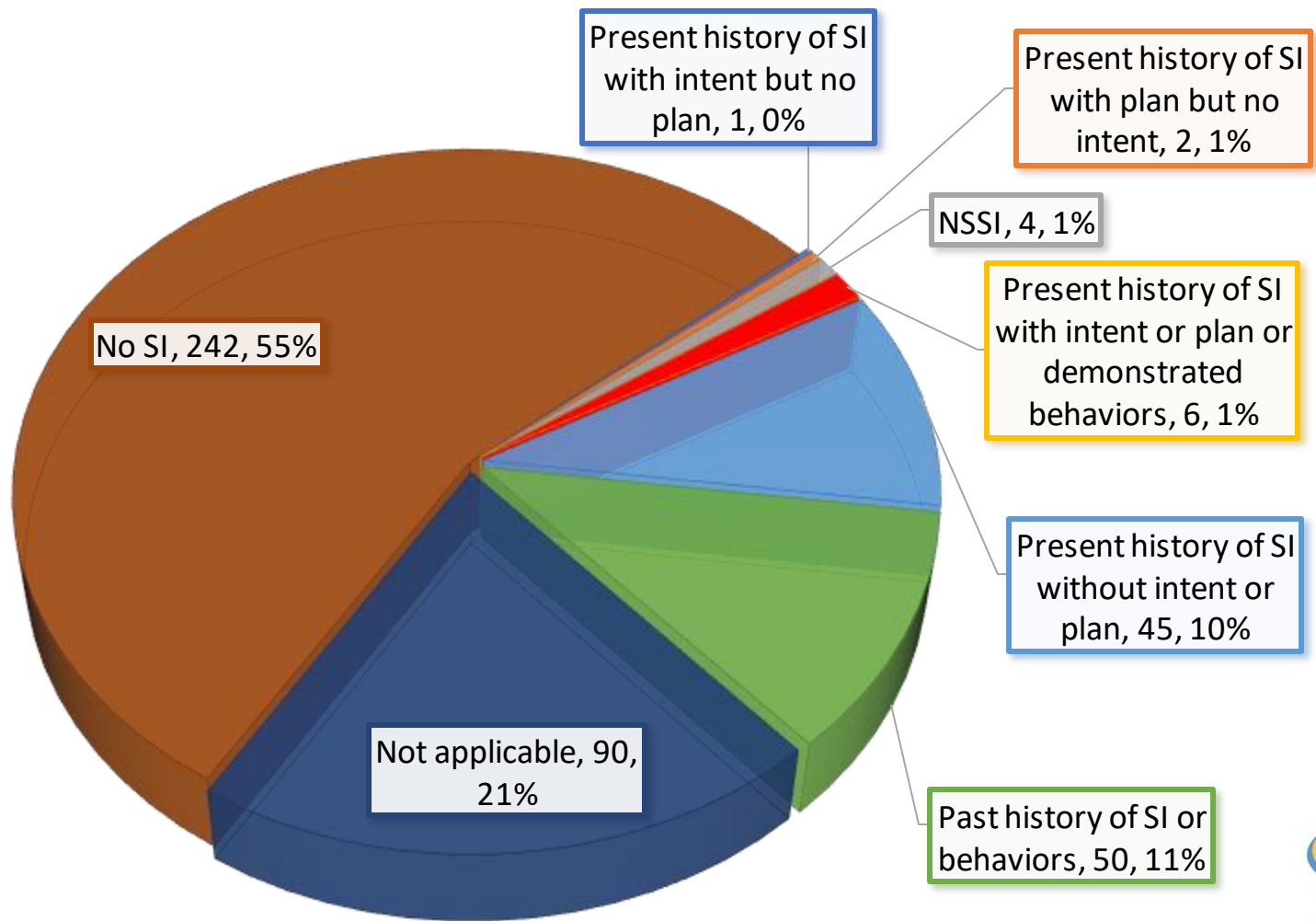
OPAL-A Rural PCPs

Outcomes from Calls

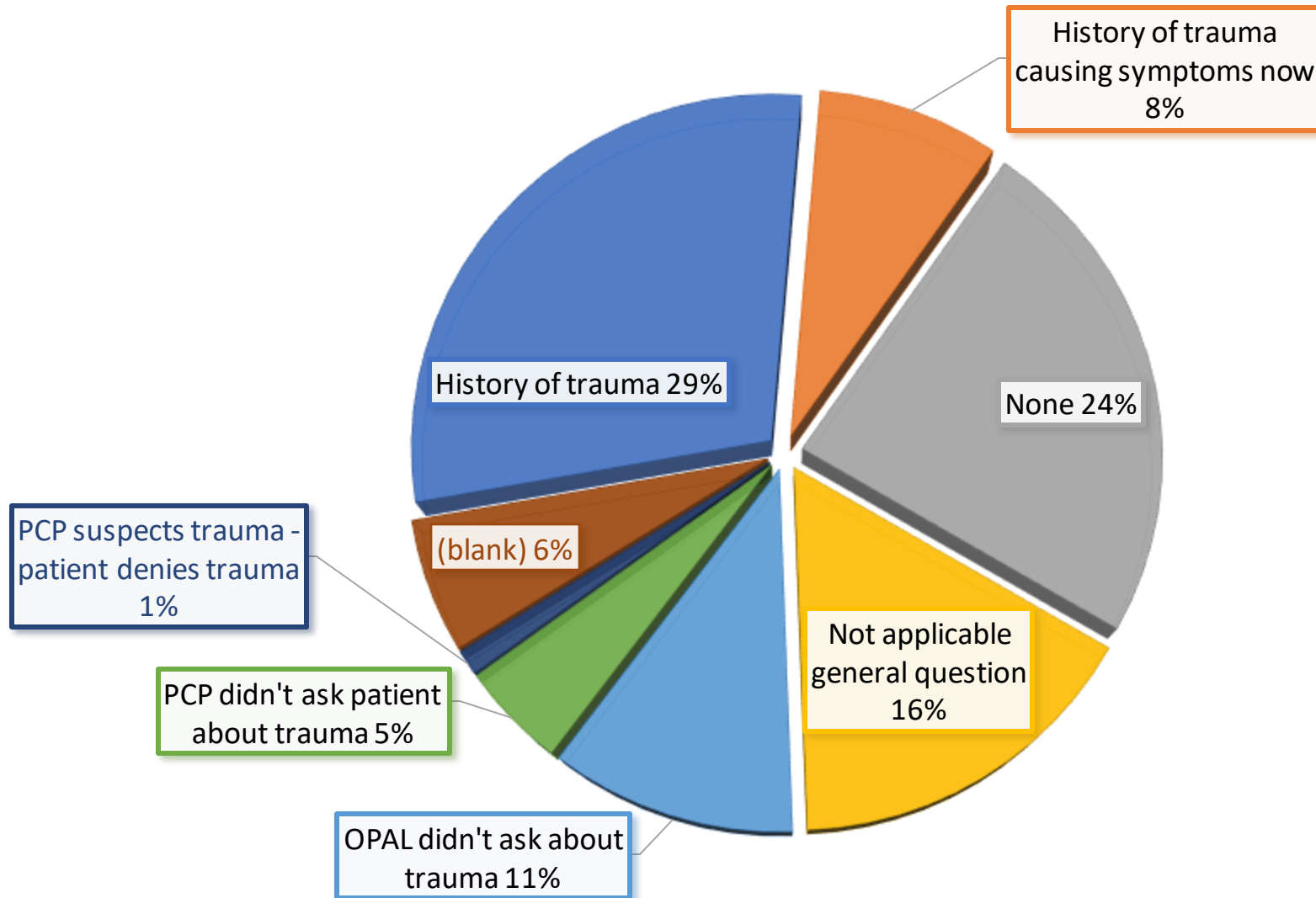
2022 - 2023



OPAL-A Rural Suicide Data FYE 2023



OPAL-A Rural Trauma Data FYE 2023



OPAL-K

Post-Service Survey Feedback from Callers

“This service allows me to care for rural teens who are willing to see me (a provider they trust and know) rather than having to leave our community to seek care elsewhere. It increases their compliance and thus opportunity for successful treatment all while make sure that I am not just dabbling in an area where I have less training and experience. Many of my patients are Medicaid, but even my patients with private insurance and significant means have a hard time finding a reputable psychiatrist willing to see them. This service is very valuable and works to provide more equitable and excellent care to rural children and teens.” MD, Jackson County MD

“OPAL-K is a fantastic resource. Being in rural Eastern Oregon, it is helpful to discuss cases with pediatric psychiatrists. Thank you!” MD, Union County

“This service is incredibly valuable for those of us in rural primary care without access to pediatric psychiatry. This is one of the best resources in the state for all of medicine.” PA, Douglas County

OPAL-A

Post-Service-Survey Feedback from Callers

"I am so grateful for the OPAL consult line! It is such an incredible service, particularly for rural areas. The OPAL consult line fills such a gap in primary care if we cannot get patients into specialty mental health care. The line is a huge asset to the state!" MD, Jackson County

"I absolutely could not take care of patients' psychiatric needs without OPAL. I am a relatively new grad DNP/FNP (from OHSU!) at a rural clinic. For various unanticipated reasons, I am often the only provider there. We had a psych NP available for a limited number of telehealth intake visits, but she recently quit. I cannot thank you enough for your assistance. It makes a huge difference. It is so good for my mental health too! Huge thank you!!!!!!" FNP, Elmira County

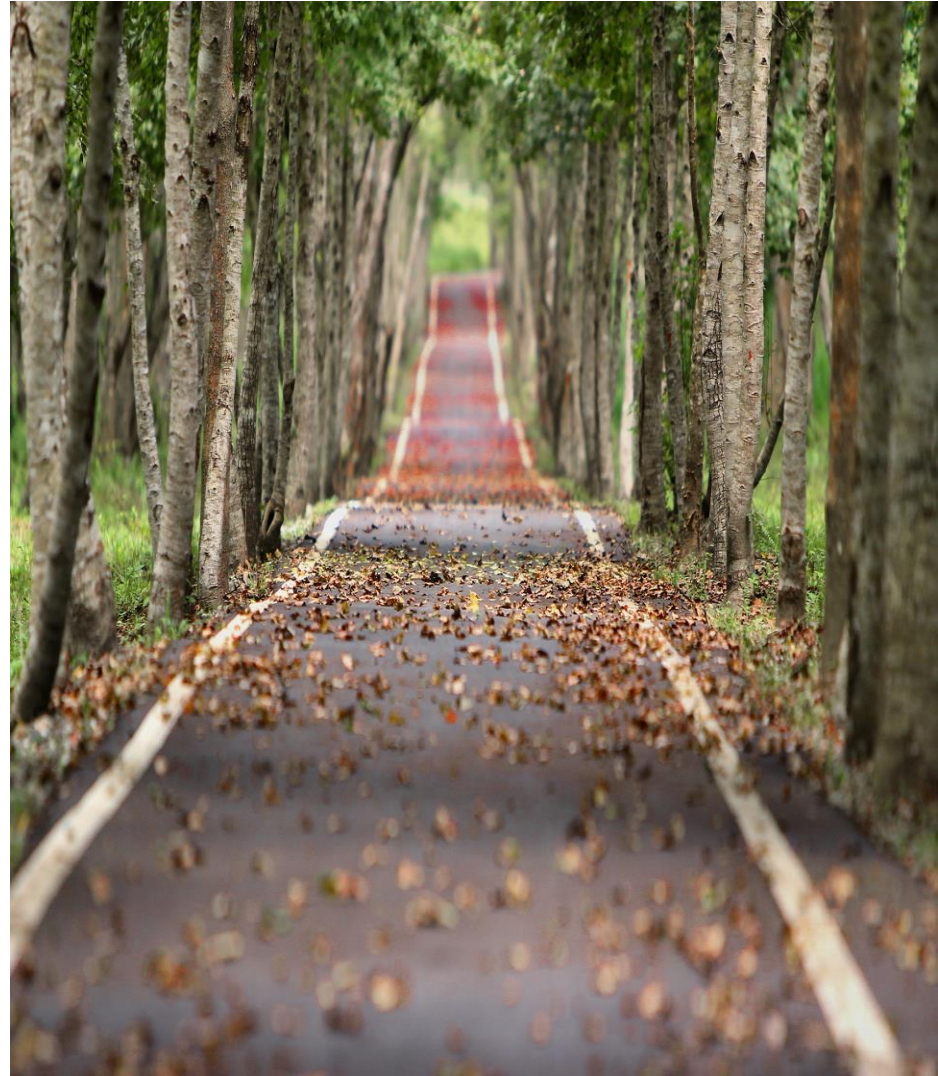
"Love OPAL. So valuable, especially for rural PCPs with poor access to psychiatric care." MD, Klamath County

Future Directions for OPAL

E-Consults

Telepsychiatry

Your ideas?



Your Ideas?



OPAL grew out of a desire to fill unmet needs

OPAL's nature has already generated several adaptations

In what ways can OPAL continue to evolve to best meet your needs and the needs of Oregon clinicians?

Welcome to the Oregon Psychiatric Access Line (OPAL)

OPAL-K about Kids

OPAL-A about Adults

Phone

Toll-Free: [1-855-966-7255](tel:1-855-966-7255) ↷

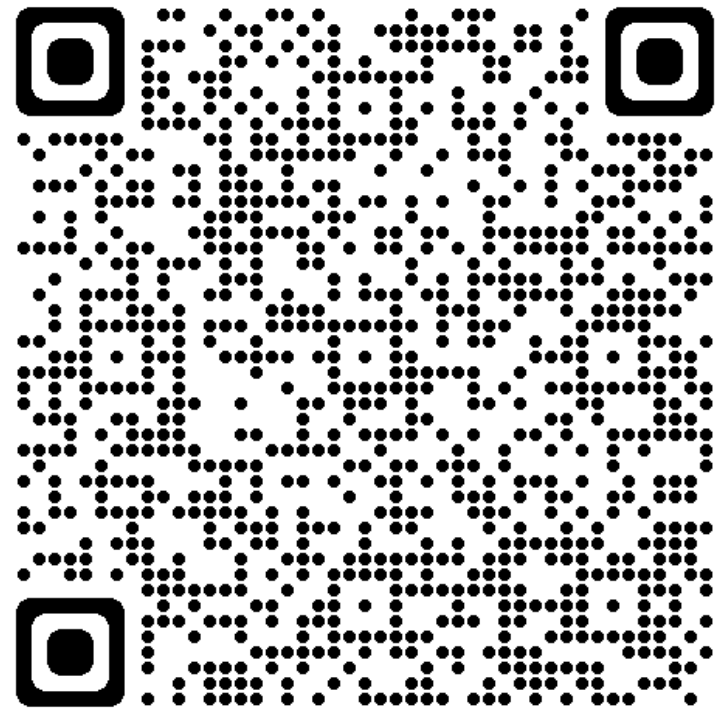
Portland Metro: [503-346-1000](tel:503-346-1000) ↷

OPAL call center hours

9 a.m. – 5 p.m.

Monday through Friday, excluding major holidays

OPAL is not a walk-in clinic or in-person referral site



Call for Backup!



Thank You

