

JAN. 26, 2023

MIMind Memorandum



WELCOME TO 'THE MEM'

Welcome to the *MI Mind Memorandum*, a newsletter for providers participating in the MI Mind Collaborative Quality Initiative (CQI). We'll deliver "*The Mem*" to your email box about once a month, with flexible timing determined by the news we have to share. Our goal is to keep you up-to-date on key MI Mind dates, events and training opportunities, new information and resources that you can access on our website www.henryford.com/MIMind, and introduce you to your fellow MI Mind providers and members of the MI Mind CQI team. Should you have any questions or suggestions for the MI Mind Memorandum, please contact Program Manager Heather Omdal, homdal1@hfhs.org.

VISIT OUR WEBSITE

Last fall we proudly launched the MI Mind website, www.henryford.com/MIMind. We are excited about the content and the ability to give you easy access to our [Partner Portal](#). In the future, the portal will allow you to view progress reports, answer surveys and questionnaires, download documents and complete other tasks. More information will be provided in training and the MI Mind Memorandum.

Please take a few moments to check out the website, especially our Tools & Materials page, <https://www.henryford.com/mimind/patienttools>. You'll find materials you can use with your patients and during patient assessments, and resources to help you use and understand the MI Mind protocols in your practice.

VOLUME 1, ISSUE 1

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MI MIND RECRUITMENT UPDATE

In February, the MI Mind team will offer a common application to recruit provider organizations to the CQI. Provider organizations can complete the application at any time; all completed applications will be processed annually between March and April for the opportunity to participate in the CQI. The application will be available in February on the [MI Mind web site](#).

CDC REPORT REVEALS RISE IN DEATHS BY SUICIDE

Provisional data from CDC's National Center for Health Statistics indicate that both the number and the rate of suicides in the United States increased 4% from 2020 to 2021, after two consecutive years of decline in 2019 and 2020. The increase in suicides was higher among males (4%) than females (2%), as was the increase in the suicide rate (+3% for males and +2% for females). The largest increase in the rate of suicide occurred among males ages 15-24 with an 8% increase. Suicide rates also increased for males ages 25-34, 35-44, and 65-74. Source: <https://www.cdc.gov/nchs/data/vsrr/vsrr024.pdf>.

If you are aware of providers and practices from your organization interested in joining MI Mind, please direct them to contact your organization's administrative leadership. As a reminder, practices should meet the following criteria:

- Serve an adult (18 years and older) population
- Support integrated models of behavioral health and primary care
- Retain Physician Group Incentive Program (PGIP) Affiliated Provers: Primary care physicians with Patient Centered Medical Home (PCMH) designation, psychologists, psychiatrists

WHAT IS A 'SITE CHAMPION?'

Each MI Mind participating practice assigns a Site Champion for the CQI. An ideal Site Champion is a physician or established clinical leader in the practice who is engaged, energetic, and passionate about the intersection of behavioral and physical health. This individual supports the advancement of best practices and communicates performance, quality initiatives and educational information to members of the practice. They attend all training sessions with the MI Mind team, identify successes and work through barriers at their site.



While an office manager or medical assistant may be willing to be a Site Champion, for this CQI a Site Champion should be a physician or clinical leader with experience working at the practice and leading their colleagues.

- Primary Care Site Champions are current role models and leaders in their practices. This physician should have an innovative spirit, engage in supporting and encouraging their team, and have a heart for improving mental health.
- Behavioral Health Site Champions are psychiatrists or psychologists who are current role models and leaders at their practices. They should work collaboratively with other members of their team, including social workers, and be familiar with clinic processes and protocols.

If you have questions or need assistance selecting a Site Champion at your practice, contact Program Manager Heather Omdal, homdal1@hfhs.org.

Provider Profile: R. Troy Carlson, MD, Answer Health

R. Troy Carlson, MD, founder of [Family Tree Medical Associates](#) in Hastings, Mich. (near Grand Rapids) participates in MI Mind through his provider organization, Answer Health. He says the MI Mind Collaborative Quality Initiative (CQI) offers him and his practice “a focused opportunity to settle for nothing less than 100 percent in preventing suicides.” Having an active plan at the point of care for patients at risk is not new to Dr. Carlson or his team, but he says MI Mind refines education and practice for suicide prevention: “MI Mind is exacting in terms of how we care for patients at risk. When a patient is in that dark place, we can learn how to reach down into their ‘cave’ and physically pull them out. The hard part is that sometimes, they are not even strong enough to lift their hand. That’s when we jump down there with them and let them know we can help.”



After completing two training sessions, Dr. Carlson says he found the background and the “why” behind MI Mind invaluable. “We have been a Patient-Centered Medical Home (PCMH) since 2009 and the MI Mind concepts support similar aspects of our care. But MI Mind brings forward updated information and energy to a subject that is hard to approach.” The MI Mind team also recognizes that past experiences with suicide, both personal and professional, can affect providers. “They understand most of us have been affected by previous experience and loss from suicide, and in training give credence to how that can affect you,” says Dr. Carlson.

As with any new program, finding the time to devote to it can be a barrier, but Dr. Carlson considers MI Mind an opportunity for excellence. “There is nothing more important than preventing a life-threatening event, whether it is a heart attack, stroke, or suicide. That life is so valuable to us, to their family, and to the community.”

MI Mind Team Spotlight: Heather Omdal, MPH



If you’re participating in the MI Mind CQI, you’ve already met Heather Omdal, MPH, program manager for MI Mind. Omdal joined MI Mind in September 2021 and since then, has built the MI Mind team and led the evolution of the program from concept to launch and now, during its pilot year. “My priorities are to make sure we create and grow a program that is helpful for providers and saves patient lives,” she says. “From training and education to our [website](#), our entire team has worked for consistency, cohesiveness and effective operations.”

Omdal is a synthesizer, and while she knows a little – or a lot – about every aspect of MI Mind, she trusts the expertise of the MI Mind team to make the vision happen. Her favorite part of her work is the people. “MI Mind providers have been so receptive to learning about the CQI and passionate about their patients,” she says. “We receive great feedback and appreciate all the ways they have helped us build out our learning collaborative.”

As the CQI continues to advance, Omdal continues to find ways to pair mental health and physical health care. “The more you link them together, the more you can support the providers in caring for both with their patients,” she says. “By putting patient care and providers first, we can develop initiatives that make sense for the challenges faced by providers, offering better support for them and their patients.”

[Learn more](#) about Heather Omdal and the entire MI Mind team.

CONTACT US

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