

## **Maine AAP Conference**

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### A Model of Integration

- Compass Medical Behavioral Health
  - Multi-disciplinary teams in EI set a foundation for a career
  - Created a model based on lack of access
  - Growth, culture change, data to support integration
  - Health Care Reform and Quality Measures
- Continuum of Care
  - See flow chart
  - BH in the EMR
    - Early Success and Challenges
- Food and Mood
  - 5 week psycho-educational group with the goal to affect Chronic Disease
  - Identifies emotional and stress eating, using food to cope
  - Replaces these behaviors with Positive Coping Skills
  - Teaches the foods that increase anxiety and depression and those that decrease
  - Why shift from highly processed and packaged foods to whole foods to organic