



Hill Country Community Clinic

A small rural health clinic
located in beautiful Shasta
County in Northeastern
California.

See our website at

www.hillcountryclinic.org

We offer Family Practice Medical Care, General and Preventive Dentistry, Family and Individual Counseling to the communities of Round Mountain, Montgomery Creek, Big Bend, Oak Run, Bella Vista, Burney and beyond.

In 2007 we served 2604 patients and provided 13,877 visits.
Of the 1,829 patients in our medical and counseling clinics, 68% had a mental health diagnosis.

Approximately 54% of our patients are covered by Medicaid or Medicare
30% are uninsured – most qualify for our sliding fee scale.

Where We Started

- HCCC has offered mental health services since 1986
- Primary care setting has reduced stigma in our small town setting
- Practicing the integrated model since 2001
- In 2006, had 1.4 FTE LCSW's
- Influx of patients when SCMH reduced services in rural region
 - 31% increase in counseling pts
 - 14% increase in serious Dx
- As a result, added .6 LCSW, but demand still outpaced capacity



Contract with Shasta County Mental Health

Target Population

- Adults and children with serious mental illness and their families
- People requiring mental health services, outreach and support which are not covered by any other funding source

Resources: \$175,000

- LCSW
- Case Manager
- Mental Health Aide

Deliverables:

- 1,000 LCSW visits
- 10 FSP's
- Integrated primary health care

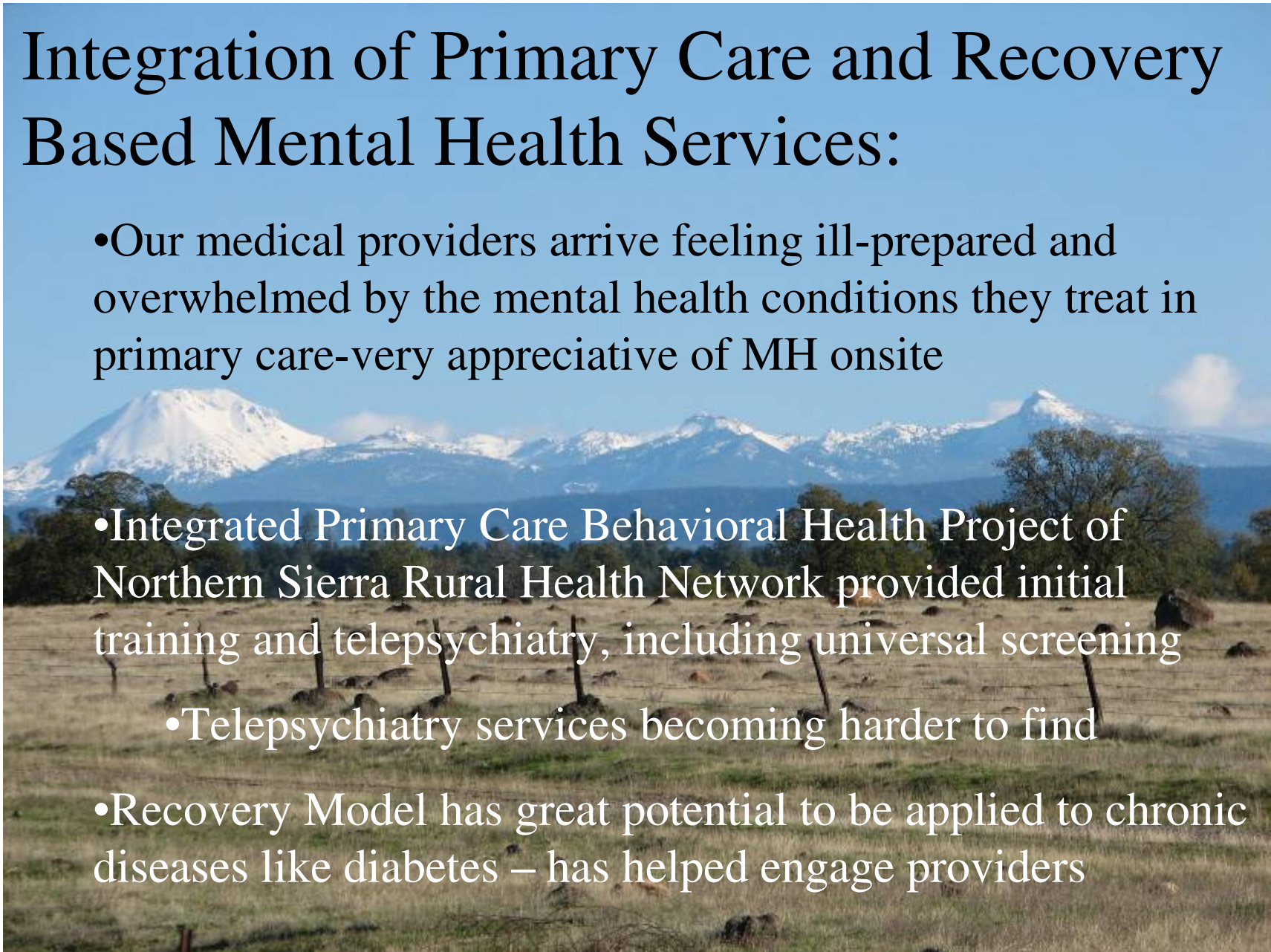
Integration of Primary Care and Recovery Based Mental Health Services:

- Our medical providers arrive feeling ill-prepared and overwhelmed by the mental health conditions they treat in primary care-very appreciative of MH onsite

- Integrated Primary Care Behavioral Health Project of Northern Sierra Rural Health Network provided initial training and telepsychiatry, including universal screening

- Telepsychiatry services becoming harder to find

- Recovery Model has great potential to be applied to chronic diseases like diabetes – has helped engage providers



Challenges:

- Case Management available for the first time – we are facing a tide of need
- How do we provide intensive services for FSP's
 - Support services almost non-existent in region
 - SCMH recently contracted with another community based organization to provide housing and employment supports for our clients.
 - Currently developing the mechanisms for sharing clients outside Redding-sharing treatment records, referrals, etc.
- Data needs came into picture late – since we only have 10 FSP's we are willing to develop as we go, hoping to break ground for larger clinics

What's going well.....

- More people getting care, including case management
- Reduced waiting times for people in need
- Integration of primary care and mental health care
- MHARC provides opportunity to create a true community mental health system, including the rural parts of Shasta County
- Clinic and SCMHC communicating openly and in good faith
- Clients able to obtain care in a setting where they are comfortable
- Shared trainings
- Development of recovery culture at HCCC
 - MHS Wellness Program
 - Hill Country Health and Wellness Center

Now, implementing Intermountain Wellness Program

- Based on the Recovery Model from **The Village**, and HCCC's own philosophy
- \$150,000/yr for 18 months, hopefully renewable
- Consumer and family developed and driven
- Developing community partnerships to establish a true COMMUNITY based mental health system



Our goal:

Happier, healthier lives
for people with mental
illness and their families

Objectives

- Healthy activities, supports and training for people with mental illness and their families; part-time centers in Burney and Round Mountain
- Wellness Recovery Action Plans for all participants who want them
- Development of a network of peer and community support to sustain people through hard times
- Development of a new group of community activists to advocate for themselves, their loved ones and their communities for services and policy change

Where we're going.....

*All of these services available at
Mill Country Health and Wellness
Center, for all people, regardless of
funding stream or pay type.*





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