



SERVICE AREA

Lane County

MEMBERS SERVED

84,497 Oregonians

FEATURED PROGRAM

Trillium received national recognition for an innovative program known as the Good Behavior Game. The game is an effort between community health organizations and school districts to educate children on healthy behaviors. Administrators found that students who participate are more focused and reap long-term benefits. Studies have shown the game can reduce smoking rates among kids by 26 percent.

WEBSITE

www.trilliumchp.com

VIDEOS

Trillium partnered with Bethel School District to implement the “Good Behavior Game.” It keeps children focused, engaged and increases their self-regulation skills, making them less likely to pick up dangerous habits like smoking. It also created a program to help pregnant woman stop smoking and trained providers to assist patients in their cessation efforts.

The Good Behavior Game

<https://vimeo.com/86040872>

Smoking Cessation

<https://vimeo.com/84915370>

Pregnant Moms Program

<https://vimeo.com/86040871>

FACEBOOK PAGE

www.facebook.com/TrilliumCHP

Making integrated care a reality

In 2014, Trillium launched the Trillium Integration Incubator Program (TIIP) to pilot a new model of integrated health care for its members. The program tested a progressive, holistic approach to physical care and behavioral health at eight clinics — and it was so successful that Trillium has standardized the integrated model of care, effective April 2016.

Of the eight medical homes that received program startup grants from Trillium, four were primary care clinics and four were behavioral health clinics. Each clinic now includes both physical health and behavioral providers on their care teams, vastly increasing community access to a full range of health care resources.

“This approach gets the right care to the right patient at the right time.”

Here’s how it works: If a member arrives at an appointment to discuss treatment for diabetes and the primary care physician notices symptoms of depression, that member can see a mental health specialist for a same-day visit. In the same way, if a member comes in for mental health services and the provider learns about a physical health issue, a primary care provider is available to assess and treat the person on the spot.



Providers share clinical information and patient medical data in one place, working together to provide holistic care.

This isn’t just an added convenience for Trillium members. It can make the difference between receiving care — or not.

According to TIIP program head and Trillium’s Behavioral Health Medical Services Director Lynnea Lindsey-Pengelly, Ph.D., MSCP, this program bridges the accessibility gap for many members who struggle to show up for appointments. Integrated care increases the likelihood that after patients walk in the door to see mental health providers they already know, they’ll feel comfortable staying to receive the additional care they need. This is also true in the primary care clinic, where patients may access behavioral health services without the possible stigma of going to a mental health agency.

The feeling of safety and the knowledge that staff are adapting to accommodate their needs and changing schedules truly creates access to care — and keeps high-risk members out of the expensive emergency department.

“This system is cost effective for Trillium because it greatly reduces inappropriate visits to the emergency department and hospital admissions,” Dr. Lindsey-Pengelly says. “While it is too preliminary to be exact, we can already tell that the savings will jump off the page for our behavioral health medical homes.

“This is a very progressive approach to health care that defines what transformation really means. This approach gets the right care to the right patient at the right time.”



Serving 84,497 Oregonians living in Lane County