
Peer Navigation Demonstration Program



Center for Public Mental Health
Research

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Center for Public Mental Health Research

The Center for Public Mental Health Research at Boston Medical Center is dedicated to reducing disparities in health and health care experienced by traditionally underserved populations, especially people with severe and persistent mental illness

Background

- Approximately 22.4 million individuals are diagnosed with serious and persistent mental illness (SPMI)¹
 - Life expectancy in individuals with SPMI is 25 or more years less than the general population²
 - An estimated 60% of those with SPMI die from preventable diseases¹
 - Mass. DMH reports from 1998-2000 revealed a three-fold difference in mortality in individuals with SPMI between the ages of 25-44 (cite?)
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Peer Navigation Intervention

- Intervention Aims and Rationale
 - To address disparities in morbidity and mortality experienced by people with SPMI
 - To combine Navigator Case Management model with rehabilitation and recovery philosophy
 - Rehabilitation and Recovery Model
 - Client-centered approach
 - Emphasis on client choice
 - Treatment of the ‘whole’ person, not just the illness
 - Belief that people with mental illness can and do recover
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Patient Navigation: An Overview³

- Addresses barriers to care
 - Connects patients to resources and support systems
 - Facilitates interaction and communications with health care staff and providers
 - Streamlines appointments and paperwork
 - Tracks interventions and outcomes
 - Implements outreach strategies
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Background: Patient Navigation⁴

- Grew out of 1989 American Cancer Society hearings on cancer and the poor
 - Goal of hearings was to:
 - Determine magnitude of unmet cancer prevention/control needs among disadvantaged people
 - Identify model programs and strategies to address these needs
 - Identify barriers to serving disadvantaged individuals and effective ways to address them
 - Bring together experts to address the issue
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Patient Navigation in Breast Cancer^{4, 5}

- Intervention to reduce disparities in breast cancer care for minority women
 - Has been shown to:
 - Improve adherence and entry into treatment following abnormal mammogram
 - Decrease time to breast biopsy
 - Increase breast biopsy completion rates
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Patient Navigation at BMC

- Avon Foundation Breast Health Initiative
 - BMC Center of Excellence in Women's Health
 - Based on Care Management model⁵
 - Key components:
 - Case identification
 - Identification of individual barriers to follow-up
 - Development of plans to address barriers
 - Case tracking through completion
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CPMHR Peer Navigation Program

- Mental health consumers will be enlisted to:
 - ❑ Improve the accessibility and use of primary care services by mental consumers
 - ❑ Assist with compliance of primary care recommendations
 - ❑ Educate providers about unique issues in managing the health of people with serious and persistent mental illness
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Peer Navigator Intervention

- Peer Navigators will:
 - Identify eligible DMH clients from BMC outpatient psychiatry
 - Link clients to primary care
 - Identify barriers to care
 - Develop plans to reduce barriers
 - Determine eligibility for health insurance
 - Provide referrals to community resources
 - Remind participants of pending appointments
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Peer Navigator Intervention

- Peer Navigators will:
 - ❑ Follow up on missed appointments
 - ❑ Provide health education on nutrition, exercise, and smoking cessation
 - ❑ Provide ongoing emotional support and encouragement
 - ❑ Monitor client adherence to primary care treatment plans and medication regimes
 - ❑ Coordinate care among multiple systems and providers
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Peer Navigator Program: Project Outcomes

- Increased performance of healthy behaviors (e.g., diet, exercise, smoking)
 - Increased utilization of primary care
 - Increased adherence to primary care treatment and medication regimes
 - Improved diagnosis, treatment, and monitoring of patient health
 - Increased self-management of chronic disease/illness
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References

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 2. Newcomer JW, Hennekens CH. Severe mental illness and risk of cardiovascular disease. JAMA 2007;298(15): 1794-1796
 3. Breast Health Patient Navigator Program, Healthcare Association of New York State Patient Navigator Program Resource Kits. Available at:
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References

4. Vargas RB, Ryan GW, Jackson CA, Rodriguez R, Freeman HP. Characteristics of the original patient navigation programs to reduce disparities in the diagnosis and treatment of breast cancer. *Cancer* 2008;113(2):426-433
 5. Battaglia TA, Posner M, Roloff K, Freund KM. Improving Follow-up to Abnormal Breast Cancer Screening in an Urban Population: A Patient Navigation Intervention. *Cancer* 2007;109(2 Suppl):359-67
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