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Integrated Health Care Pilot Produces Significant Savings

Rochester, Minn. – Zumbro Valley Health Center will present initial findings today on its integrated behavioral health-primary care pilot to area state legislators and county officials. The presentation will be at its main campus in Rochester located at 343 Wood Lake Drive SE.

“The initial findings demonstrate substantial savings to the state for clients accessing behavioral health and medical care at our facility,” says Dave Cook, chief executive officer for Zumbro Valley Health Center. “By integrating and coordinating care for this population, the state realized savings of nearly \$2.25 million on reduced charges and fewer claims. This is a return-on-investment of \$5.14 to every dollar spent.”

Wilder Research provided the analysis and produced the report. Findings are based upon actual Minnesota Department of Human Services claims data between December 2013 and August 2015.

The report shows the majority of savings are from reduced hospitalizations, use of emergency rooms and inpatient mental health facilities.

“A key aspect of the care model is coordinating the various services for clients,” says Cook. “Through this approach, the report concluded that the integration of services within a 30-day period results in a significant reduction in charges when compared to providing the two services separately.”

The concept for an integrated model of care began in late 2011 when Zumbro Valley Health Center collaborated with Mayo Clinic, Olmsted Medical Center and Olmsted County to determine if a need existed at the local level. This workgroup was expanded to include representatives from Rochester Area Foundation, the Minnesota Dept. of Human Services, United Way of Olmsted County, the Minnesota Dept. of Health and Olmsted County Public Health. Zumbro Valley received funding to establish the clinic through an appropriation by the Minnesota legislature in mid-2013.

(more)

A diagnosis of a serious mental illness often complicates care for people with chronic medical conditions, says Cook. For instance, Medicaid costs for individuals with a chronic physical disease and a mental illness are 75% higher than for people without a mental illness. Integration of these services has proven to both improve health outcomes and reduce costs for these patients.

The integrated care model was designed to treat and help coordinate behavioral and medical care for Zumbro Valley Health Center clients diagnosed with co-morbid conditions.

About Zumbro Valley Health Center

Zumbro Valley Health Center, a leading provider of integrated health care services, delivers systematic coordination of general and behavioral health care to people with mental health, medical and addiction disorders. With nearly 50 years of experience, the organization is recognized as a leader in caring for the integrated mental-physical-chemical needs of adults, adolescents and children. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zvhc.org or call 507-289-2089.

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