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**Increasing access to quality care through  
implementation of  
research-supported practices**

# Why are we here?





**There is no health without mental health**



# Lessons from studying research-supported practice implementation

- **Quality implementation is possible**
- **Health improves with quality care**
- **To implement, leaders must lead**
- **Attention to the flow of daily work is essential**
- **Weaving depression and unhealthy alcohol use into primary care can touch many lives**
- **Depression is easier to address than unhealthy alcohol use**







# SCALING UP SCIENCE-BASED MENTAL HEALTH INTERVENTIONS IN LATIN AMERICA

The DIADA Project: A technology-based model to  
integrate mental healthcare in primary care in Colombia



# PROJECT PARTNERS



DARTMOUTH

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## Other Organizations

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World Bank  
PAHO/WHO  
Patient Advocacy Groups  
Payors



## Latin American Partners

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# Overall structure of the DIADA model

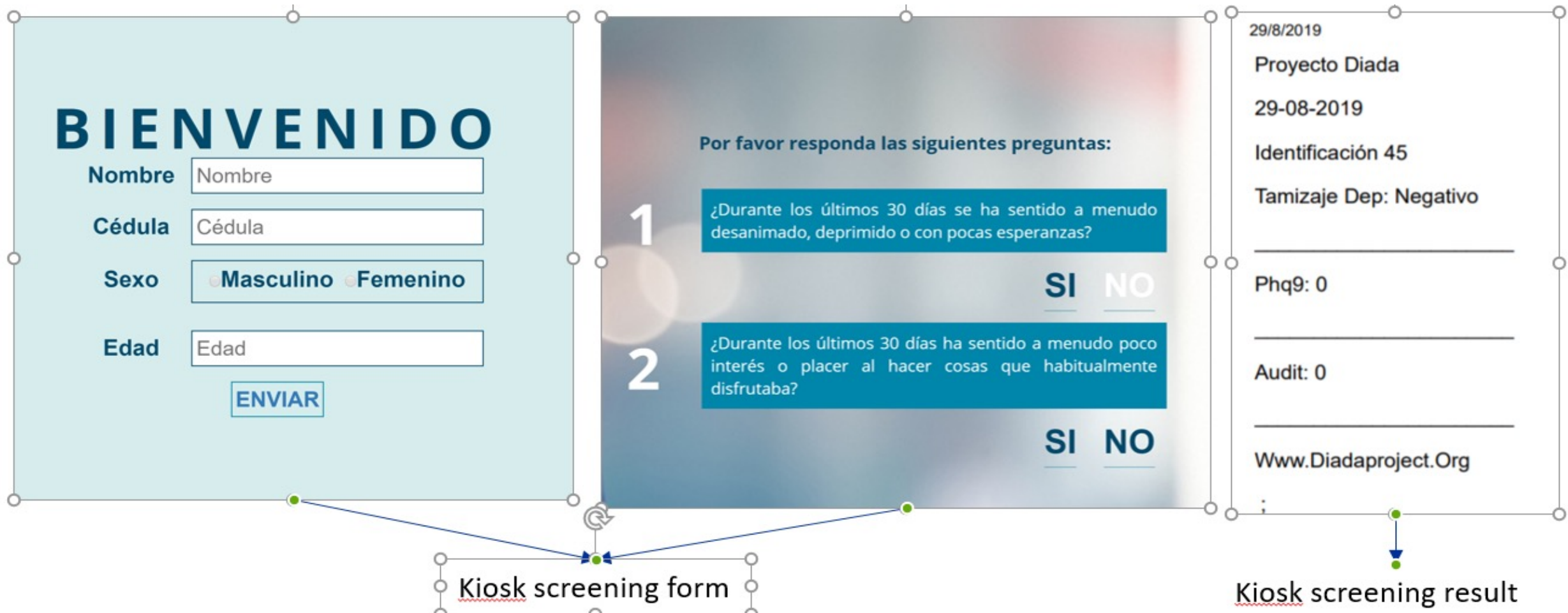




# Screening kiosks



# Screening tools






# Decision support



← → ↺ No seguro | kioskos.projectdiada.org/diagnosticos\_main/442/1

Salir



**DEPRESIÓN**

CONFIRMACIÓN DIAGNOSTICO

NO FARMACOLÓGICAS

FARMACOLÓGICAS

**LUZ ANGELA**

PHQ9  
**26**  
Síntomas depresivos severos

AUDIT  
**0**  
Paciente sin problemas relacionados con el alcohol

**VOLVER**



# Digital therapeutics



square2



## Descubra sus valores fundamentales

Participe en un ejercicio de clasificación de valores para identificar que es lo más importante para usted



## Identifique sus metas

Identifique y reenuncie sus metas. Cree y ejecute un plan de acción



## Encuentre la motivación para alcanzar sus metas

Usted puede seguir su progreso a través de sus objetivos. Decida si comparte su progreso con una red de apoyo personal

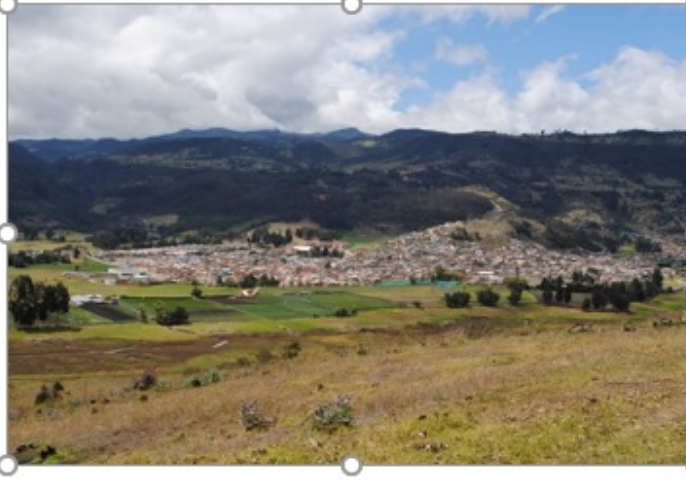


## Supere los obstáculos y recaídas que pueda presentar

Trabaje a través de sus problemas. Adquiera nuevas habilidades. Aprenda a través de sus pensamientos, sentimientos y comportamientos para aprender a través de ellos

**Conviértase en la persona que aspira a ser.**

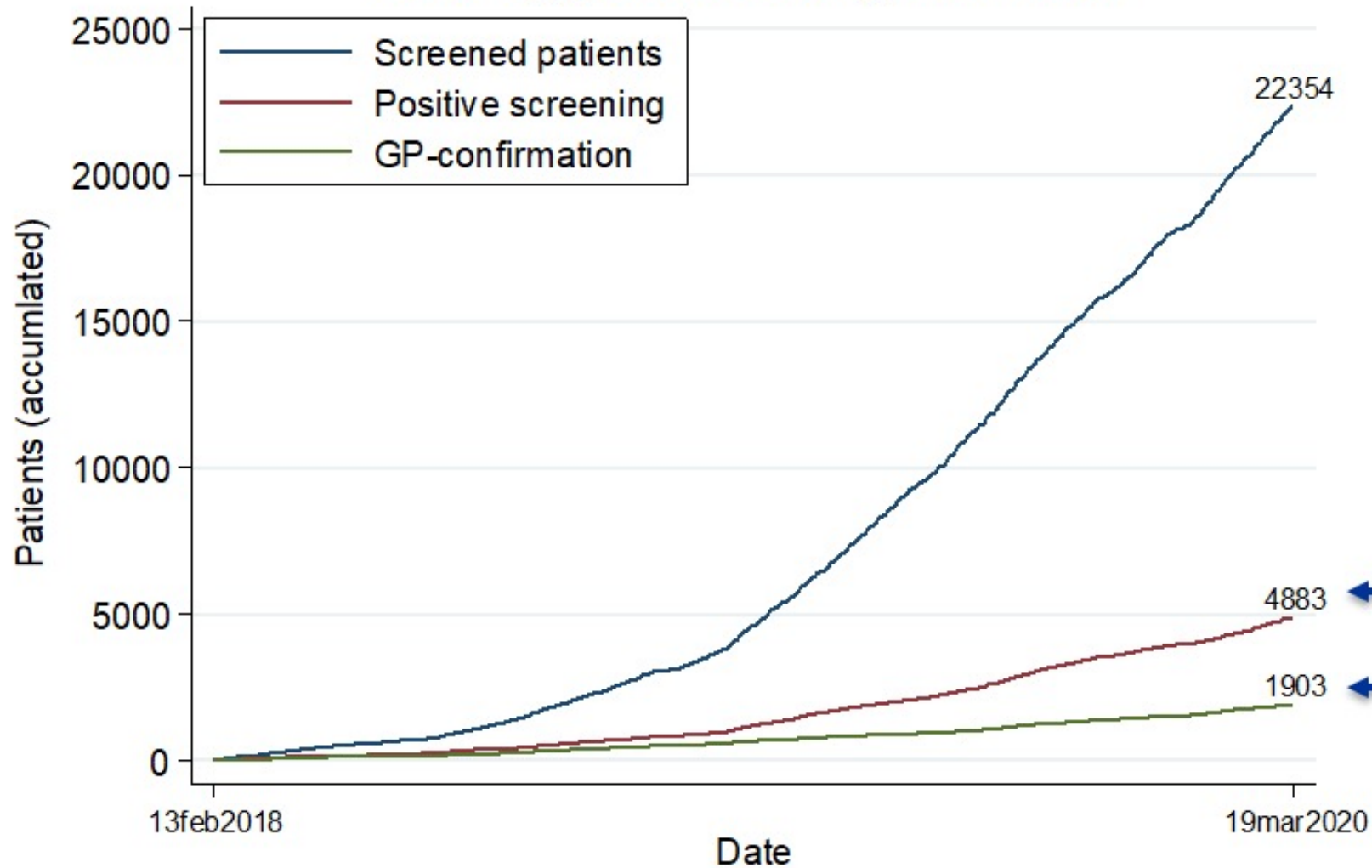
# Successful implementation at six sites in Colombia





## DIADA Project

screening, positive screening, confirmation



**22,354 screenings among  
16,188 patients**

**22% Positive screening**

**8% GP-confirmed depression or  
unhealthy alcohol use**



# New diagnoses

## Depression

**10%**

Mild symptoms: 48.1%

Moderate symptoms: 31.7%

Severe symptoms: 20.2%

## Unhealthy alcohol use

**1.3%**

Mild symptoms: 23.5%

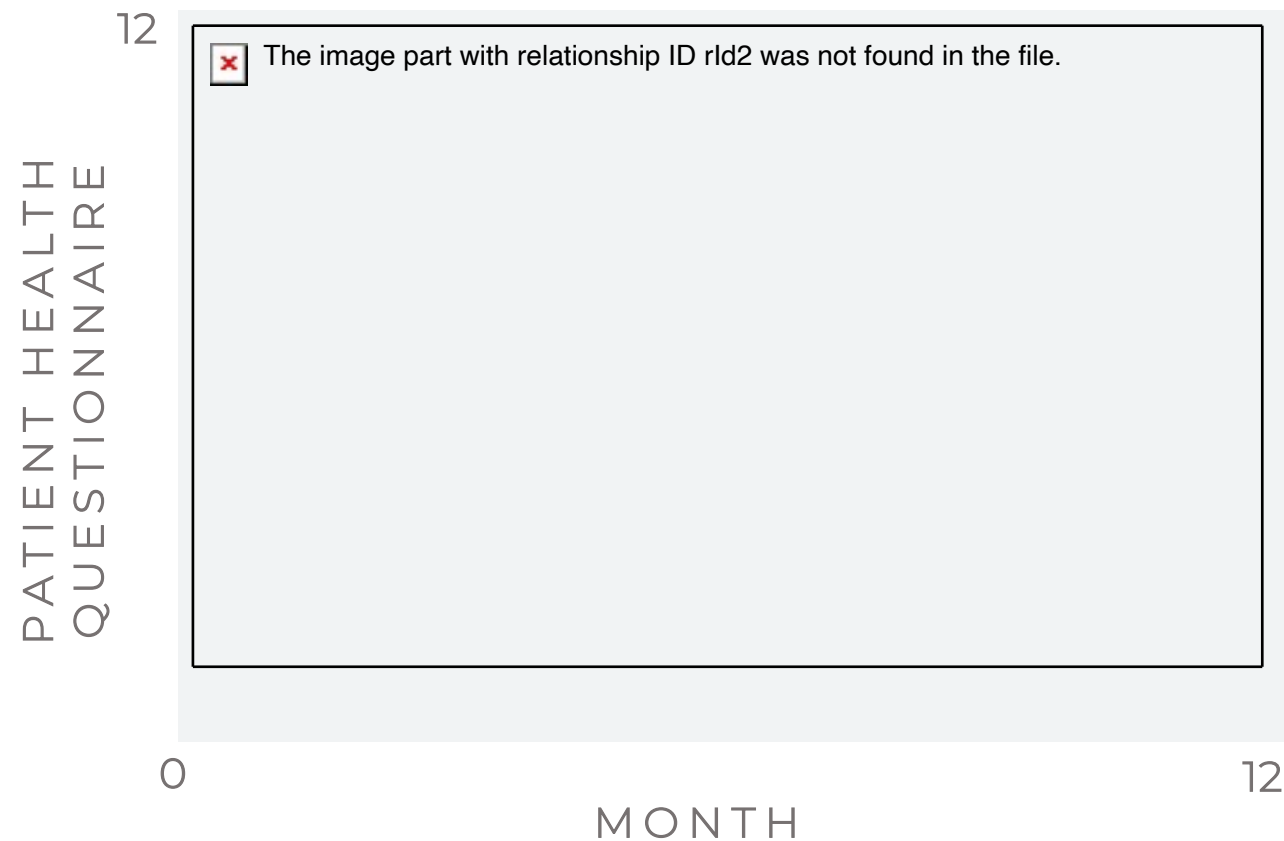
Moderate symptoms: 59.1%

Severe symptoms: 17.4%



## RESULTS

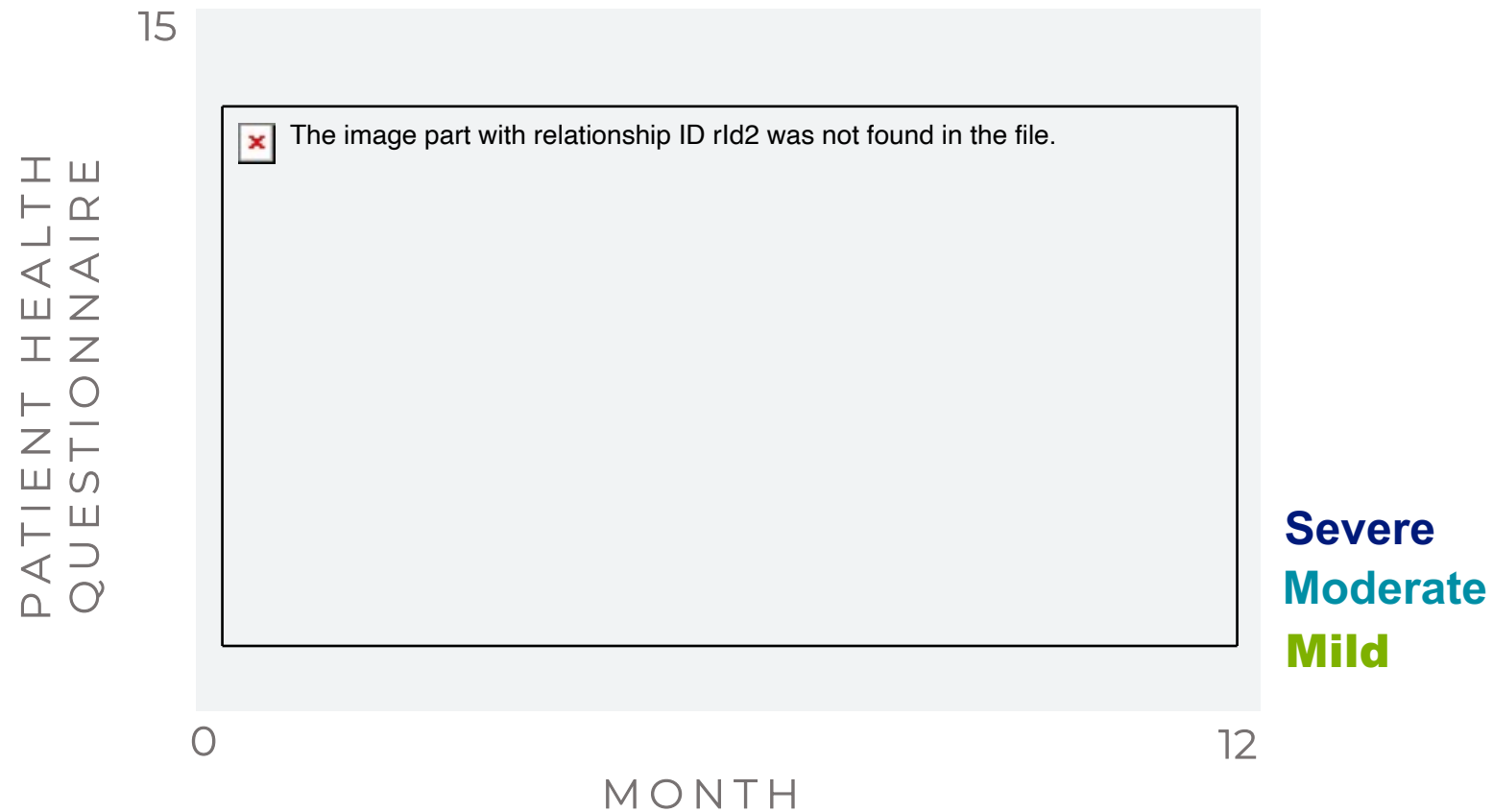
# Evolution of Depression Symptoms





## RESULTS

# Evolution of Depression Symptoms by Severity at Baseline

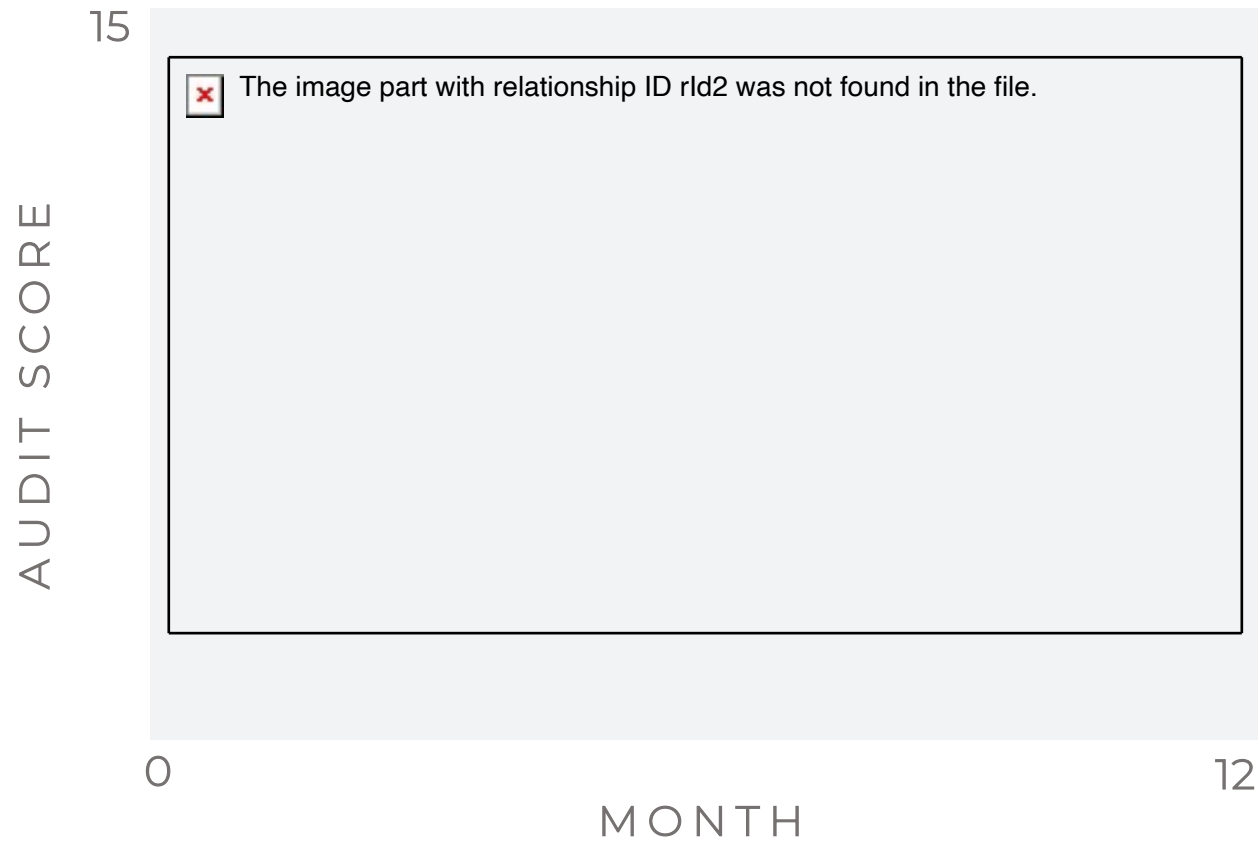






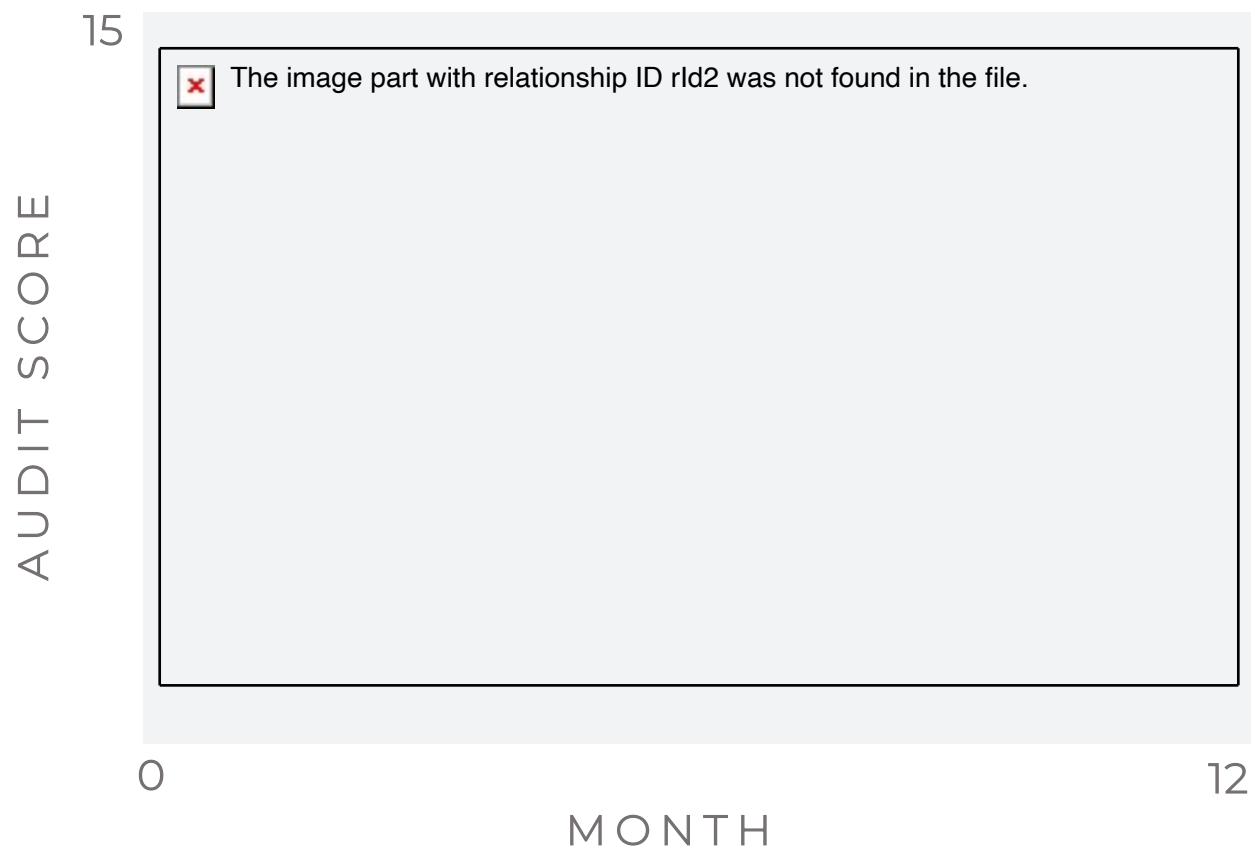
## RESULTS

# Evolution of Problematic Alcohol Use





# Evolution of Problematic Alcohol Use by Severity at Baseline



Probable Dependence  
Hazardous Consumption  
**Low Risk Consumption**

# LESSONS LEARNED



This project has significantly **expanded capacity** for delivering science-based mental health care to meet a large unmet need in Colombia.



This approach could be expanded to **include other areas** of mental health, chronic disease management, and preventive health-promoting interventions.



Center for Technology  
and Behavioral Health



# LESSONS LEARNED



An important demonstration project on **how to leverage digital health in low-resource contexts globally** to tackle the significant burden of mental disorders and scale up access to evidence-based models of mental health service delivery.

Won National Academy of Medicine **Award**



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Center for **Technology**  
and **Behavioral Health**



# Lessons from studying research-supported practice implementation

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# Selected relevant references

- Cubillos L, Bartels SM, Torrey WC, et al. The effectiveness and cost-effectiveness of integrating mental health services in primary care in low- and middle-income countries: systematic review. BJPsych Bull. 2020;1-13. doi:10.1192/bjb.2020.35
- Gómez-Restrepo C, Cepeda M, Torrey W, Castro S, Uribe-Restrepo JM, Suárez-Obando F, Marsch LA. The DIADA project: A technology-based model of care for depression and risky alcohol use in primary care centres in Colombia. *Rev Colomb Psiquiatr (Engl Ed).* 2021; 50(Suppl 1): 4–12.
- Torrey WC, Bond GR, McHugo GJ, Swain K. Evidence-based practice implementation in community mental health settings: the relative importance of key domains of implementation activity. *Adm Policy Ment Health.* 2012 Sep;39(5):353-64. doi: 10.1007/s10488-011-0357-9. PMID: 21574016.
- Torrey WC, Cepeda M, Castro S, Bartels SM, Cubillos L, Obando FS, Cambor PM, Uribe-Restrepo JM, Williams M, Gómez-Restrepo C, Marsch LA. Implementing Technology-Supported Care for Depression and Alcohol Use Disorder in Primary Care in Colombia: Preliminary Findings. *Psychiatr Serv.* 2020 Jul 1;71(7):678-683. doi: 10.1176/appi.ps.201900457. Epub 2020 Mar 10. PMID: 32151216; PMCID: PMC7332379.