

Integrating Primary Care and Behavioral Health

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Why Integrate Primary Care with Behavioral Health?

Top 10 most Common Physical Complaints in Primary Care Medicine:

1. Chest pain
2. Fatigue
3. Dizziness
4. Headache
5. Edema
6. Back Pain
7. Shortness of Breath
8. Abdominal pain
9. Insomnia
10. Numbness

Biological cause is only found 25% of the time!

Why Integrate Primary care with Behavioral Health?

- Primary Care is the most common venue for treatment of Mental Health Problems.
- Psychiatric Disorders commonly present to Primary Care Offices.
- Many patients will not go to a Mental Health Provider in another location.
- More than half of all Primary Care patients could benefit from a health behavior change.

Why Integrate?

- Persons with Serious Mental Illness die, on the average, 25 years earlier than the general population.
- Persons with Serious Mental Illness lack access to appropriate health care and lack coordination between mental health and general health care providers.
- Increased Mortality and Morbidity is Largely Due to Preventable Conditions

Different Levels of Integration

- **Coordinated** - Traditional referral with phone conversations between separate entities.
- **Co-Located** - Behavioral health and medical services are located in the same suite of offices sharing office staff and waiting facilities.
- **Integrated** - care in which there is one treatment plan with behavioral and medical elements, rather than two treatment plans.

Pittsburgh Mercy Family Health Center

- Family Health Center physically located within Mercy Behavior Health
- Multidisciplinary team approach
- Embedded Behavioral Health Coordinator
- Integrated Medical Record
- Regular, proactive staffing of patients with the entire team to coordinate care.
- Targeted programs with specific treatment modalities.

Measuring Outcomes

- Improved Access to physical and mental health services.
- Improved patient satisfaction
- Improved provider satisfaction
- Improved patient adherence/compliance
- Improved maintained clinical outcomes
- Cost effectiveness