



Integrated Behavioral Health



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What Is Integrated Care?



- Integrated care is when behavioral health and medical health care professionals consider all health conditions at the same time.
- Team of primary care and behavioral health clinicians, working with patients and families
- Patient centered

What is Integrated Care? (con't)



- May address mental health and substance use conditions
- Health factors (including their contribution to chronic medical illnesses)
- Life stressors and crises
- Stress related physical symptoms
- Ineffective patterns of care utilization

Why Is Integrated Care Important?



- People with mental and substance use disorders may die decades earlier than the average person
- Alternately, primary care settings have become the gateway to the behavioral health settings
- Solution lies in integrated care – the systematic coordination of general and behavioral healthcare

How Does Integrated Care Work?



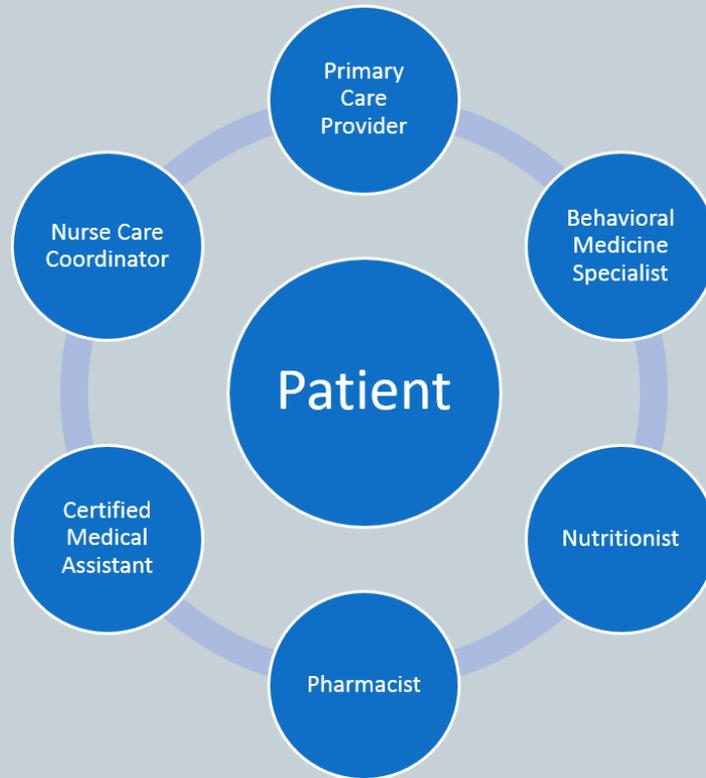
- Team of professionals, both primary and behavioral health care specialists, work together with the same patients
- Ideally, mental health or addiction treatment services provided in the same building as primary health care services
- Primary care providers with mental health or addiction medicine training may provide all the basic services for each patient

Patient Centered Medical Homes



- **The PCMH model embraces:**
 - the relationship between primary care providers and their patients, families, and care-givers
 - promotes authentic communication and patient engagement
 - coordinates whole-person, compassionate, comprehensive, and continuous team-based care - integrates Behavioral Health (BH) at the point of care (primary care clinic)

Multidisciplinary Medical Home Team



What Does Integrated Care Look Like?



Primary Care Behavioral Care – Medical side	Specialty Care Behavioral Care- BH Clinic
Population based	Client based
Often informal client in flow	Formal acceptance process
Treatment usually limited to 1-3 visits	Often long term treatment
One component of health care	Focus on behavioral health care
Patient with mild or episodic needs	Often restricted or serious needs
Informal counseling, lower intensity, 15-30 minutes typical visit	Formal, more intensity, often 50 minute visit at the minimum
Counselor a part of health team, care returned to medical provider	Counselor not a part of the team, therapist remains point of contact

Multidisciplinary Medical Home and Team Work Space



Exam and Talking Rooms



Behavioral Health Within the Medical Home



- Independently licensed Behavioral Health providers use the “consultant model” to explore behavioral related issues that may impact a medical condition. The behavioral health providers who are embedded on the medical team understand that the mind, body and spirit work together.
- As the medical providers explore physical reasons for the medical complaint, the integrated Behavioral Health providers explore the emotional and psychological components that may impact the chief medical complaint.

How the Medical Home & Behavioral Health Integrated Care Work Together



- Embedded behavioral health consultant with the primary care team
- Real time behavioral and psychiatric consultation available to PCP
- Focused behavioral intervention in primary care setting
- Behavioral medicine scope of practice
- Encourage patient responsibility for healthful living

Challenges for the Indian Health System



- Co-location of providers in the same building presents challenges due to primary care, mental health, and addiction treatment services may fall under different operations such as Tribal or IHS
- Shortage of behavioral health providers impacts integration for the patient-centered medical home
- Need for increased workforce development

Questions

