Integrated Behavioral Health Project

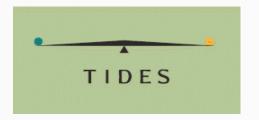
Mental Health and Primary Care Integration

Presentation to Health Deputies February 20, 2008



About Us....

Launched in March 2006 as a project of





to accelerate integration of behavioral health services into primary care settings

- Funded for four years; sunsets 2010
- Focused on services in California only

Our goals ...

- Increase access to behavioral health services
- Reduce stigma associated with seeking treatment
- Improve treatment outcomes
- Strengthen linkages between mental health and primary care

by....



Our goals ...

- Identifying, studying and disseminating emerging promising practices
- Establishing a learning community
- Sponsoring training opportunities
- Designing a resource website
- Advocating for needed policy and system changes



Phase I:

- Conducted developmental and initiative design activities
- Selected seven primary care clinics and two clinic consortia to serve as demonstration sites
 - Build capacity
 - Study operations
 - Evaluate approaches



Phase II:

- Develop new grant opportunities
- Develop selection process
- Continue to expand Learning
 Community activities, trainings etc.
- Launch website (<u>www.ibhp.org</u>)
- Continue policy and advocacy activities



Why Integrate?

- Health care visits often have psychosocial drivers.
- Addressing these psychosocial aspects often results in lower overall health costs.
- The stigma of being identified as a "mental patient" prevents many people from seeking help in specialty mental health services (and even if they do seek such services, many don't meet treatment criteria).
- Primary care the first-line intervention for many. Folding behavioral health care into this setting improves access and accelerates prevention and early intervention.



Why integrate?

- v. People with serious mental disorders die much younger than the general population and many are in dire need of medical intervention.
- VI. Behavioral health care isn't simply counseling; it's teaching self-management skills and promoting adherence to medical regimens and healthier lifestyles.
- vii. Integrated behavioral health has been shown in several studies to be effective, especially in treating depression.
- viii. Primary care is the health mainstay of the underserved from diverse cultures.



In Practice

- Same day visits; the 'warm hand off'
- Open access scheduling
- Range of behavioral health conditions
- Range of clinical interventions
- Feedback loop with PCP; documentation
- Psychiatric consultation; Groups



Future Opportunities

- National movement shared learnings
- Limited public resources new approaches
- Implementation of MHSA new models
- Early Intervention and Prevention Focus
 - healthier life styles



Contact Information



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