

Integrated Behavioral Health Project

**Mental Health and Primary Care
Integration**

**Presentation to Health Deputies
February 20, 2008**



IBHP
Integrated Behavioral Health Project
*A Project of the Tides
Center*

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 (www.ibhp.org)
- ❖ 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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