Integrating Behavioral Health in the Primary Care Setting

Dr. Collene Taylor, LCPC
Coordinator Outpatient Services,
Rosecrance Ware Center
Objectives

- Foundations of integrated care
- Clinical implications
- IPC research & effectiveness
Foundations of Integrated Care
What is IPC?

Integrated Primary Care (IPC) combines medical and behavioral health services to more fully address the broad spectrum of issues patients bring to primary care by making behavioral health clinicians a part of the primary care team, located within a primary care setting.
How does it work?

Patients are referred in one of the following ways:

- The Provider notes behavioral health symptoms and requests BHC services
- The patient receives an “indicated” score on the PHQ-9 (depression screening)
- The patient is already receiving treatment for a behavioral health issue
How does it work?

How the BHC assists the Providers:

- Consultation and education regarding behavioral health symptoms
- Consultation and education regarding psychotropic medications (through connection with a Rosecrance psychiatrist)
- Referrals to area providers for on-going behavioral health care as needed (care from a specialist)
50% of individuals who receive mental health care, receive it from their PCP
(primarycareshrink.com, 2012)

70% of primary care visits are for behavioral health needs
(Fries, Koop, & Beadle, 1993)
25% of primary care patients have depressive symptoms (primarycareshrink.com, 2012)

1.4M Number of visits to our local Federally Qualified Health Center (Crusader Clinic) for depression in 2004, the third most common presentation after diabetes and hypertension
80% of all psychotropic medications are prescribed by non-psychiatric medical providers
(Beardsley, Gardocki, Larson, & Hidalgo, 1988)

<30% follow-through with referrals to specialty mental health care
(Regier DA, Narrow WE, etc, 1993)
IPC Research & Effectiveness
Improved mental health outcomes including more anxiety-free days
Improved mental health outcomes including more depression-free days
Better Patient Engagement
Increased Remission Rates
Improved Quality of Life
Decreased functional impact of symptoms
Clinical gains maintained after brief behavioral health interventions
Increased therapeutic alliances vs. outpatient psychotherapy patients
Staff Competencies
Staff Requirements

• Essential Skills Required include:
  ➢ Proficiency in the identification and treatment of behavioral health disorders
  ➢ Ability to think in terms of population management
  ➢ Knowledge of behavioral assessments and interventions relevant to medical conditions, treatment adherence, and lifestyle changes
  ➢ Ability to make quick and accurate clinical assessments
  ➢ Knowledge of local resources for outside referrals
Staff Requirements Cont’d

• **Essential Skills Cont’d:**
  - Skill in solution-focused, brief therapy
  - Knowledge in basic physiology, psychopharmacology and medical terminology
  - Ability to document services in a way that is useful to the PCP
  - Consultation skills
References

References

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