

## SOCIAL DETERMINANTS OF HEALTH

# Integrated Care

Integrated care involves combining physical and behavioral health (mental health and substance use) care services so that individuals receive a continuum of preventative and restorative care.

## Benefits

There is substantial evidence that providing improved access to quality behavioral health care can:

- Save substantial amounts of money when managing chronic medical conditions
- Prevent costly hospitalizations
- Dramatically improve physical health outcomes
- Improve clinician and patient satisfaction

In addition, because of convenience and stigma, many patients are more willing to access mental health treatment when provided at their routine doctor's office than at a specialty mental health clinical setting.

### LEVELS OF SERVICE INTEGRATION

- Coordinated Care – which concentrates on communication
- Co-located Care – which focuses on physical proximity
- Integrated Care – which emphasizes practice change

### LOCATIONS OF INTEGRATED CARE DELIVERY

- Primary care
- Specialized medical settings (*rehabilitation units, cardiology, surgical centers, etc.*)
- Community-based health centers
- Social service sites

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## What Providers Can Do

### PRINCIPLES OF EFFECTIVE INTEGRATED BEHAVIORAL HEALTHCARE

- Person-centered Team Care/Collaborative Care
  - Co-location is not collaboration. Team members learn to work differently.
- Population-Based Care
  - All patients tracked in a registry. No one falls through the cracks.

- Measurement-based Treatment to Target
  - Treatments are actively changed until clinical goals are achieved.
- Evidence-based Care
  - Treatments used are evidence-based.
- Accountable Care
  - Providers are accountable and reimbursed for quality of care and clinical outcomes, not just the volume of care provided.

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## References, Tools and Resources:

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  - Lexicon for Behavioral Health and Primary Care Integration. Provides a common definitional framework for behavioral health integration. <https://integrationacademy.ahrq.gov/sites/default/files/2020-06/Lexicon.pdf>
- American Psychiatric Association
  - Integrated Care: <https://www.psychiatry.org/psychiatrists/practice/professional-interests/integrated-care>
  - APA Collaborative Care Report: Dissemination of Evidence Based Integrated Care <https://www.psychiatry.org/psychiatrists/practice/professional-interests/integrated-care/learn>
- Center of Excellence for Integrated Health Solutions (SAMHSA and National Council for Behavioral Health). <https://www.thenationalcouncil.org/integrated-health-coe/>
  - Standard Framework for Levels of Integrated Healthcare helps primary and behavioral healthcare provider organizations improve outcomes by helping them understand where they are on the integration continuum. [https://www.thenationalcouncil.org/wp-content/uploads/2020/01/CIHS\\_Framework\\_Final\\_charts.pdf?daf=375ateTbd56](https://www.thenationalcouncil.org/wp-content/uploads/2020/01/CIHS_Framework_Final_charts.pdf?daf=375ateTbd56)
  - Quick Start Guide to Behavioral Health Integration An interactive flowchart for PC providers integrating behavioral health care. <https://www.thenationalcouncil.org/wp-content/uploads/2020/01/Website-Resources.pdf?daf=375ateTbd56>
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