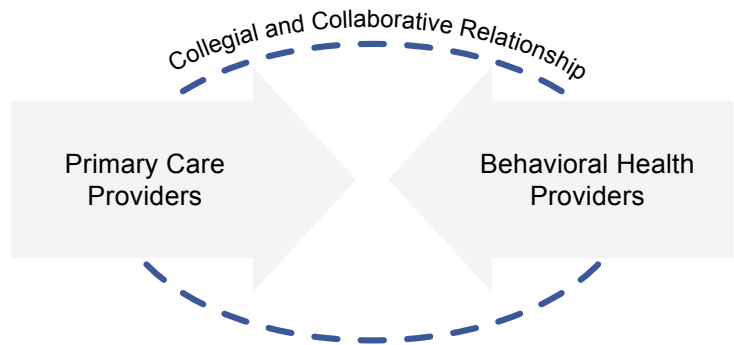




# What is integrated care?

## Definition

When **primary** and **behavioral health care** are integrated, primary care and behavioral health clinicians work together using a systematic and cost-effective approach to provide patient-centered care for patients and families within a defined population.



## Results

Improved Population Health

Improved Experience of Care

Bending the Cost Curve

Improved Provider Satisfaction

Source: Berwick, Nolan, & Whittington (2008). The Triple Aim: Care, Health, And Cost. Health Affairs. Vol. 27 No. 3, 759-769

## The Continuum

**Coordinated care:** The practice of working across health care settings to exchange the most critical pieces of information about a shared patient and help facilitate their access to care.

**Co-located care:** The practice of physically locating a behavioral health provider in primary care setting.

**Integrated care:** The practice term includes primary care and behavioral health clinicians working with patients and families using a systematic, seamless and cost-effective approach to provide patient-centered care.



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



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# Primary Care Behavioral Health (PCBH) Model

Licensed mental health providers/psychologists and primary care providers work in collaborative environments to address physical and behavioral health concerns

- **Step 1:** Primary care provider (PCP) sees patient and provides referral to behavioral health clinician (BHC).
- **Step 2:** Behavioral health assessment and treatment delivered in same space as PCP.



Source: Blount, A. (2003). Integrated Primary Care: Organizing the Evidence. Families, Systems & Health, 21, 121-134.

## The Team

- Physicians
- Nurses
- Physician's assistants (PAs)
- Nurse practitioners (NPs)
- Nurses
- Medical assistants
- Licensed behavioral health providers (psychologists, social workers, MFTs, and counselors)



## Ready to get started?

*“ There is no single, right way to integrate services and supports. ”*

— National Alliance on Mental Illness (NAMI)

Email us at [midamerica@mhttcnetwork.org](mailto:midamerica@mhttcnetwork.org) to learn more.

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