5 MODELS FOR INTEGRATING BEHAVIORAL HEALTH INTO PRIMARY CARE

Integrated care, the systematic coordination of general and behavioral health care, improves both behavioral and general health outcomes, reduces use of emergency and inpatient care, and decreases care costs. Reimbursement challenges, behavioral health specialist shortages and regulatory considerations vary by state and market, prompting a range of models and approaches.

1. TEAM-BASED CARE
   Led by a PCP, this team-driven approach to care also includes licensed social workers, psychologists and other mental health professionals.

2. VIRTUAL
   Hub-based systems provide PCPs with immediate phone consultations with a psychiatrist or other behavioral health provider.

3. SHARED SPACE
   The BH specialist operates within the PCP practice. The PCP office must have the capacity for another provider to see patients within the space.

4. CO-LOCATED SPACES
   PCP and BH specialists are in the same facility but not the same office, which can reduce the stigma associated with receiving mental health services.

5. SEPARATE SPACES
   PCP and BH specialists are in separate facilities but leverage formal referral channels. More organizations are allowing the primary care office to schedule directly with the BH specialist.

KEY INSIGHT: Nationally, more than 30% of E&M visits for behavioral health are done with primary care providers.

LEARN MORE!
To explore successful models for integrating behavioral health into primary care, visit Sg2.com to read the full article, You Asked: Integrating Behavioral Health and Primary Care.
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