INTEGRATED TEAM CARE:

BEHAVIORAL HEALTH IN THE PRIMARY CARE SETTING AND BEYOND...
INTEGRATED CARE DEFINITION:

“The care that results from a practice team of primary care and behavioral health clinicians working with patients and families, using a systematic and cost-effective approach to provide patient-centered care for a defined population.” – SAMHSA
WHY INTEGRATE BEHAVIORAL HEALTH?

• ALLOWS FOR A TRUE BIOPSYCHOSOCIAL ASSESSMENT AND MORE THOROUGH TREATMENT PLANNING.

• APPROX. 50% OF MENTAL HEALTH ISSUES ARE TREATED IN THE PRIMARY CARE SETTING AND 64% OF PSYCHIATRIC MEDICATIONS ARE PRESCRIBED BY A PCP.

• COLOCATION OF BEHAVIORAL HEALTH AND PRIMARY CARE IS CRUCIAL: 10% REFERRAL FOLLOW THROUGH WHEN A BH PROVIDER IS OFF-SITE VS. 90% FOLLOW THROUGH.
A WORLD WITHOUT BHC INTEGRATION...

• Mental illness goes undetected and untreated or PC providers might undertreat symptoms when they are detected.

• Systemic oppression causes people of low SES, LGBTQIAA and those who struggle with addiction to receive inadequate care OR be inappropriately diagnosed and medicated.

• Issues of substance use, which contribute to many health problems, remain undetected.

• Patients can be constrained by time limitations with their medical providers.
CUMULATIVE EFFECT OF ISSUES CREATE BARRIERS TO ACHIEVING TREATMENT GOALS:

• Modifiable risk factors: weight, smoking, inactivity, food deserts, etc.
• Social isolation, and violence in the community.
• Stress from unemployment/poverty.
• Lack of access to specialty care (how long does it take to get a dermatology appointment, for heaven’s sake?)
• Difficulty with medication adherence.
• Separate silos of care.
• Transportation barriers.
MENTAL HEALTH TREATMENT TOOLBELT

• BH Consultation
• Psychoeducation
• Psychotherapy
  • Individual, couples, families, group
MENTAL HEALTH PROVIDERS

• Psychiatrists
• Psychologists
• Clinical Social Workers
• Marriage & Family Therapists
• Clinical Professional Counselors
Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior and overcome problems in desired ways.

Psychotherapy aims to improve an individual’s well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills.
THE GOAL OF PSYCHOTHERAPY IS TO BUILD AWARENESS, COMPASSION, UNDERSTANDING, RESPECT, EMPATHY AND ACCEPTANCE TOWARD SELF AND OTHERS.
THE PSYCHOTHERAPEUTIC PROCESS:

• Conceptualizes the self to include: interpersonal, systemic, and sociocultural forces.

• Psychological problems are seen from a phenomenological perspective.

• Behaviors are analyzed from the perspective of purpose and function.

• Process is emphasized over content.

• Contextual/relational perspectives are emphasized.

• Goal setting and intervention comes after exploration of the client’s story and narrative.

• The counseling relationship is collaborative.
THERAPEUTIC APPROACHES:

• **Psychodynamic therapy.** This approach focuses on changing problematic behaviors, feelings, and thoughts by discovering their unconscious meanings and motivations. Psychoanalytically oriented therapies are characterized by a close working partnership between therapist and patient. Patients learn about themselves by exploring their interactions in the therapeutic relationship.

• **Behavioral therapy.** This approach focuses on learning's role in developing both normal and abnormal behaviors and in helping an individual understand how changing their behavior can lead to changes in how they are feeling. The goal of behavior therapy is usually focused on increasing the person's engagement in positive or socially reinforcing activities.

• **Cognitive therapy.** Cognitive therapy emphasizes what people think rather than what they do. Cognitive therapists believe that it’s dysfunctional thinking that leads to dysfunctional emotions or behaviors. By changing their thoughts, people can change how they feel and what they do.

• **Humanistic therapy.** This approach emphasizes people's capacity to make rational choices and develop to their maximum potential. Concern and respect for others are also important themes.
  - **Client-centered therapy** rejects the idea of therapists as authorities on their clients' inner experiences. Instead, therapists help clients change by emphasizing their concern, care and interest.
  - **Gestalt therapy** emphasizes what it calls "organismic holism," the importance of being aware of the here and now and accepting responsibility for yourself.
  - **Existential therapy** focuses on free will, self-determination and the search for meaning.

• **Motivational Enhancement:** The therapist works to share the perceptions of the client rather than challenge them and engages clients to evaluate costs/benefits while empowering them to make decisions; slowly building the desire for intrinsic change.

• **Integrative or holistic therapies.** Many therapists don't tie themselves to any one approach. Instead, they blend elements from different approaches and tailor their treatment according to each client's needs.