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# Integration of Physical and Behavioral Health

# 50 % of all Behavioral Health Disorders are treated in primary care

- Of the top 5 health conditions driving healthcare costs, depression is # 1
- An estimated 75% of patients with depression present physical complaints as the reason they seek care
- 70% of all healthcare visits are generated by psychosocial factors

- Outcome studies suggest that depression results in more functional impairment than chronic diseases such as diabetes, arthritis and angina
- 61% of primary care clients surveyed and 69% of depressed clients desired counseling but relatively few desired a referral to a mental health professional

# Including behavioral health interventions for Kaiser members

- Resulted in a 78% reduction in their average length of hospitalization
- A 49% reduction in number of prescriptions written
- A 49% reduction in office visits
- A 45% in ER visits
- A 31% decrease in office phone contacts

# More data.....

- A large (91 studies) meta analysis showed that with active behavioral health treatment, patients with a mental health diagnosis had an overall reduced medical cost of 17%. While controls who did not receive behavioral health increased an average of 12.3%

# Integrated Healthcare Services show positive effects

- Recent review of 78 articles on the effectiveness of collaborative chronic care model for primary care patients showed significant effects across disorders and care settings for depression, physical quality of life and social functioning.

# General Principles

- The BHC's role is to identify, treat, and manage primary care patients with medical and/or behavioral health concerns.
- The BHC functions as a core member of the primary care team, providing consultative services.