

Best Practice: Behavioral Health

Upper Peninsula Health Group

"Integrating Behavioral Health into a Primary Care Setting"

In order to make it easier for patients to access behavioral health support, Upper Peninsula Health Group implemented a process to provide behavioral health integration services to patients during their appointment with a medical provider in a family practice setting. Being able to see the behavioral health provider at the same time that they see their medical provider reduces barriers to care for these patients. While initially focusing on patients with a diagnosis of diabetes, integration services are now provided to any patient for support with medical and behavioral health diagnoses.

Use of this intervention demonstrated an increase in the number of patients with a behavioral health integration visit compared to baseline data, and many patients with integration visits end up coming to see behavioral health providers for long term therapy.

Funds from this award will be used to support the behavioral health program. With the increased number of patients who are being identified and connected with integrated behavioral health services, they have an increased demand for behavioral health providers and support staff.

