



# INTEGRATED BEHAVIORAL HEALTH & PRIMARY CARE: TERMS TO KNOW

## WHAT TO WORK TOWARD: General Goals of an Integrated Behavioral Health Practice

**Integrated care.** Tightly integrated practice teams with a unified care plan. All aspects of the organization and delivery of care are orchestrated to work effectively together to deliver patient-centered, whole-person care.

**Patient-centered care.** A patient's experience of transparency, individualization, recognition, respect, dignity, and choice in all aspects of health care.

**Whole-person care.** Care that is patient centered and addresses the full range of a patient's medical and behavioral health needs, culture, values, and preferences. It helps patients become active participants in their own health care.

**Coordinated care.** Organization of patient care activities and information exchange between the patient and the provider, or between the patient and a broader care team.

## HOW TO GET THERE: Arrangements Between Primary Care and Behavioral Health Clinicians

**Integrated behavioral health.** Also called primary care behavioral health. Combines medical and behavioral health services in a collaborative way to address problems identified during primary care visits. Primary care providers and behavioral health specialists work together with patients and families to address mental health, substance abuse, and behaviors that affect physical health.

**Shared care.** An alternate term used mostly in Canada for integrated behavioral health, particularly what in the United States is called the collaborative care model.

**Collaborative care.** Previously, a general term describing ongoing relationships between clinicians over time rather than a specific service to patients. Since 2013, a specific type of integrated primary care that uses care registries and consulting psychiatrists to support a care team that includes a care coordinator and primary care physician typically located in the practice to treat common mental health conditions.

**Co-located care.** Behavioral health and primary care providers (i.e., physicians, nurse practitioners) delivering care in the same practice location.

## WHAT TO BUILD ON: Types of Care and Organizational Structures

**Patient-centered medical (or health) home.** Primary care of populations as well as individuals. Emphasizes team care (including patient and family engagement), whole-person care (including behavioral health), information tools needed, and business models that support the work. Goals are quality health care, improved patient experience, and better use of resources.

**Behavioral health care.** An umbrella term for care that addresses the impact of behavioral problems on health. Encompasses mental health care and substance use treatment, as well as health-related behaviors and the effect of stress on physical symptoms.

**Mental health care.** Services and treatments to help people with or at risk for mental illnesses. Often includes substance use care. May be done by a variety of health professionals in a range of practice settings, such as primary care offices, clinics, hospitals, psychiatric units, schools, prisons, and volunteer support groups.

**Primary care.** Health care that addresses a large majority of personal health needs. Primary care providers develop sustained relationships with patients and practice in the context of families and communities.