



AGENCY FOR HEALTHCARE RESEARCH AND QUALITY

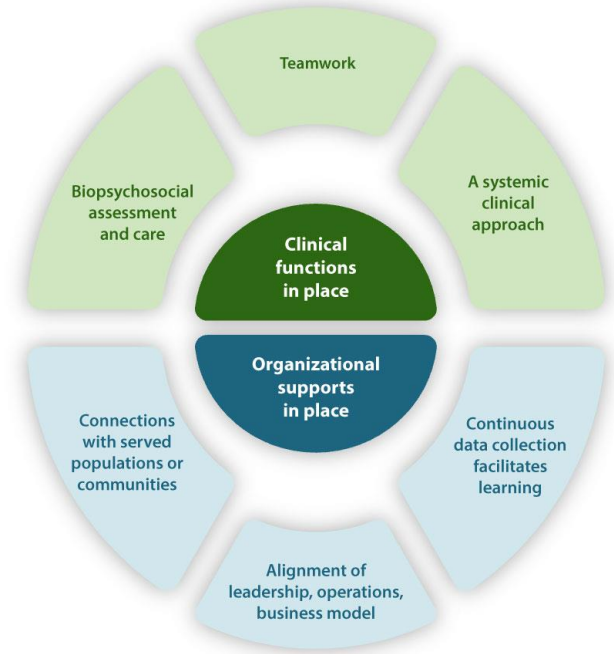


The Academy for Integrating Behavioral Health and Primary Care

<https://integrationacademy.ahrq.gov/>

What is integrated behavioral health?

- A practice team of primary care and behavioral health clinicians working together with patients and families, using a systematic and cost-effective approach to provide patient-centered care for a defined population.
- This care may address mental health and substance use conditions, health behaviors (including their contribution to chronic medical illnesses), life stressors and crises, stress-related physical symptoms, and ineffective patterns of health care utilization.



Why is integrated behavioral health important?



Research shows that integrating behavioral health and primary care:

- Increases patient satisfaction¹⁻⁴
- Increases provider satisfaction^{5,6}
- Reduces healthcare costs⁷⁻¹⁰
- Reduces healthcare utilization^{9,10}
- Improves quality of care^{3,9,11}
- Improves patient health outcomes^{1,3,4,12-15}



What is the Integration Academy?



An official website of the Department of Health & Human Services


AHRQ Agency for Healthcare Research and Quality

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The Academy

Integrating Behavioral Health & Primary Care



- Substance Use Disorder Treatment Month – January is Inaugural Event
- Engagement and Retention of Nonabstinent Patients in SUD Treatment – New ASAM Clinical Guidance
- Mental Health and SUD During Pregnancy and Postpartum – New CHCS Report
- Integrated Behavioral Health in Pediatrics – New Partnership to Promote**
- A Workforce Innovation for Behavioral Health Integration: Insights from the Idaho Health Neighborhood Center

The Integration Academy is a robust website of resources to support integration of behavioral health in primary care settings, with a key focus on providing care for patients with mental health conditions and substance use disorders, including opioid misuse.

What is the purpose of the Integration Academy?



The Integration Academy serves clinicians, healthcare executives, healthcare administrators, practices, delivery systems, health plans, patients, communities, researchers, and policymakers seeking to understand, implement, or improve behavioral health and primary care integration.

Its purpose is to analyze, synthesize, and produce actionable information and practical resources that promote the use of best practices for integrated behavioral health.

What does the Integration Academy offer?



Foundational Definitions, Practices and Competencies

The Lexicon

A dictionary that practically defines terms commonly used in the field and provides guidance to users for effective communication and concerted action for widespread implementation of integrated behavioral health.

What does the Integration Academy offer?



Research Evidence on Best and Promising Practices

The Literature Collection

A regularly updated, searchable collection of >11,000 peer-reviewed and grey literature references on the integration of behavioral health and primary care.

What does the Integration Academy offer?



Research Evidence on Best and Promising Practices

Topic Briefs

Summaries of best practices, practical information, and resources for current issues in integration.

- Telehealth
- COVID-19
- Stimulant use disorders
- Polysubstance use
- Pregnancy and postpartum
- Health equity
- Mental health apps

What does the Integration Academy offer?



Research Evidence on Best and Promising Practices

PCOR Webinars

Ninety-minute webinars on mental and behavioral health integration featuring experts and researchers sharing Patient-Centered Outcomes Research (PCOR) findings.

- Integrated Behavioral Health: The Journey to Becoming the Standard of Care
- Patient Outcomes from the Early Childhood Support Specialist Model (coming soon)
- Patient Outcomes from the Integrating Behavioral Health and Primary Care Toolkit and the Collaborative Care Model for opioid use disorder and co-occurring mental health symptoms (coming soon)
- The Future of Integrated Behavioral Health (coming soon)



What does the Integration Academy offer?



Resources for Planning and Preparation

Playbooks

Self-guided feasibility assessments and how-to manuals to plan and implement locally tailored behavioral health integration.

- **The Integration Playbook:** Guides practices through the integration process.
- **The Medications for Opioid Use Disorder Playbook:** Provides specific guidance for integrating medications for opioid use disorder into primary care.



What does the Integration Academy offer?



Resources for Implementation and Maintenance

Substance Use Resources

Targeted, searchable collections of tools and resources for integrated care practices to use for education, training, implementation, and quality improvement.

- Substance Use
- Unhealthy Alcohol Use
- Older Adults (coming soon)

Who guides the Integration Academy?



- AHRQ's Integration Academy established the National Integration Academy Council (NIAC) in 2011 to guide its work.
- This expert panel is made up of clinicians, patients and leaders with expertise in the areas of primary care, behavioral health, finance, education, advocacy, policy, and technical assistance.
- Many NIAC members are pioneers in integrating behavioral health and primary care in their own health systems.



What's the vision for the Integration Academy?



Plan/Year	2025	2026	2027	2028	2029
Vision	To understand changes in the field and major players and stakeholders	To transform the Integration Academy website usability and functionality	To build relationships with major players and stakeholders	To catalyze collaboration with major players and stakeholders	To renew the Integration Academy's vision, objectives, and strategic plan
Actions	<ul style="list-style-type: none"> • Creating a Directory & Ecosystem Map of BHI Organizations • Establishing a Federal BHI Workgroup • Updating the Playbooks 	<ul style="list-style-type: none"> • Redesigning and relaunching the Integration Academy website 	<ul style="list-style-type: none"> • Executing stakeholder partnerships • Conducting an Exemplars Study 	<ul style="list-style-type: none"> • Conducting an impact assessment on the Integration Academy work, including stakeholder partnerships 	<ul style="list-style-type: none"> • Evaluating impact • Identifying success, lessons learned, and next steps for the Integration Academy

Connect with the Integration Academy



**Have any questions about
integrating behavioral health
and primary care?**

[Email the Integration Academy Team.](#)

**Want the latest news and
resources for integrated
behavioral health?**

[Sign up for the Academy Newsletter.](#)

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