



The Academy
Integrating Behavioral Health & Primary Care

Who We Are: The Academy for Integrating Behavioral Health and Primary Care

integrationacademy.ahrq.gov

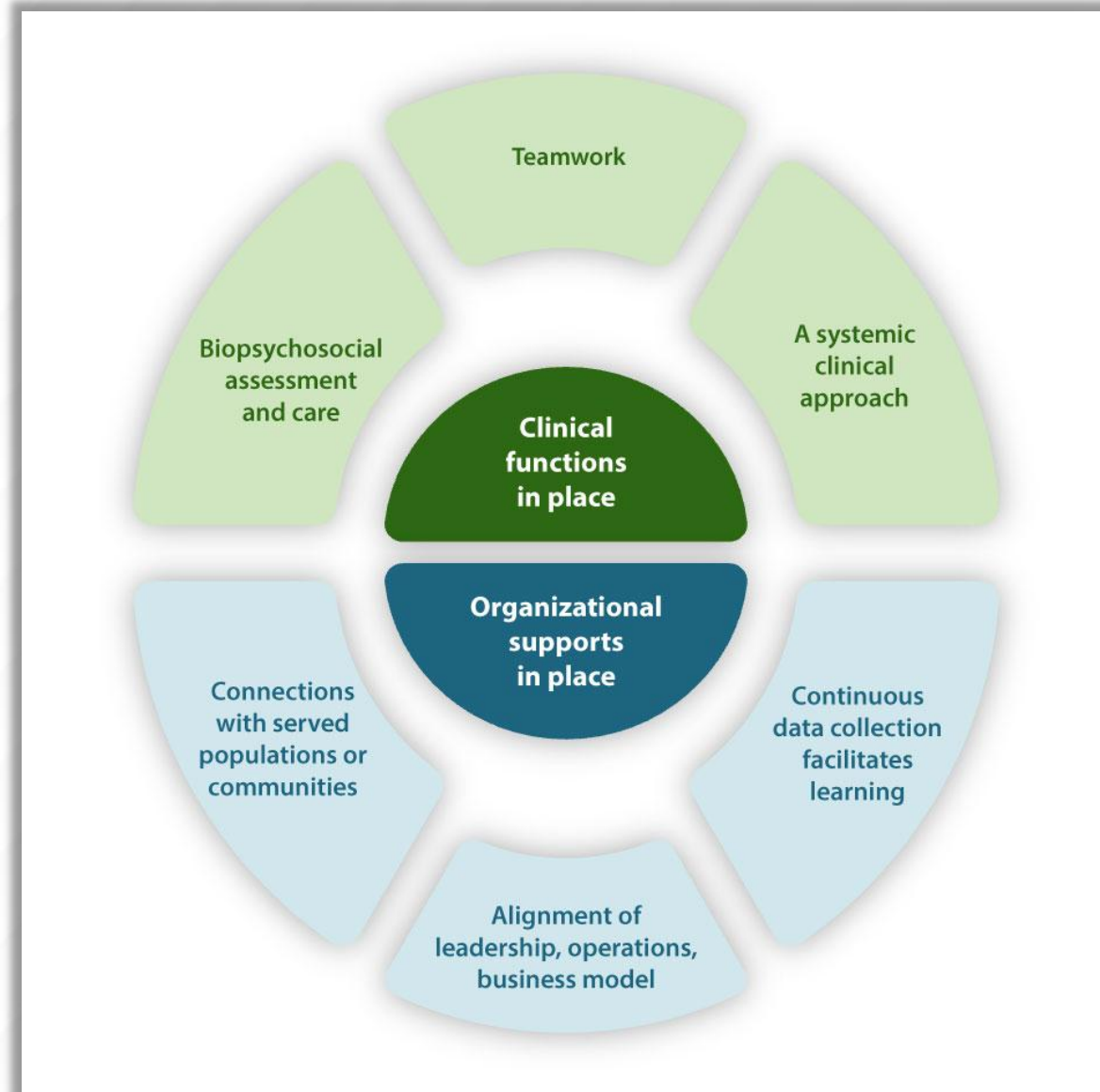


What is integrated behavioral health?

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
- Ineffective patterns of health care utilization



[Learn more about integrated behavioral health.](#)



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}

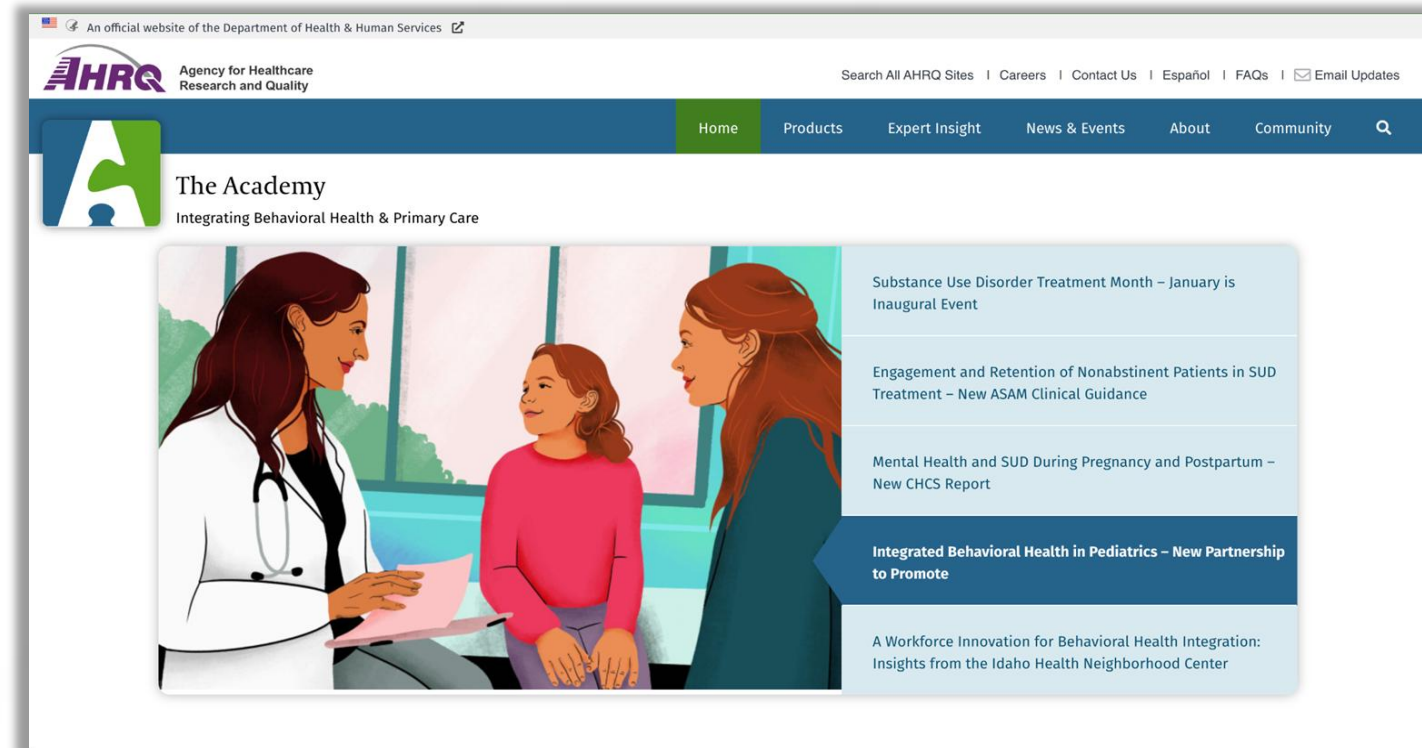
[Learn more about the importance of integrated behavioral health.](#)





What is the Integration Academy?

- 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.
- It is also the **national coordinating center** for the integration of behavioral health and primary care, connecting stakeholders working to advance the field.

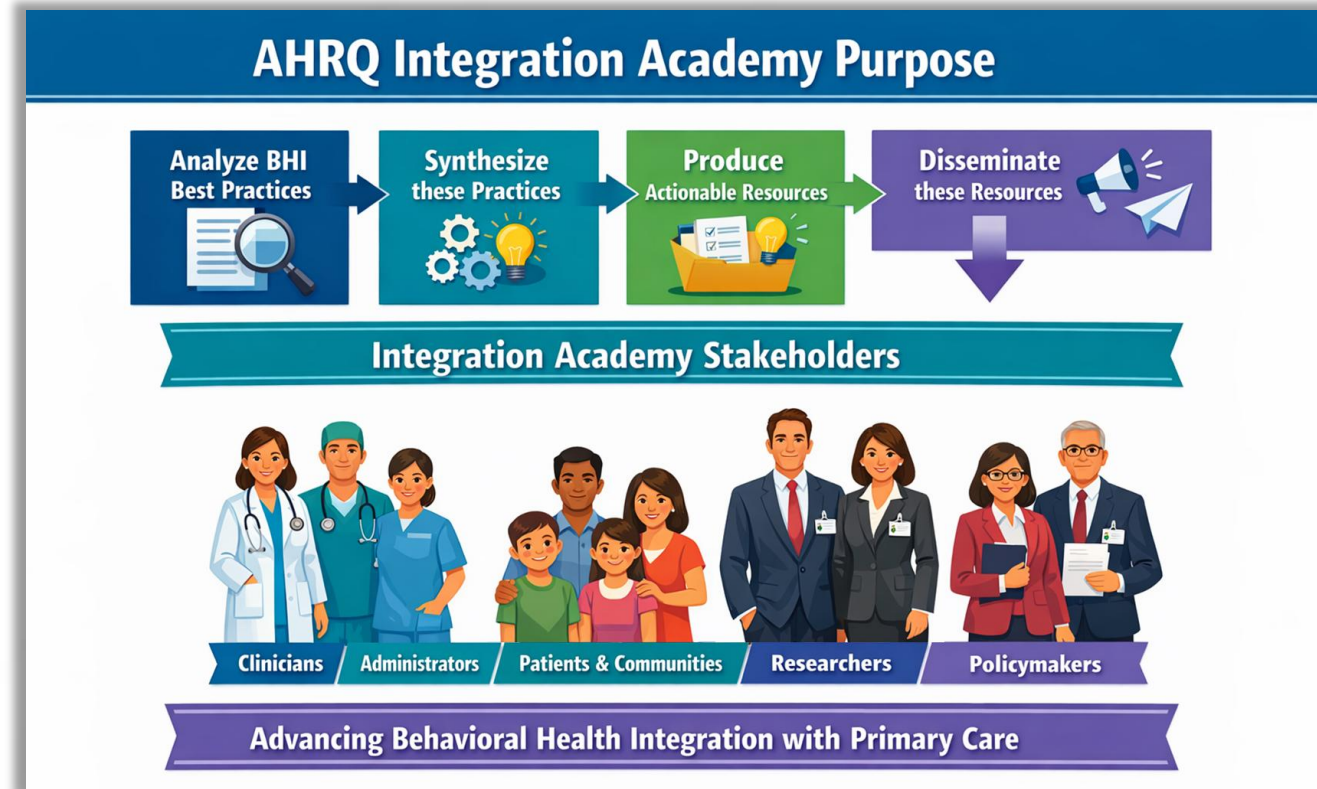


[Visit the Integration Academy homepage.](#)



What is the purpose of the Integration Academy?

- To analyze, synthesize, produce, and disseminate actionable information and practical resources that promote the use of best practices for integrated behavioral health.
- It 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.

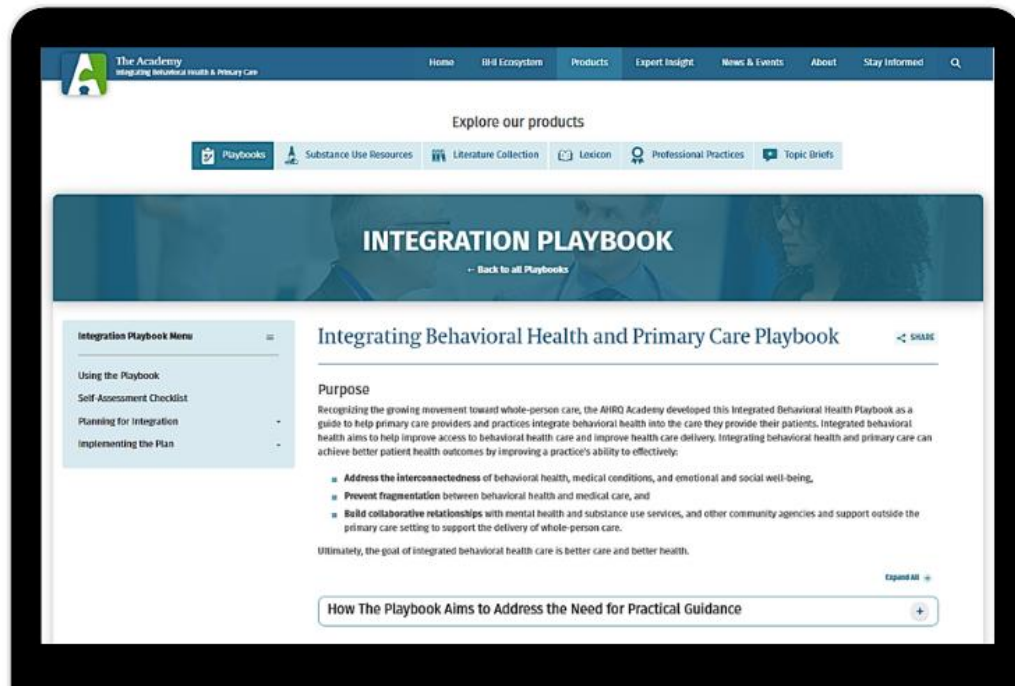


[Learn more about the importance of integrated behavioral health.](#)

What does the Integration Academy offer?



Resources for Planning and Implementation



[Learn more about the Playbooks and other Integration Academy offerings.](#)

Playbooks & Toolkits

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.
- **Financing Toolkit:** Provides guidance for building a business case for IBH.

What does the Integration Academy offer?

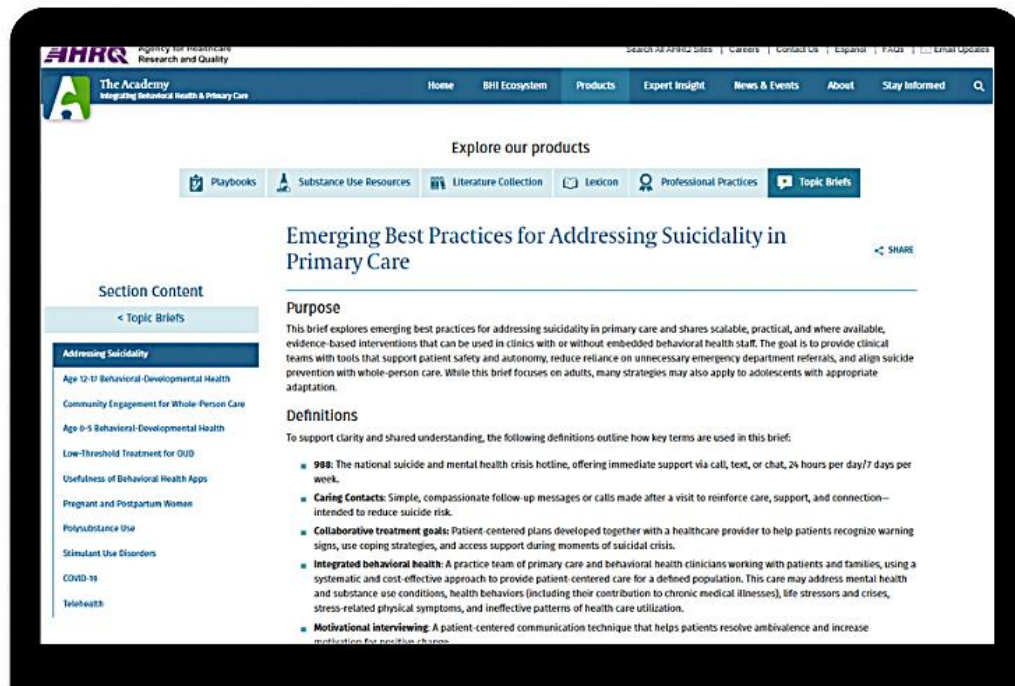


Research Evidence on Best and Promising Practices

Topic Briefs

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

- Suicide prevention
- Child and adolescent
- Mental health apps
- Telehealth
- Pregnancy and postpartum
- Stimulant use disorders
- Polysubstance use



[Learn more about Topic Briefs and other Integration Academy offerings.](#)

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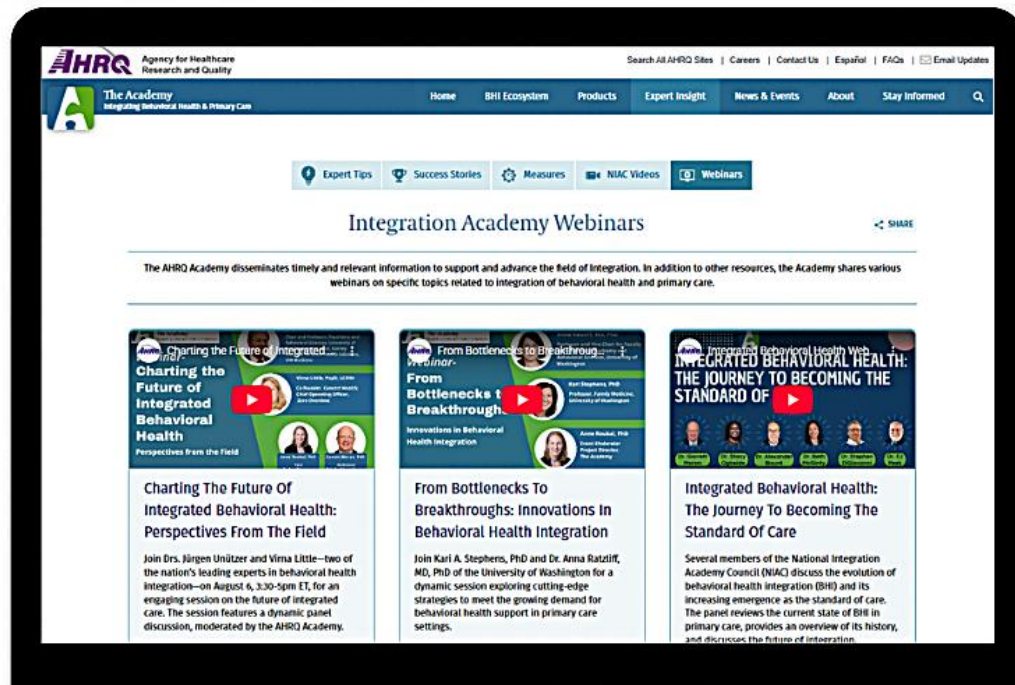


Research Evidence on Best and Promising Practices

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 in Action: Trends from the Field
- Charting the Future of Integrated Behavioral Health: Perspectives from the Field
- From Bottlenecks to Breakthroughs: Innovations in Behavioral Health Integration
- Integrated Behavioral Health: The Journey to Becoming the Standard of Care



[Learn more about PCOR Webinars.](#)

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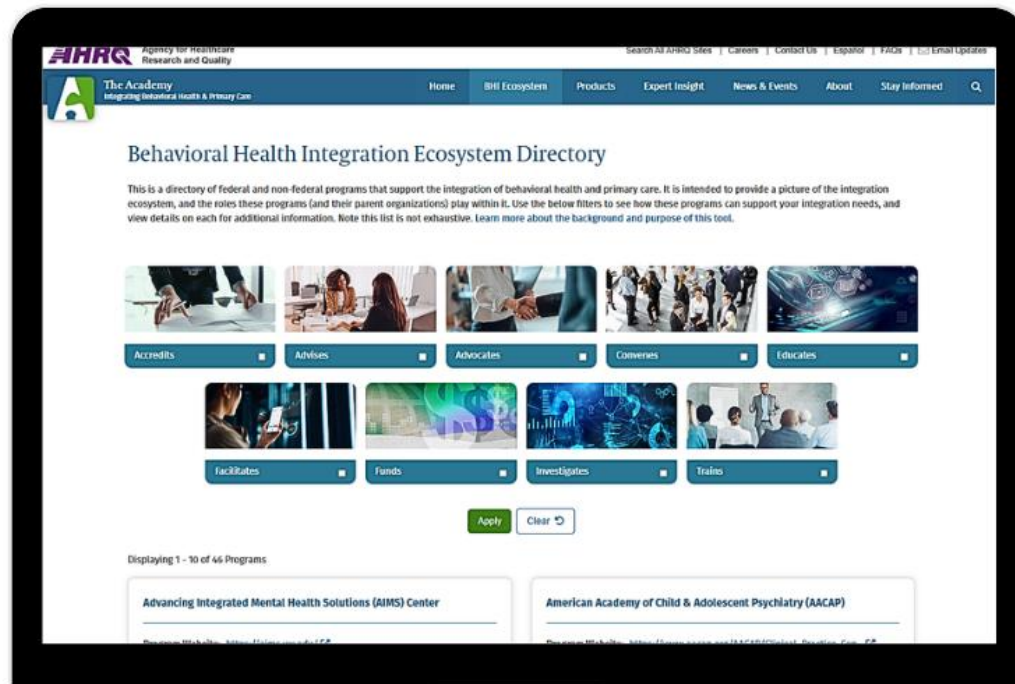


A Network of Programs Working on IBH

BHI Ecosystem & Directory

A directory of federal and non-federal programs and organizations working to advance the integration of behavioral health and primary care.

Site users can search the directory via a variety of filters to find the support they need for their BHI efforts.



[Learn more about the BHI Ecosystem & Directory](#)

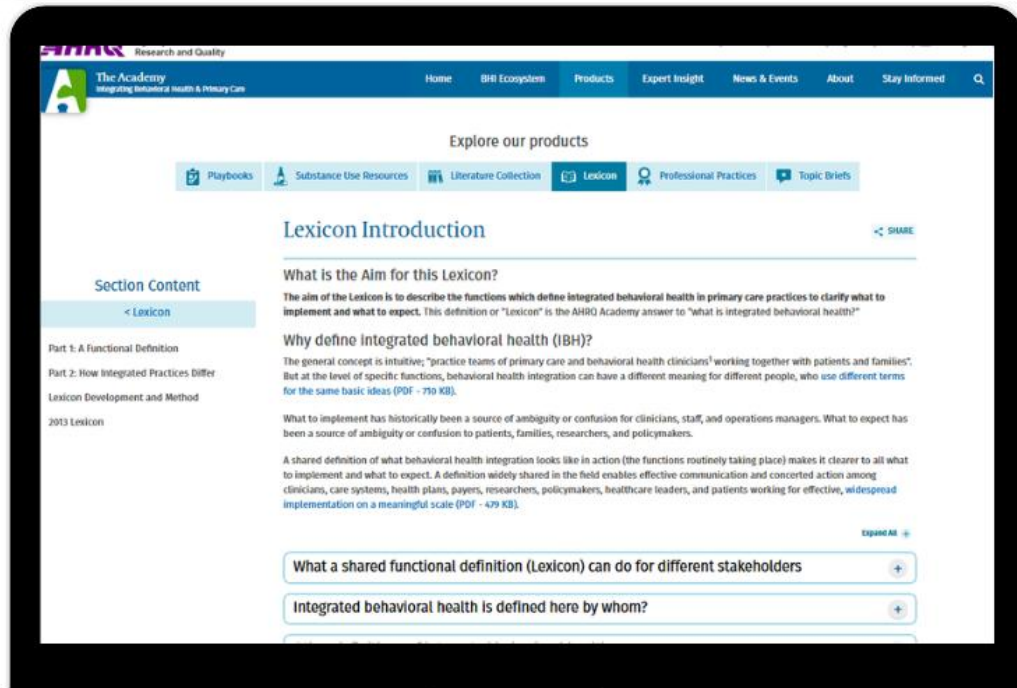
What does the Integration Academy offer?



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.



[Learn more about the Lexicon and other Integration Academy offerings.](#)

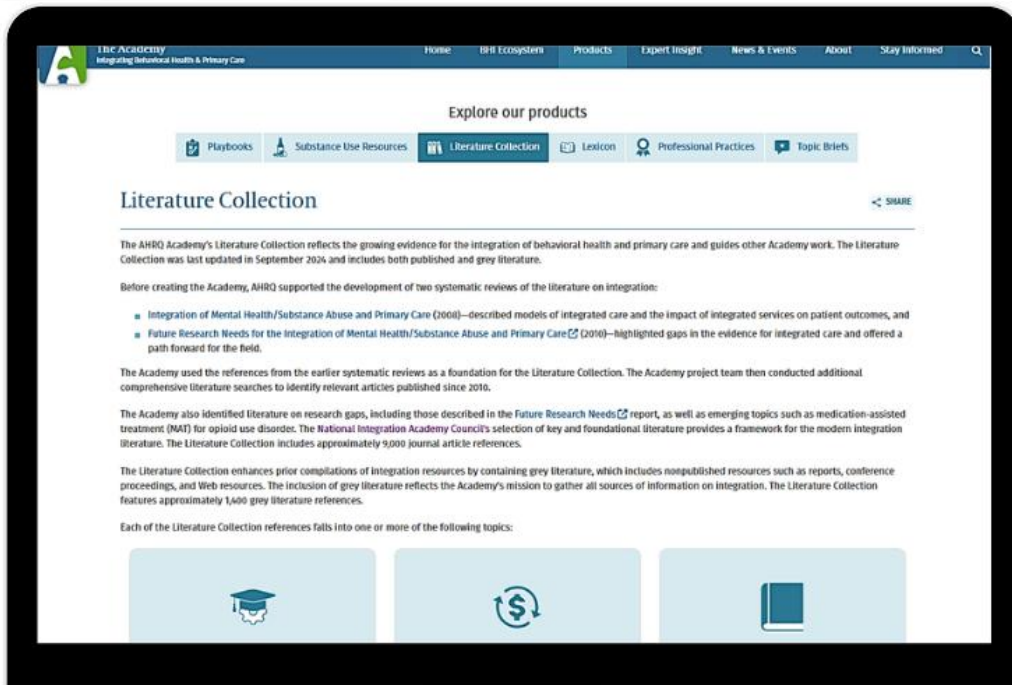
What does the Integration Academy offer?



Research Evidence on Best and Promising Practices

The Literature Collection

A regularly updated, searchable collection of >12,000 peer-reviewed and grey literature references on the integration of behavioral health and primary care.



[Learn more about the Literature Collection and other Integration Academy offerings.](#)

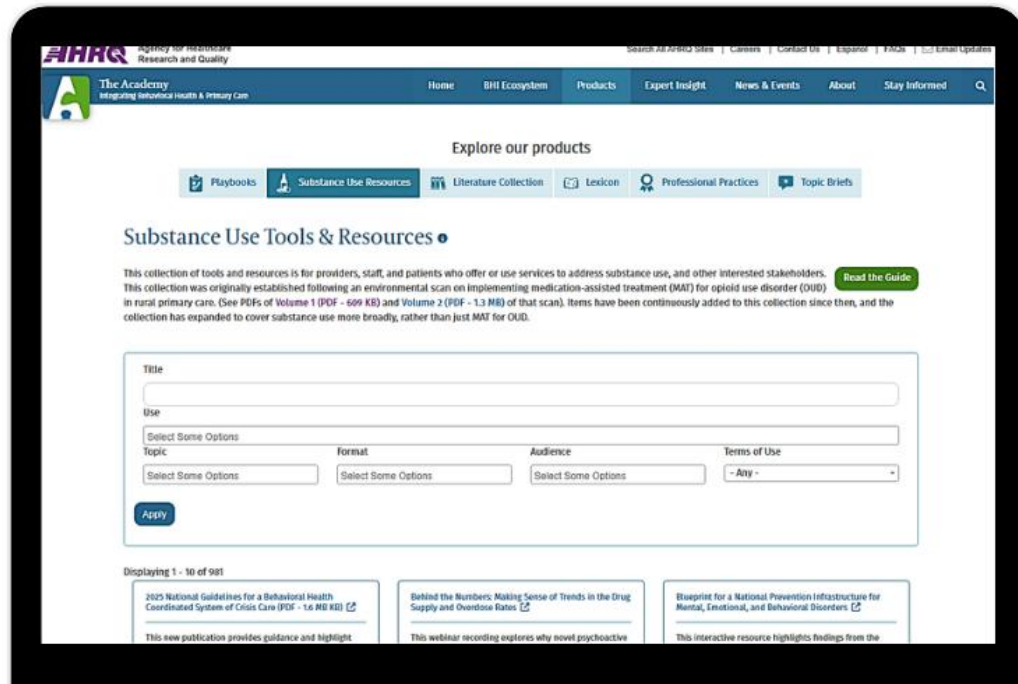
What does the Integration Academy offer?



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.



[Learn more about Substance Use Resources and other Integration Academy offerings.](#)

Who guides the Integration Academy?



National Integration Academy Council (NIAC): this expert panel is made up of clinicians, patients and leaders with expertise in the areas of primary care, behavioral health, finance, education, policy, and workforce development.

The Federal Workgroup (FWG): this professional panel is made up of representatives from various federal agencies working to advance integration (SAMHSA, CMS, NIH, and others), with the goal of promoting intra-agency collaboration.

[Learn more about the NIAC.](#)





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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