

# Position Statement

2020

## Expanding Mental Health Service Access Through Integrated Behavioral Health in Primary Care

### Proposal

<b>Issue:</b>	Minnesota counties are designated as the Mental Health Authority and are required to assess needs in the mental health delivery system. Most of Minnesota is classified as Mental Health Professional Shortage areas with limited access to Mental Health Professionals. Most behavioral health issues present in the primary care setting. Historically, behavioral health conditions go undiagnosed and are either untreated or under-treated across Minnesota. When referrals are made to a behavioral health provider, scheduling, availability, stigma and other logistics keep the vast majority of patients from receiving the care they need.
<b>Implementation Strategy:</b>	Through state contracting changes with managed care organizations, changes in reimbursement coding and financial incentives through new avenues such as Accountable Care Organizations, healthcare providers can realign clinic practices to become integrated and financially sustainable.

### Systemic Priority Alignment (check all that apply and explain why)

Equity       Service Integration       Fiscal Framework

**Comments:** Working to align systems within Behavioral Health.

### Operational Priority Alignment (check all that apply and explain why)

Behavioral Health       Case Management       Child Well Being       Community Based Settings & Services  
 Health Care       Housing & Transportation       Modernization       Self Sufficiency

**Comments:**

### Rationale/Background:

An estimated 80% of mental health conditions are treated within the primary care setting with limited or no support from mental health professionals. Integrated Behavioral Health (IBH) practices allow for immediate, team-based approach to treating patients for both physical & behavioral health issues on the same visit in the same office. Integrated Behavioral Health Care has been well researched and found to increase access to behavioral health services, improve health outcomes, reduce costs and greatly improve the experience for both the patients and providers.

### Additional Information:



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