Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
It’s Possible!

Breaking Down Silos Between Health, Public Health, and Behavioral Health

Trina Dutta, MPP, MPH

January 14, 2014

NGA 50 State Convening

Learning from Each Other: The Roles of States in Transforming their Health Systems
The Big Question

Can states successfully integrate their behavioral health (i.e. mental health and substance use) and primary care systems?
Who—What—When—Where—How

Physical Health Risk

Behavioral Health Risk

Cost to the System

Physical Health Risk

Slide 4
What do we know?

People with medical conditions: 58% of adult population

People with mental disorders: 25% of adult population

68% of adults with mental disorders have medical conditions

29% of adults with medical conditions have mental disorders

National Comorbidity Survey Replication, 2001-2003 as Reported in Druss and Walker, 2011
What’s the Context?

<table>
<thead>
<tr>
<th>Quadrant I</th>
<th>Quadrant II</th>
<th>Quadrant III</th>
<th>Quadrant IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>low</td>
<td>Specialty behavioral health programs with linkages to primary care</td>
<td>Physician with on-site behavioral health staff</td>
<td>Both specialty behavioral health settings and primary care (with a strong need for collaboration between the two)</td>
</tr>
<tr>
<td>high</td>
<td>high</td>
<td>high</td>
<td>high</td>
</tr>
</tbody>
</table>

Behavioral health risk/status vs. Physical health risk/status

Milbank 2010--Adapted from Mauer
Who are we talking about?

Glen’s Story
What are we talking about?

- Serious mental illness
- Multiple chronic physical health issues
- Medication complications
- Unstable housing
- Tobacco use
- Hospitalization
What’s the Context?

- **Quadrant I**: Physician with on-site behavioral health staff
- **Quadrant II**: Specialty behavioral health programs with linkages to primary care
- **Quadrant III**: Specialty medical with behavioral health consultation
- **Quadrant IV**: Both specialty behavioral health settings and primary care (with a strong need for collaboration between the two)

**Behavioral health risk/status**

**Physical health risk/status**
How can States support this type of silo-busting?

- Care coordination
- BH and PC services in the same day
- Health/wellness programming
"As soon as your dentist gets here, we'll begin."