



Connect.
Collaborate.
Colorado-style.



We Second That Emotion

Integrating Mental and Physical Health Care

Jeff Bontrager

December 5, 2014





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1


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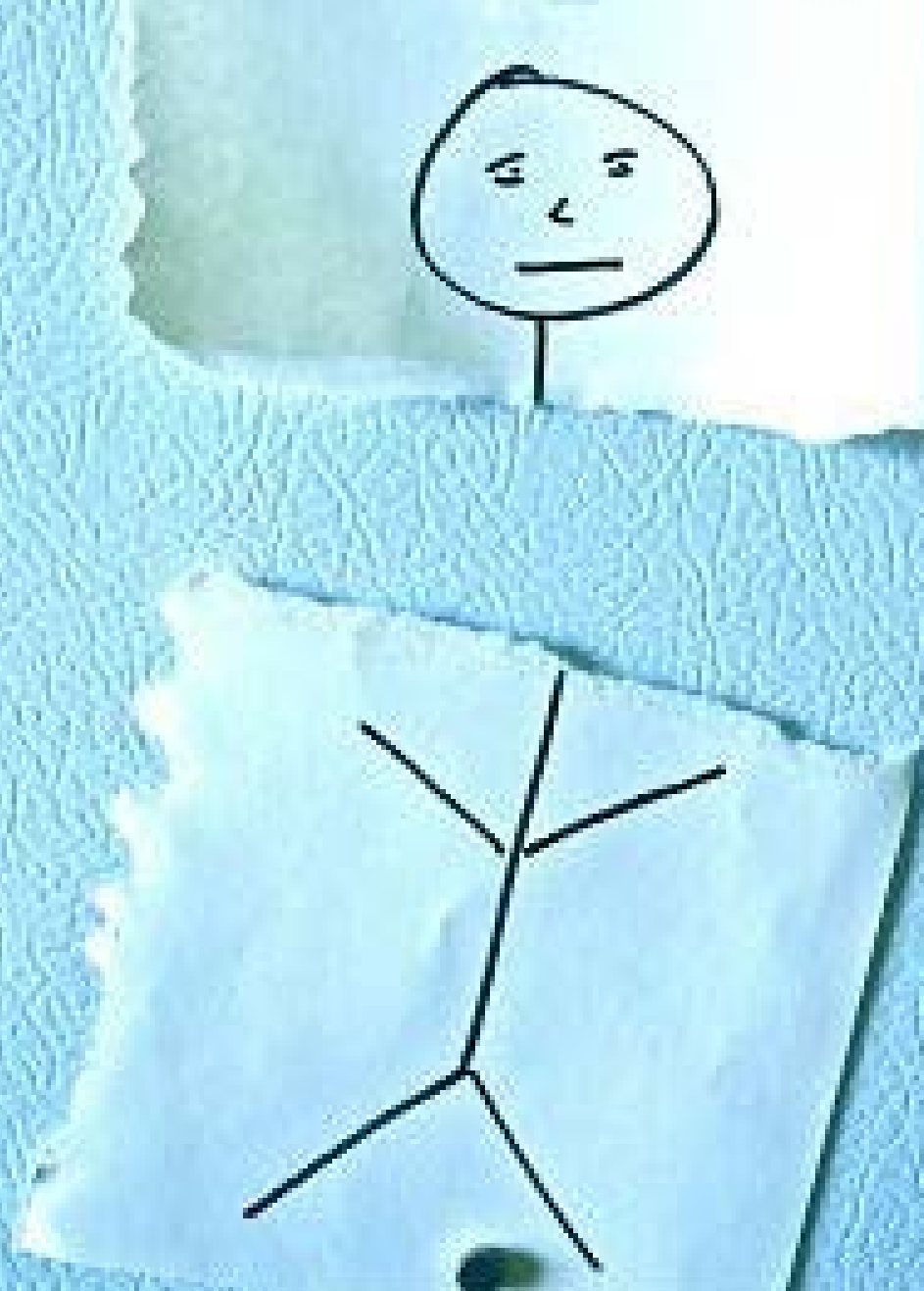
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Three Takeaways

- Behavioral health is often addressed in a primary care setting.
- Integrating behavioral and physical health care is underway across Colorado.
- The State Innovation Model (SIM) aims to accelerate Colorado's move toward the Triple Aim goals of improved health, improved quality and lower costs.



Historically,
the head
has been
treated
separately
from the
body.



Behavioral Health

- *Mental health*
- *Substance use disorders*
- *Behaviors that contribute to poor diet, little exercise and other conditions*



25 percent of Coloradans reported at least one day of poor mental health in the past 30 days.

Source: 2013 Colorado Health Access Survey

Why People Don't Get Mental Health Care

75.6% Cost.

53.3% Believe health insurance won't cover care.

31.0% Not comfortable discussing personal problems.

30.5% Hard time getting an appointment.

19.8% Someone might find out you had a problem.

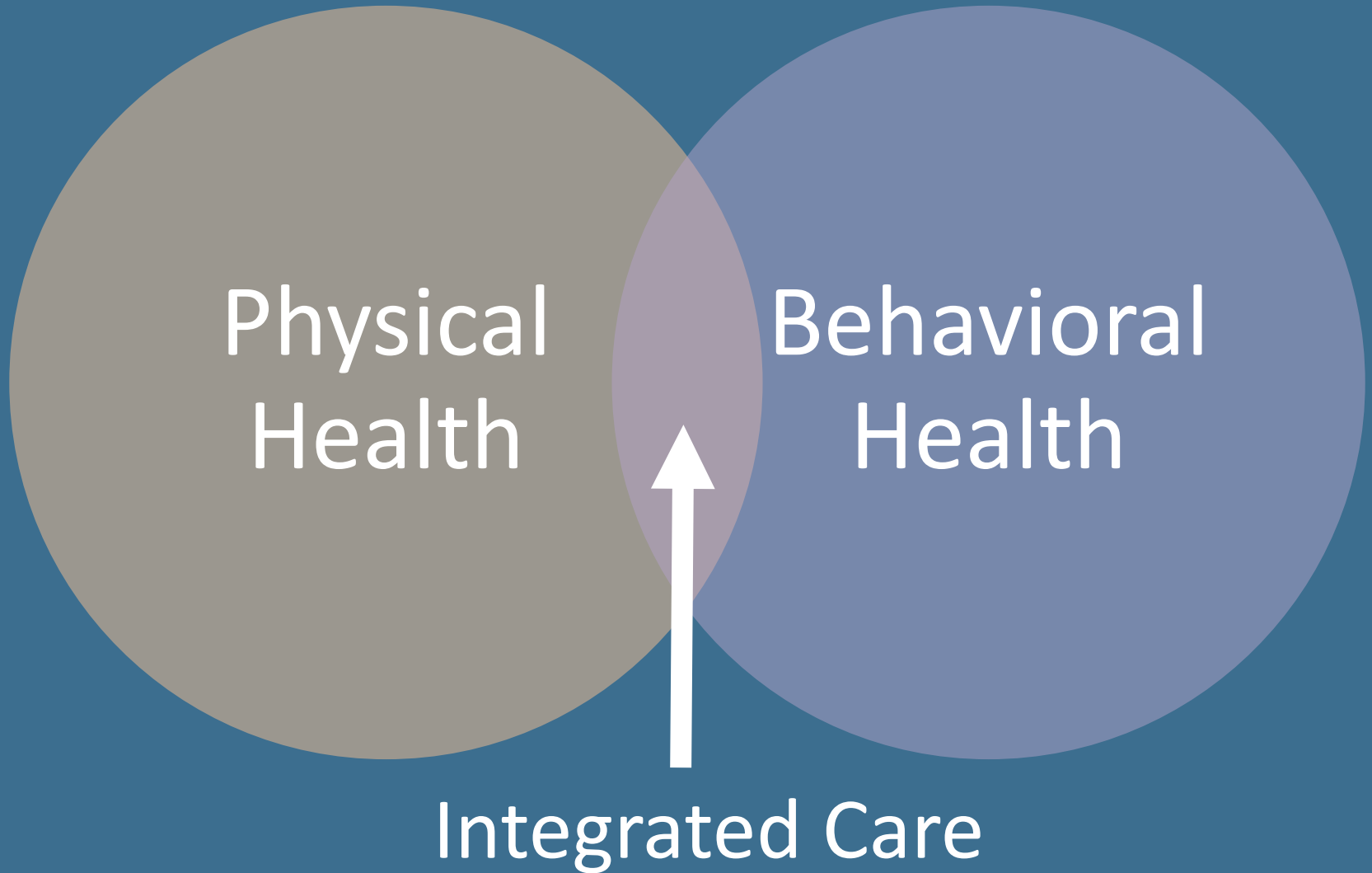
Source: 2013 Colorado Health Access Survey



50%

**of all
behavioral
health
disorders
are treated
by primary
care**

The Promise of Integration



Of Those Reporting Good Mental Health ...

90.0%
Report Good
Physical Health

Of Those Reporting Poor Mental Health ...

55.3%
Report Good
Physical Health

Source: 2013 Colorado Health Access Survey.

STIGMA



A Patient's Experience

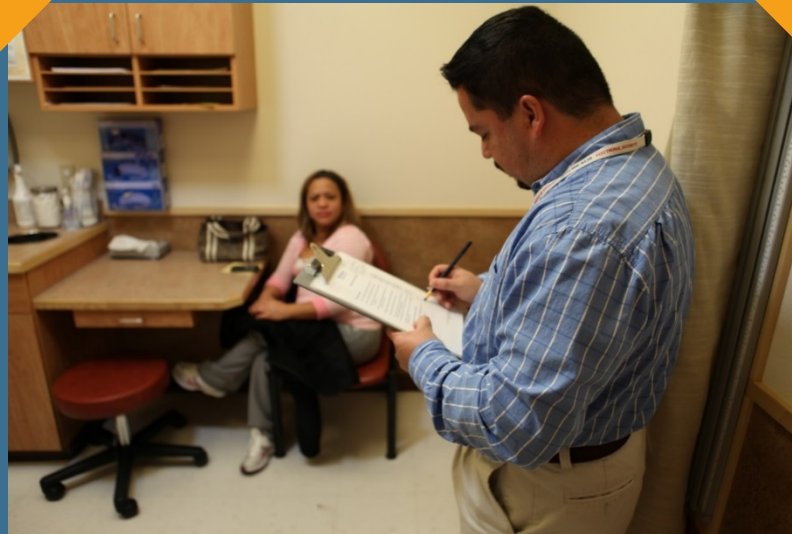


How is This Playing Out Across Colorado?

Behavioral
Health
Providers

Integration

Primary Care
Providers



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Colorado Springs Psychiatric Hospital, 1931

Photo courtesy of Denver Public Library



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720.382.7075 bontragerj@coloradohealthinstitute.org



 #HIHC14