A CASE FOR INTEGRATING 
Behavioral Health and Primary Care

**PREVALENCE**

- 46% of adults will experience mental health illness or a substance abuse disorder at some point in their lifetime\(^1\)
- 20% of primary care office visits are mental health related\(^2\)
- 28% of adolescents will experience mental health or a substance abuse disorder with distress or severe impairment\(^3\)

**UNMET BEHAVIORAL HEALTH NEEDS**

- 67% of adults with a behavioral health disorder do not get behavioral health treatment\(^4\)
- Depression goes undetected in >50% of primary care patients\(^5\)
- 66% of primary care providers report they are unable to connect patients with outpatient behavioral health providers due to a shortage of mental health providers and health insurance barriers\(^6\)

**WHY PROVIDERS LIKE INTEGRATED PRIMARY CARE\(^7\)**

- Better communication
- More comprehensive services
- Better management of depression, anxiety and alcohol abuse
- More convenient services for patients
- Less stigma for patients
- Better coordination of mental and physical health
- Quicker appointments for mental health services
- Better health education

**TOP 5 CONDITIONS DRIVING OVERALL HEALTH COST\(^8\)**

- Depression
- Anxiety
- Obesity
- Back/Neck Pain
- Arthritis

When treated in harmony with mental health, chronic physical health improves significantly, along with patient satisfaction.\(^9\)

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