

Integration of Primary Care and Behavioral Health

*2007 Behavioral Health Summit
American College of Mental Health Administration*

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16th U.S. Surgeon General**

National Center for Primary Care Mission



To promote excellence in primary care and community oriented primary care programs with a special focus on the needs of the underserved and underrepresented and on the elimination of disparities in health.

Reports of the 16th Surgeon General

National Strategy for
Suicide Prevention:

Reducing Tobacco Use
A Report of the Surgeon General

Mental Health:
A Report of the
Surgeon

Oral Health in America:
A Report of the
Surgeon

The Surgeon General's
Call To Action
To Prevent Suicide
1999

The Surgeon General's
Call To Action
To Prevent and Decrease
Overweight and Obesity
2001

WOMEN AND SMOKING
A Report of the Surgeon General—2001



Report of the
Surgeon General's Conference on
Children's Mental Health:
A National Action Agenda

Department of Health and Human Services



U.S. Department of Health and Human Services

Best available science

How Do We Define Primary Care?

Primary care is the provision of:

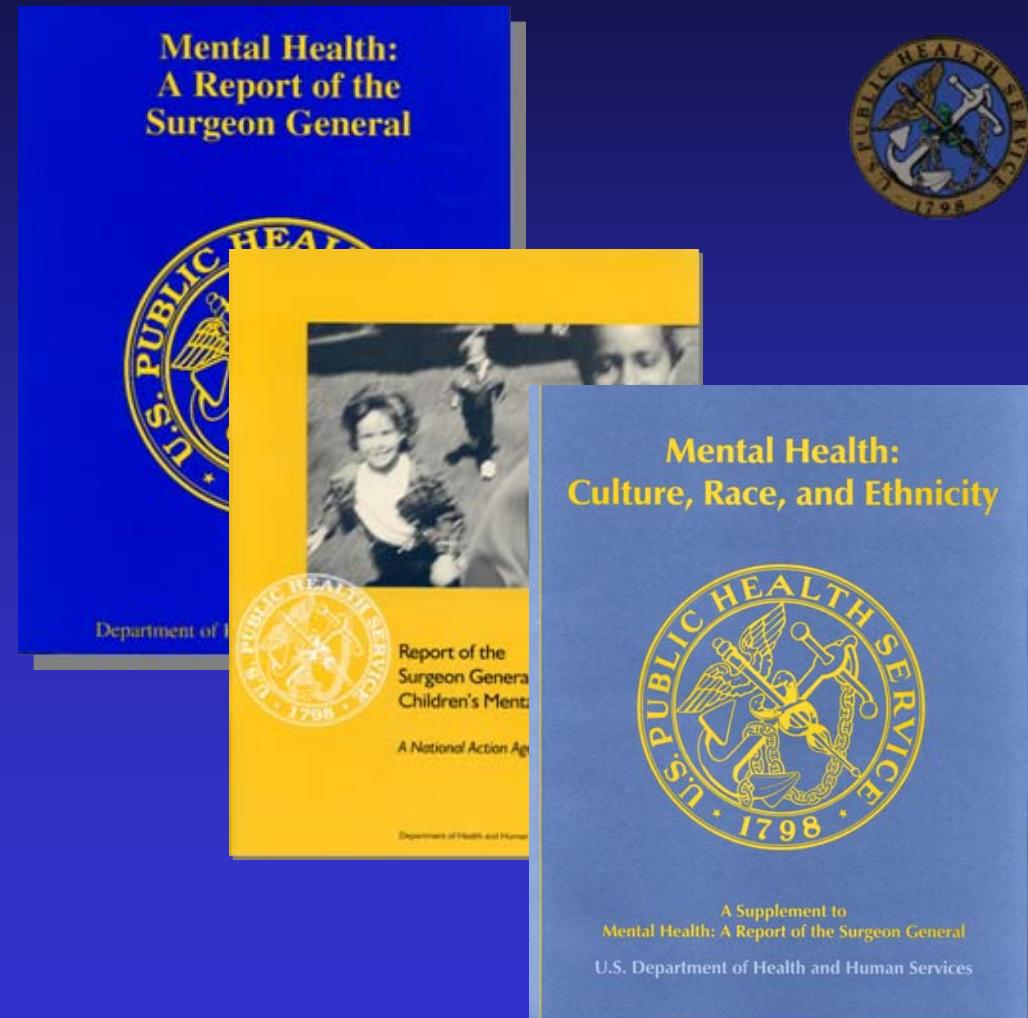
- First contact care of the often undifferentiated patient
- Comprehensive care responding to most of the health care needs of patients
- Continuous, coordinated care serving as patients' medical home with recordkeeping, consultation and referral as needed
- Integration of services into the context of family and community.

Surgeon General's Mental Health Reports

Mental Health: A Report of the Surgeon General December 1999

Supplements

- Children's Mental Health
January 2001
- Culture, Race & Ethnicity
August 2001
- Mental Retardation
February 2002



Mental Health

The successful performance of mental function, resulting in productive activities, fulfilling relationships with others, and the ability to adapt to change and to successfully cope with adversity.



Key Messages

- **Mental health is fundamental to overall health and well-being.**
- **Mental disorders are real.**



Key Messages

Mental disorders are physical disorders.

“The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.”

-- Plato



Key Messages

Mental disorders are common (U.S.).

- 1 in 5 Americans has a diagnosable mental disorder each year.



44 million adults



13.7 million children



Key Messages

Mental disorders are disabling.

Mental disorders are **as disabling as cancer or heart disease** in terms of premature death and lost productivity.



Disease Burden by Selected Illness Categories in Established Market Economies, 1990

	% of total DALYs*
All cardiovascular conditions	18.6
All mental illness**	15.4
All malignant disease (cancer)	15.0
All respiratory conditions	4.8
All alcohol use	4.7
All infectious & parasitic disease	2.8
All drug use	1.5

*Disability-adjusted life year (Murray and Lopez, 1996).

**Disease burden associated with “mental illness” includes suicide.



The Global Burden of Disease

Globally, some **400 million people** suffer from mental and neurological disorders or from psychosocial problems such as those related to alcohol or drug abuse.*



*WHO



The Global Burden of Disease

Globally, 5 of the 10 leading causes of disability are mental disorders*

- unipolar major depression
- alcohol dependence
- bipolar depression
- schizophrenia
- obsessive-compulsive disorder



*WHO



The Good News

Research has improved our ability to recognize, diagnose, and treat conditions effectively.

- 80-90% of mental disorders are treatable using medication and other therapies



The Bad News

Of those with a diagnosable mental disorder...



Fewer than half of adults get help



Only one-third of children get help



Barriers to Care

Income

Managed care

Stigma

Housing

Health care providers
unaware of treatments

Consumers
unappreciative
of treatment



Medicare/Medicaid

C
A
R
E

Stigma Deters Treatment

Individual

- keeps people who are experiencing a problem from acknowledging problem and seeking help

Family/Community/Societal

- keeps people from recommending help or acknowledging problem for family and friends

Policy Arena

- keeps government and private sector from addressing problems



Suicide as a Public Health Problem

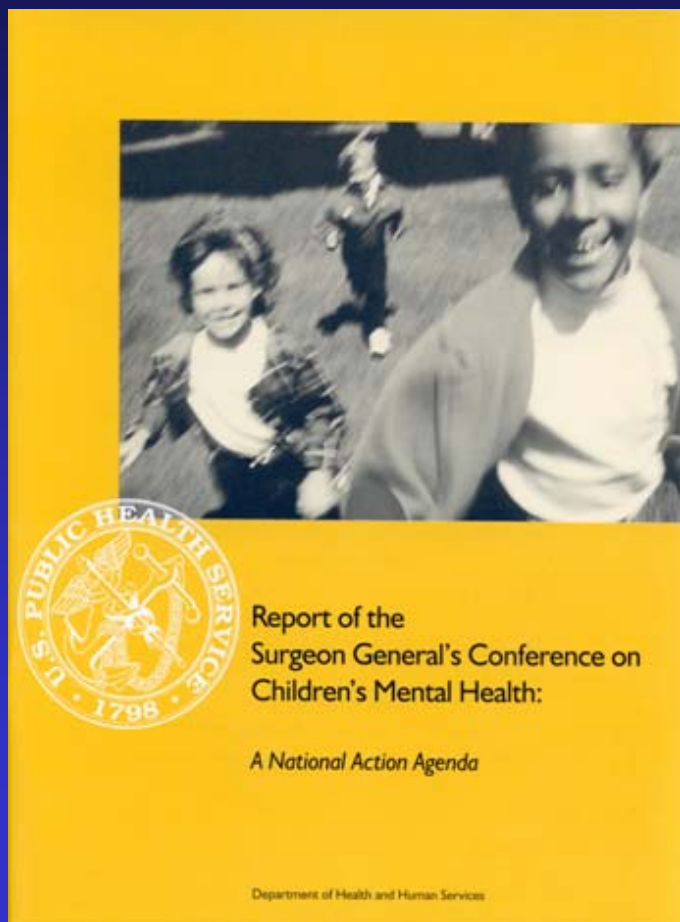
- 80-90% of people who die by suicide are suffering from a diagnosable mental illness.
- 8th leading cause of death in U.S.
- Every day 81-85 Americans die by suicide, and over 1,500 attempts are made.
- *National Strategy to Prevent Suicide (May 2001)*
- *Call to Action to Prevent Suicide (Summer 1999)*



Mental Illness Throughout the Lifespan

Children

- 1 in 10 American children and adolescents suffers from mental illness severe enough to cause some level of impairment.
- Fewer than 1 in 5 receives treatment.
- An estimated 20% of children have mental disorders with at least mild functional impairment.



Mental Illness Throughout the Lifespan

Adults

For about 1 in 5 Americans, adulthood is interrupted by mental illness. Left untreated, the result is:

- Lost productivity
- Unsuccessful relationships
- Significant distress / dysfunction
- Adverse impact in caring for children



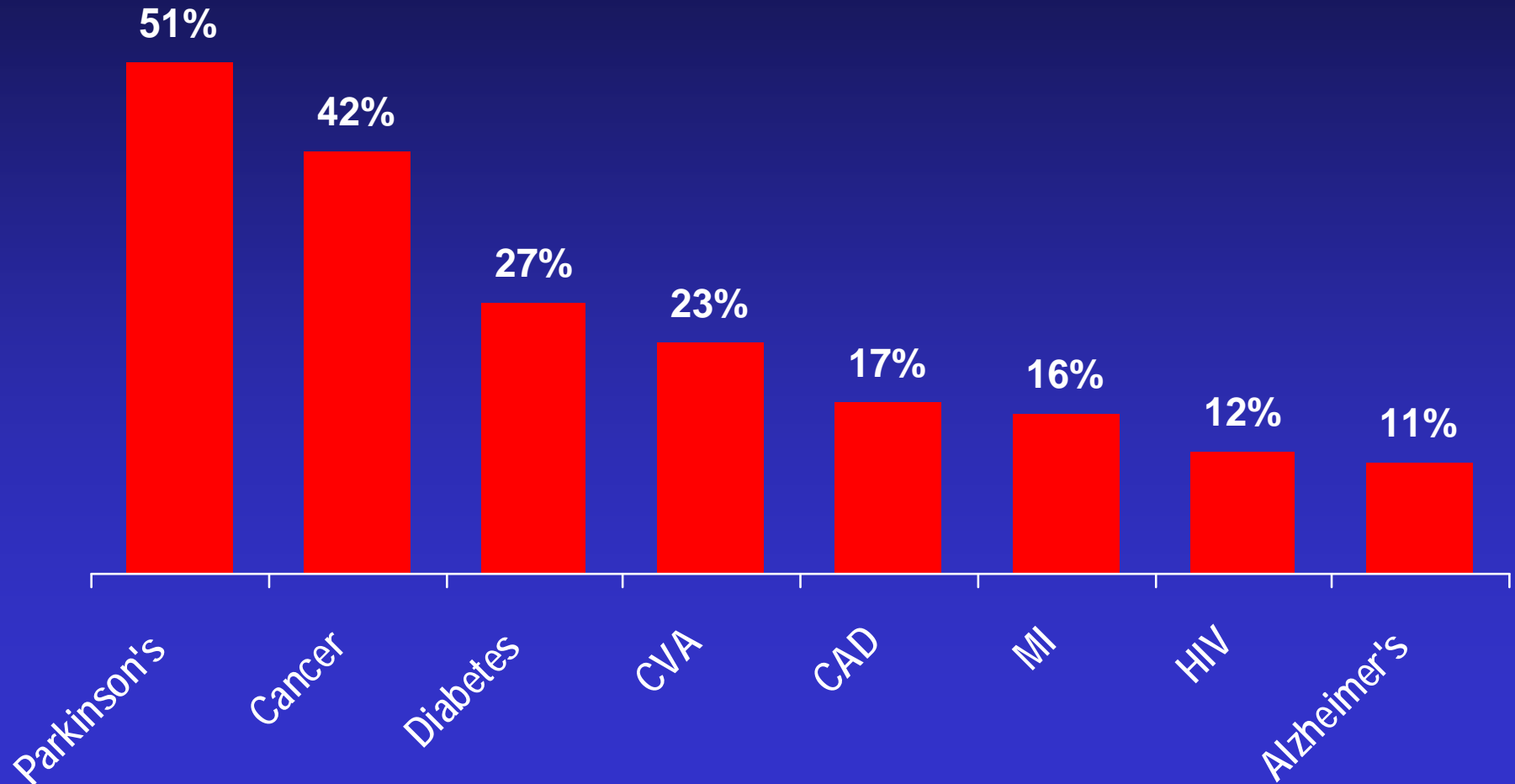
Mental Illness Throughout the Lifespan

Older Adults

- Disability due to mental illness in people over 65 will become a major public health problem as a result of the graying of the nation.
- Continued intellectual, social, and physical activity throughout the life cycle are important.



Prevalence of Depression in Chronic Disease



Mental Illness and Minorities

Depression in African Americans

- Often under-diagnosed
- Mis-diagnosed
 - Over diagnosis of schizophrenia
- Under-treatment
 - Under-dosed
 - More use of tricyclics, under use of SSRIs

Use of Mental Health Services by African Americans

(n=1011)

12-month disorder	Mental Health Specialist* % (se)	Any Provider** % (se)
Mood disorder	15.6 (3.5)	28.7 (4.5)
Anxiety disorder	12.6 (2.4)	25.6 (5.3)

Data from the National Comorbidity Survey (Kessler et al.)

The SE (Standard Error) is the average dispersion around the percentage.

*Psychologist, psychiatrist, or social worker

** Mental health specialist, general medical provider, other professional (nurse, occupational therapist, other health professional, minister, priest, rabbi, counselor) spiritualist, herbalist, natural therapist, or faith healer

Mental Illness: Role of Primary Care

- Screening
- Diagnosis
- Treatment
- Referral
- Follow-through



President's New Freedom Commission On Mental Health

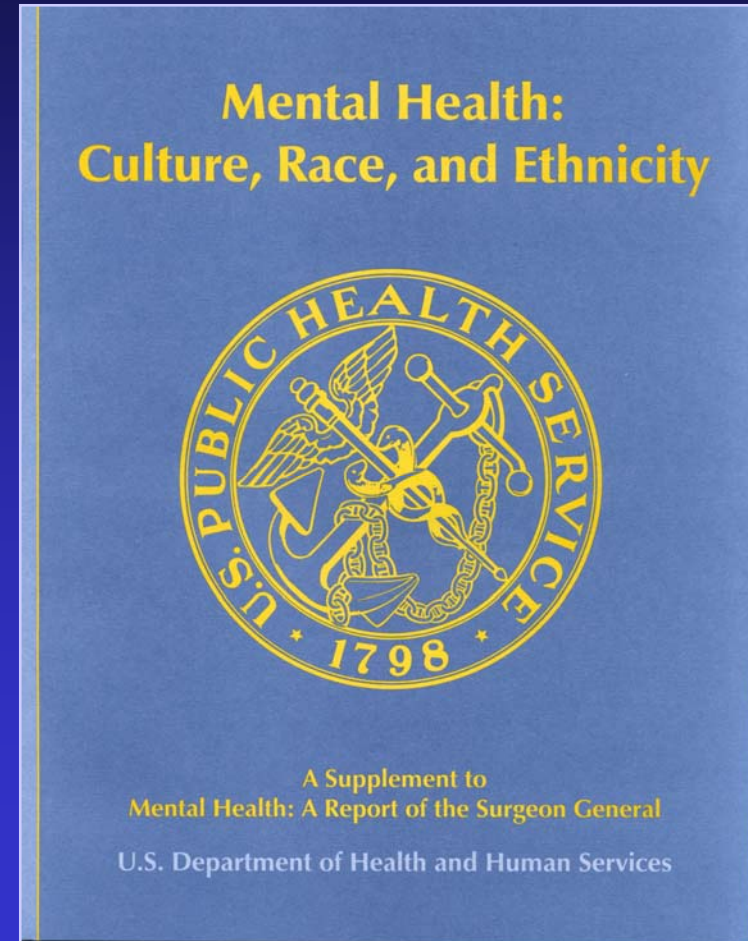
- Mental health problems are not adequately addressed in primary care settings.
- Despite their prevalence, mental disorders often go undiagnosed, untreated, or under-treated in primary care.
- A significant percentage of patients in primary care shows signs of depression, yet up to half go undetected and untreated.

Recommendation: Expand screening and collaborative care in primary settings

Culture Counts

With patients, culture impacts...

- ✓ How they manifest and describe illnesses
- ✓ How they cope with illnesses
- ✓ The type of stresses they experience
- ✓ Whether they are willing to seek treatment



Culture Counts

*With health care professionals,
culture impacts...*

- ✓ The way patients are diagnosed
- ✓ The kind of treatments offered to patients
- ✓ How services are organized and financed



Mental Health: Culture, Race, and Ethnicity



A Supplement to
Mental Health: A Report of the Surgeon General
U.S. Department of Health and Human Services

The Bridge Program: A Model for Mental Health Services for Asian Americans Through Primary Care

Goals:

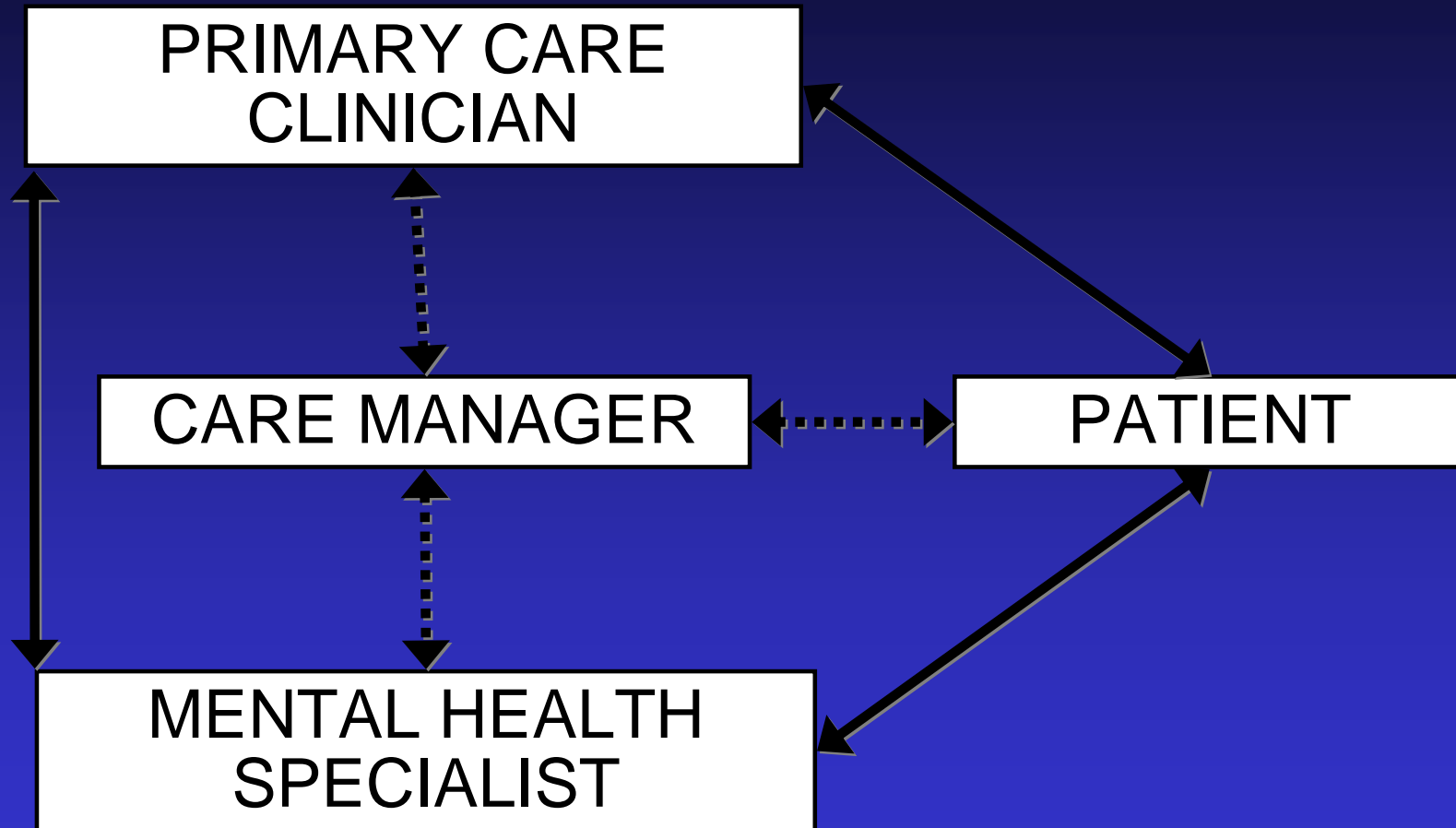
- Improve Access to Mental Health Services
- Enhance capacity/skills of primary care providers to diagnose and treat mental disorders
- To raise community awareness of mental health and illness



National Center for Primary Care: Cultural Competency /CRASH

- Consider Culture
- Respect
- Assess/Affirm
- Sensitivity/Self -Awareness
- Humility

Three Component Model



Oxman TE, Dietrich AJ, Williams JW Jr, Kroenke K (2002). *Psychosomatics*. 43:441-450.

The Toll of Natural Disasters

1975
100 disasters

2005
> 400 disasters

- 157 million people worldwide were affected by natural disasters in 2005.
- 20% of a population affected by a disaster suffers mild or moderate mental disorders, from a baseline prevalence of 10%.

The Mental Health Consequences of Natural and Manmade Disasters

Exposure to severe trauma, direct violent action, mass casualty, displacement, diminished security

Death of loved ones, loss of belongings, loss of livelihood, lack of shelter, destruction of local environment, inadequate economic, social and medical support, loss of hope for the future and fear

Post Traumatic Stress Disorder, associated with chronic anxiety and depressive reactions



Prevention Interventions

- Educational programs for young children.
- Parent education programs.
- Nurse home visits.
- Primary care and schools: settings for potential recognition.
- Systems approach.



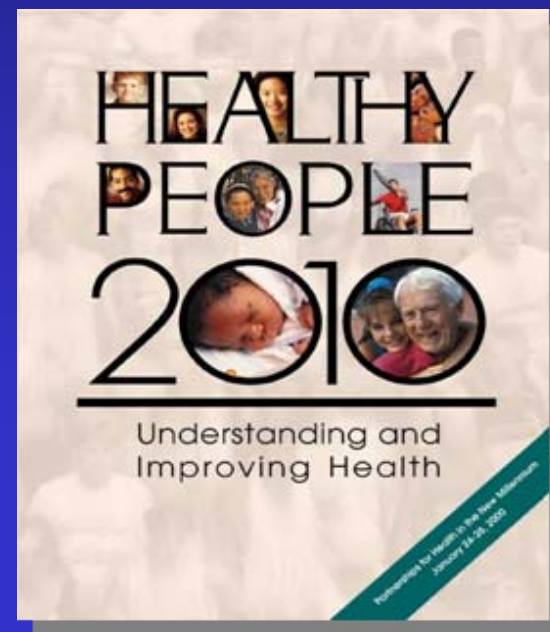
Vision for the Future

- Continue building the science base, especially prevention.
- Overcome the stigma.
- Increase public awareness of effective treatments.
- Ensure the supply of mental health services and providers.
- Ensure the delivery of state-of-the-art treatments.



Vision for the Future

- Facilitate entry into treatment.
- Reduce financial barriers to treatment.
- Tailor treatments to age, gender, race and culture.
 - Healthy People 2010 Goal to Eliminate Disparities
 - Conference and supplement on Children's Mental Health issues



“The breach between what we know and what we do is lethal.”

Night Falls Fast
Kay Redfield Jamison



PRESCRIPTION

(Not to be used to obtain medication or to contradict your own doctor's advice)

16TH SURGEON GENERAL OF THE UNITED STATES

Best Health Wishes



- Moderate physical activity, at least 5 days a week, 30 minutes per day
- Eat at least 5 servings of fruits and vegetables a day
- Avoid toxins—tobacco, illicit drugs, and abuse of alcohol
- Responsible sexual behavior: abstinence plus optimal protection when sexually active

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