Compendium of Resources for Integrated Primary Care Providers

Below is an annotated list of resources that may prove beneficial to behavioral health providers working in integrated care settings. Resources are organized by type (i.e., websites, videos, manuals) and span a variety of different topics pertinent to integrated care. Some resources are introductory in nature while others examine specific elements of integration in greater detail.

Websites

The Agency for Healthcare Research and Quality
http://www.ahrq.gov/

The Agency for Healthcare Research and Quality (AHRQ) website contains a wealth of information, research, and clinical tools for medical and behavioral health providers. The “For Professionals” tab with links to resources for improving integrated care practice may be of particular interest to integrated care providers.

The second link will take you directly to the behavioral and mental health page of the website which is comprised of integrated care resources such as a clinician’s guidebook, integrated care literature review, and relevant publications.

The Academy: Integrating Behavioral Health and Primary Care
http://integrationacademy.ahrq.gov/
https://integrationacademy.ahrq.gov/resources/ibhc-measures-atlas

The Academy online portal, which is also offered through the AHRQ website, provides resources for improving integration of behavioral health and primary care. The Academy web page contains message boards under the “Collaboration” tab for discussion of pertinent issues related to integrated care. Additionally, the second link provides an overview of integrated behavioral health care quality measures that focus on various elements of integration.
**AHRQ Integration Playbook**


The AHRQ Integration Playbook is an interactive guide that offers information and examples of integrating behavioral health into a primary care setting. This resource is useful for both new and experienced primary care behavioral health providers as it covers the “dos and don’ts” of integrated care and allows the user to complete a self-assessment to determine your organization’s current level of integration. You might also want to consider visiting the AHRQ Academy for Integrating Behavioral Health and Primary Care portal to access the Integration Playbook, Academy Community, and other resources for integrating behavioral health care.

**VA Center for Integrated Healthcare (CIH)**

http://www.mirecc.va.gov/cih-visn2/

http://www.mirecc.va.gov/cih-visn2/clinical_resources.asp

The VA Center for Integrated Healthcare (CIH) is comprised of researchers and clinicians intricately involved in the development and implementation of integrated primary care services. The first link takes you to the CIH home page where you can learn more about the center’s mission and personnel. The second link takes you directly to a collection of clinical resources and educational materials that cover topics such as integrated care policies and procedures, practice management techniques, and informational handouts for patients.

**Collaborative Family Healthcare Association**

http://www.cfha.net/

http://www.cfha.net/?page=PCBHRessources

http://www.cfha.net/?PCBHWebResources

The collaborative family healthcare model envisions seamless collaboration between psychosocial, biomedical, nursing, and other healthcare providers, and views patient, family, community, and provider systems as equal participants in the healthcare process. The second link takes you directly to a collection of Primary Care Behavioral Health (PCBH) resources (i.e., articles, recordings) while the third link offers online resources (videos, assessment tools) for integrated care providers. You can search the Webinar Archives for power point presentations and video recordings that address critical elements of primary care behavioral health integration.
**Patient-Centered Primary Care Collaborative**

https://www.pcpcc.org/
https://www.pcpcc.org/education-and-training
https://www.pcpcc.org/resources
https://www.pcpcc.org/tcpi/resources

The Patient-Centered Primary Care Collaborative (PCPCC) is a coalition of more than 1,000 organizations and individuals that work to develop and advance an efficient health system built on a strong foundation of primary care and the patient-centered medical home (PCMH) model. Direct links to education and training as well as resources that may be useful for integrated care providers are included above.

**Dr. Kirk Strosahl’s Mountainview Consulting Group**

http://www.mtnviewconsulting.com/

The Mountainview Consulting Group is another great online resource for essential texts, videos, and current news related to integrated care. At the bottom of the home page, you can download The Primary Care Behavioral Health toolkit, which includes a manual that defines the roles and responsibilities of integrated care providers, a program evaluation metric, and a variety of support documents for integrated care clinicians. Additionally, you can download materials for implementing a brief form of ACT designed for the primary care setting.

**SAMHSA-HRSA Center for Integrated Health Solutions**

http://www.integration.samhsa.gov/
http://www.integration.samhsa.gov/operations-administration/assessment-tools

SAMHSA-HRSA Center for Integrated Health Solutions promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings. The “Integrated Care Models” tab includes information on the organizational structure of integrated care. Also worth checking out are the “Primary Care in Behavioral Health” and “Behavioral Health in Primary Care” sections for resources, webinars, and video content related to primary care behavioral health integration.

The second link above will navigate you to a list of integrated care assessment tools. Scroll down to find The Organizational Assessment Toolkit for Primary and Behavioral Healthcare Integration (OATI), which
includes four self-assessment tools that can be used together to understand and improve your organization’s delivery of integrated primary care services to populations with complex needs.

**U Mass Center for Integrated Primary Care**

http://www.umassmed.edu/cipc/

The mission of the Center for Integrated Primary Care (CIPC) is to develop, synthesize and disseminate skills for best practices in Integrated Primary Care (IPC). CIPC offers a [PCBH Certificate Course](http://www.umassmed.edu/cipc/) twice a year for those interested in formal training in integrated care. There are also [PCBH Short Courses](http://www.umassmed.edu/cipc/) for individuals that would like more information on selected behavioral health topics.

**Primary Care Shrink**

http://primarycareshrink.com/index.html

Dr. Neftali Serrano’s Primary Care Shrink is a great resource for podcasts, links, and other resources that serve as an orientation to the world of Primary Care Behavioral Health.

**Society for Health Psychology**

https://societyforhealthpsychology.org/

https://societyforhealthpsychology.org/training/integrated-primary-care-psychology/

The Society for Health Psychology, an affiliate of the American Psychological Association, is a community primarily comprised of Health Psychologists. Their website contains resources for both students and clinicians to assist with career development. The [Integrated Primary Care Psychology](https://societyforhealthpsychology.org/training/integrated-primary-care-psychology/) page under the Training tab offers an introductory primary care psychology curriculum that is useful for graduate students and post-doctoral psychologists interested in learning more about integrated care practices.

**Center for Psychology and Health**


http://apa.bizvision.com/search/?q=integrated+care&Search=Go

The mission of the APA Center for Psychology and Health is to highlight advances in psychology and how they contribute towards the improvement of healthcare and treatment outcomes. A link to formal integrated primary care coursework and training is included above.
**The Behavioral Health Integration Capacity Assessment Tool**

https://www.resourcesforintegratedcare.com/tool/bhica

The Behavioral Health Integration Capacity Assessment (BHICA) is a valuable tool for behavioral health providers that want to assess their organization’s ability to integrate primary care services. The BHICA allows behavioral health organizations to evaluate care processes associated with three approaches to integrated care: coordinate care; co-located care; or build primary care capacity in-house.

**Center for Quality Assessment and Improvement in Mental Health (CQAIMH)**

http://www.cqaimh.org/quality.html

A searchable database of integrated care process measures, assessments, and other resources that are useful for clinicians.

**Practice Integration Profile**

https://redcap.uvm.edu/redcap/surveys/?s=vEpGbwyFE6

This link provides access to the Practice Integration Profile (PIP) – an organizational self-assessment that assists providers in understanding their site’s current state of integration across several domains of integrated care practice.

**Videos**

**Introduction to Integrated Care**

https://www.youtube.com/watch?v=0zimRbgNc7c – An introductory video from Clinica Family Health Services about the utilization of integrated behavioral health

https://www.youtube.com/watch?v=tOMsDjiTQfo&feature=channel_video_title – Primary Care Behavioral Health: MH Care Redesign. Provides background information and rationale for integrating behavioral health into primary care

http://www.apa.org/health/psychologists-integrated-care.aspx - A video series that provides a closer look at how psychologists in integrated care contribute towards improved patient satisfaction and better health outcomes through ongoing collaboration with physicians, patients, and families.

**Addressing PTSD in Primary Care**

https://www.webcaster4.com/Webcast/Page/89/15321
The PCBH Consult

https://www.youtube.com/watch?v=xmiXvRIRWFE – Core Components of a Primary Care Behavioral Health Consult

PCBH vs. Collaborative Care

https://www.youtube.com/watch?v=ISHaiq-R1ug – a discussion about the differences between PCBH and Collaborative Care

PCBH Corner with Kirk Strosahl

https://youtu.be/QU5IOJOFtak - Part I
https://youtu.be/HRqA5C7oV1s - Part II
https://youtu.be/vYUKZf5jAK0 - Part III

In this three part series, Dr. Kirk Strosahl reflects on his career with PCBH, Acceptance and Commitment Therapy, provides suggestions for future behavioral health providers, and discusses the future direction of PCBH and primary care.

Global Summit on Integrated Care

http://www.apa.org/about/governance/president/summit.aspx

Experts in the field of mental and behavioral health met in 2015 at APA headquarters to focus on the improvement of healthcare via enhanced multidisciplinary collaboration. Panel discussions and summit sessions were recorded and available as a resource for integrated care providers. Click on the menu icon embedded in the top left corner of the video window to view all 17 recorded sessions.

Textbooks


Psychological Association. (check back in December 2016 for an updated version!)


**Articles, Manuals, and Clinical Resources**


https://www.apa.org/pubs/journals/releases/amp-a0036072.pdf -- competencies for psychology practice in primary care


http://www.milbank.org/uploads/documents/10430EvolvingCare/EvolvingCare.pdf – Evolving Models of Behavioral Health Integration in Primary Care thoroughly reviews current practices and provides assistance with choosing the right integrated care model for your setting.

http://www.pcpci.org/sites/default/files/resources/PCBH%20Implementation%20Kit_FINAL.pdf - a primary care integration toolkit comprised of performance evaluation measures, core competency tools, and self-assessments for providers working in an integrated care setting.


Although specifically for those working within VHA, many elements of integration outlined within the functional tool are applicable to non-VA settings.
**Research Article on the Routine Use of Measurement Based Care in the Primary Care Setting**

**Integrated Care Provider Roles and Collaboration with Primary Care Teams**

- [https://www.ncbi.nlm.nih.gov/pubmed/26645091](https://www.ncbi.nlm.nih.gov/pubmed/26645091) - research article on the routine use of measurement based care in the primary care setting


**Brief Treatments for PC-MHI Providers**


- [http://www.veterantraining.va.gov/movingforward](http://www.veterantraining.va.gov/movingforward) - An online course designed for Veterans and Service Members that teaches skills to help overcome stressful problems and meet goals.

- [http://www.therapistaid.com/](http://www.therapistaid.com/) - Resources for clinicians and behavioral health providers that wish to incorporate certain concepts into brief forms of treatment

**Apps**

Although the apps below do not deal with integrated care more broadly, clinicians may find it useful to incorporate them into their practice to supplement brief treatments commonly used in an integrated setting. Visit the VA App Store ([https://mobile.va.gov/appstore](https://mobile.va.gov/appstore)) and the Department of Defense’s National Center for Telehealth & Technology ([http://t2health.dcoe.mil/products/mobile-apps](http://t2health.dcoe.mil/products/mobile-apps)) for a full listing of available applications.
**Insomnia/sleep:**

CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits.

Available for iOS and Android.


**Mental health:**

Life Armor allows users to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems.

Available for iOS and Android.

[http://t2health dcoe mil/apps/lifearmor](http://t2health.dcoe.mil/apps/lifearmor)

**PTSD:**

PTSD Coach is designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life. Available for iOS and Android.


CPT Coach is for Veterans, Service members, and others with PTSD who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course. Available for iOS and Android.

Anxiety and stress:

Virtual Hope Box (VHB) is an accessory to treatment that contains simple tools to help with emotional regulation, coping, relaxation, distraction, and positive thinking via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools. Available for iOS and Android.  

http://t2health.dcoe.mil/apps/virtual-hope-box

Moving Forward provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. Available for iOS and Android.  

http://www.veterantraining.va.gov/movingforward/

Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. The app can be used as a stand-alone stress reduction tool, or can be used in addition to face-to-face care. Available for iOS and Android.  

http://t2health.dcoe.mil/apps/breathe2relax

ACT Coach is designed for Veterans and military Service Members in Acceptance and Commitment Therapy (ACT) with a professional mental healthcare provider and provides additional assistance with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. Available for iOS and Android.

https://mobilehealth.va.gov/app/act-coach
Mindfulness Coach is for people who may be experiencing emotional distress, and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to enhance face-to-face care with a health care professional. It is not recommended for PTSD. Available for iOS only. [http://www ptsd va gov/public/materials/apps/mobileapp_mindfulness_co ac h.asp](http://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coac h.asp)

**Mindfulness Meditation**: (iOS only)  

**Pill Reminder all in one** (IOS universal)  

---

**VA Only PC-MHI Resources**

*The following resources are available to those working with the VA system:*

**VA PC-MHI Portal**

A VA portal with links to PC-MHI education and training opportunities. The Foundations for Integrated Care contains a 6 volume series of manuals for mental health providers working in Primary Care that cover topics such as foundational elements of integrated care, treatment of common mental health disorders seen in PC-MHI settings, and resources (assessments, handouts, and educational materials) for patients and clinicians.
Primary Care-Mental Health Integration (PC-MHI) Dashboard

The PC-MHI Data Dashboard brings together implementation and evaluation data to support local PC-MHI initiatives. It provides access to data on service utilization, program operations, and performance measures for leadership, providers, administrators, and front-line staff. Some potential uses of this information are to: monitor site operations, see how other, similar sites are doing, and benchmark against other sites, VISN averages, or national-level data.

PC-MHI Same Day Access Dashboard

The purpose of the PC-MHI Same Day Access dashboard is to help sites monitor the availability of PC-MHI staff for in-person, same-day access to PC-MHI services. The dashboard allows program managers and mental health leads to review how often Veterans have a primary care appointment on the same day as a PC-MHI appointment, which indicates same-day availability. The dashboard provides staff with monitoring capacity for same-day care, warm handoffs, and implementation of the MyVA Access Initiative.

SAIL Mental Health Domain Composites: Measure Components Summary

The MH Composites extended report lists the component measures for each of the Mental Health Quality Composites reported on the SAIL. The overall MH composite score is the average of standardized scores of the 3 composite measures (equal weighting) including MH Population Coverage, Continuity of MH Care, and Experience of MH Care. The PACT 15 (PCMHI Penetration Rate) is on this dashboard. The drill down measures below would be helpful for use by care managers to initiate care management for those newly started on an antidepressant.

Antidepressant Non-adherence Patient Dashboard (MDD43h and MDD47h)

* Requires LSV SSN-level permission

This Psychotropic Drug Safety Initiative (PDSI) report provides a list of patients with new or recent starts of antidepressant medication and provides information about medication possession ratio and potential gaps in treatment and upcoming appointment information. You can access the Quick View which only shows patient info, Min/Max MPR, and SAIL measure name.

VA Coding Guides

http://www.healthpsych.com/tools/resolving_h_and_b_problems.pdf - how to use Health and Behavior codes to obtain reimbursement for services
Videos: The 30 Minute PCMH Appointment

https://myees.lrn.va.gov/Watch/Video%20Center.aspx?vid=4775989813001#top – The 30 Minute PCMH Appointment


(Note: If the video won’t load, click on this link
https://myees.lrn.va.gov/iLearn.aspx/#q=30%20Minute%20PCMH and type “30 Minute PCMH Appointment” into the search field to access links to video content)


Compiled by the VA Center for Integrated Healthcare. Please contact Wade Goldstein (wade.goldstein@va.gov) with questions.