

# Colocated Primary and Behavioral Health Care

A Union Whose Time Has Come?

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# El Futuro, Inc.

- Founded in 2004
- Features-
  - Colocation behavioral healthcare in 2 primary care centers
  - School based behavioral healthcare in 2 public schools
  - 2 clinics located in the heart of the Latino Community – Carrboro and Siler City, NC



# El Futuro, Inc.

- Serving 12+ counties
- Referrals to El Futuro: 5-10% growth per month over last 6 months
- 2,500 individuals served over 3 years
  - Less than 15 of these have been hospitalized

# El Futuro Targets

Through culturally appropriate behavioral healthcare services we:

- Increase work productivity
- Decrease high school drop out
- Decrease youth involvement in gangs
- Decrease DWI
- Decrease domestic violence

# Outpatient Clinic-Based Behavioral Health Care

so old-fashioned it's new again





# Anxiety, Depression, Alcoholism

Most common outpatient  
presentations

# Models of Care Delivery in the Primary Care Setting

Therapists, Psychiatrists, and  
Psychiatrist extenders

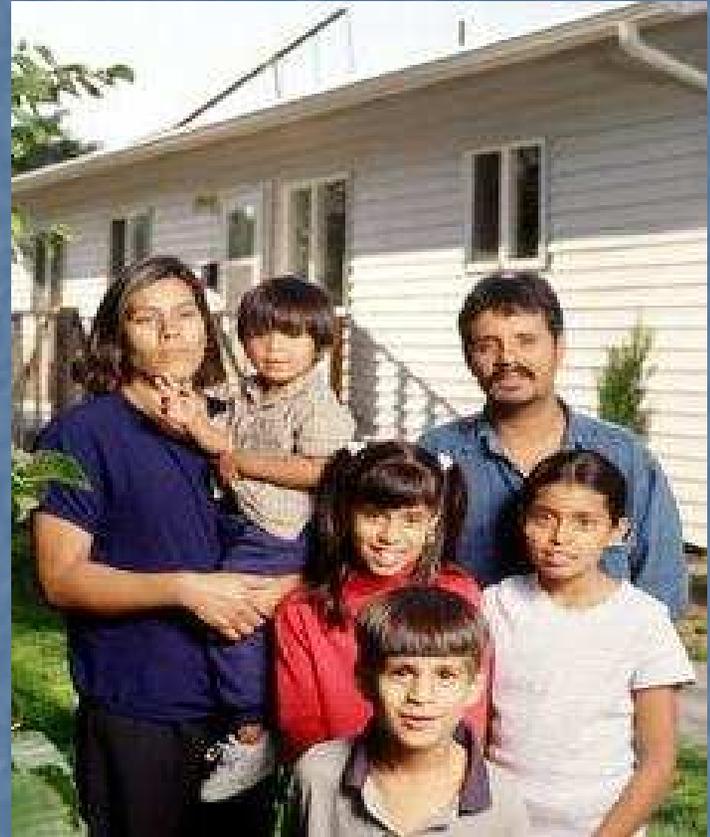
“As long as we treat some diseases as moral problems and others as legitimate health issues we will have disparities in use and outcomes of care”

*Sick people trying to get well, not bad people trying to get good*

*- Adapted from Alcoholics Anonymous*

# “Decapitation Model”

Medical costs go down 15-38%  
per patient as soon as  
behavioral health care is  
wedded to primary care



# Advantages of Integrated Care

PCPs: Allows them to practice within their competency

Patients: Increased/earlier access – less stigma

BHPs: Increases access to lab findings, pharmaceuticals, etc.  
Builds on already established trust

# When patients were seen more than one time:

- 75% experienced improvement in screening score
- 53% reported improvement in functioning

# Prenuptuals: One Patient, Two Systems

The practicalities of  
making it work

# Taking up the black bag

- Integrated care – “Touchpoints”
  - Primary Care Centers
  - Schools
  - Churches and Community Centers
  - Jails



# Integrated Care

## ➤ Methods

- Outpatient
- Colocation
- Telemedicine

## ➤ Workforce shortage and Training

- Extenders
- AHEC

