

# **Integrating Mind and Body Healing into Primary Care: A Team Approach**

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# Highly Integrated Health System

## Hospitals

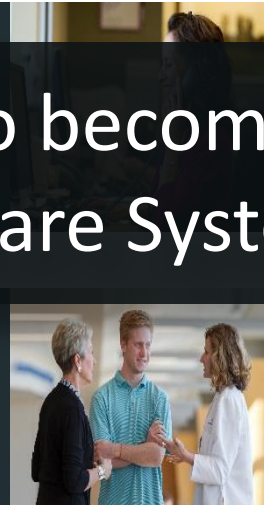


Since 1975

- 22 hospitals
- 2,784 licensed beds

Our Charge: To become a  
“Model Healthcare System”

## Medical Group



Since 1983

- Health plans
- 5,000 members

## Clinical Programs



Since 1997

- 9 key service lines

# Core Business

Our efforts are ultimately centered around what matters most to our patients, employees, members and communities:

Best clinical care in  
the world doesn't matter  
if no one can afford it.



Perfecting the Clinical Work Process

# What is Mental Health Integration?



*A standardized clinical and operational team **process** that incorporates mental health as a complementary component of wellness & healing*

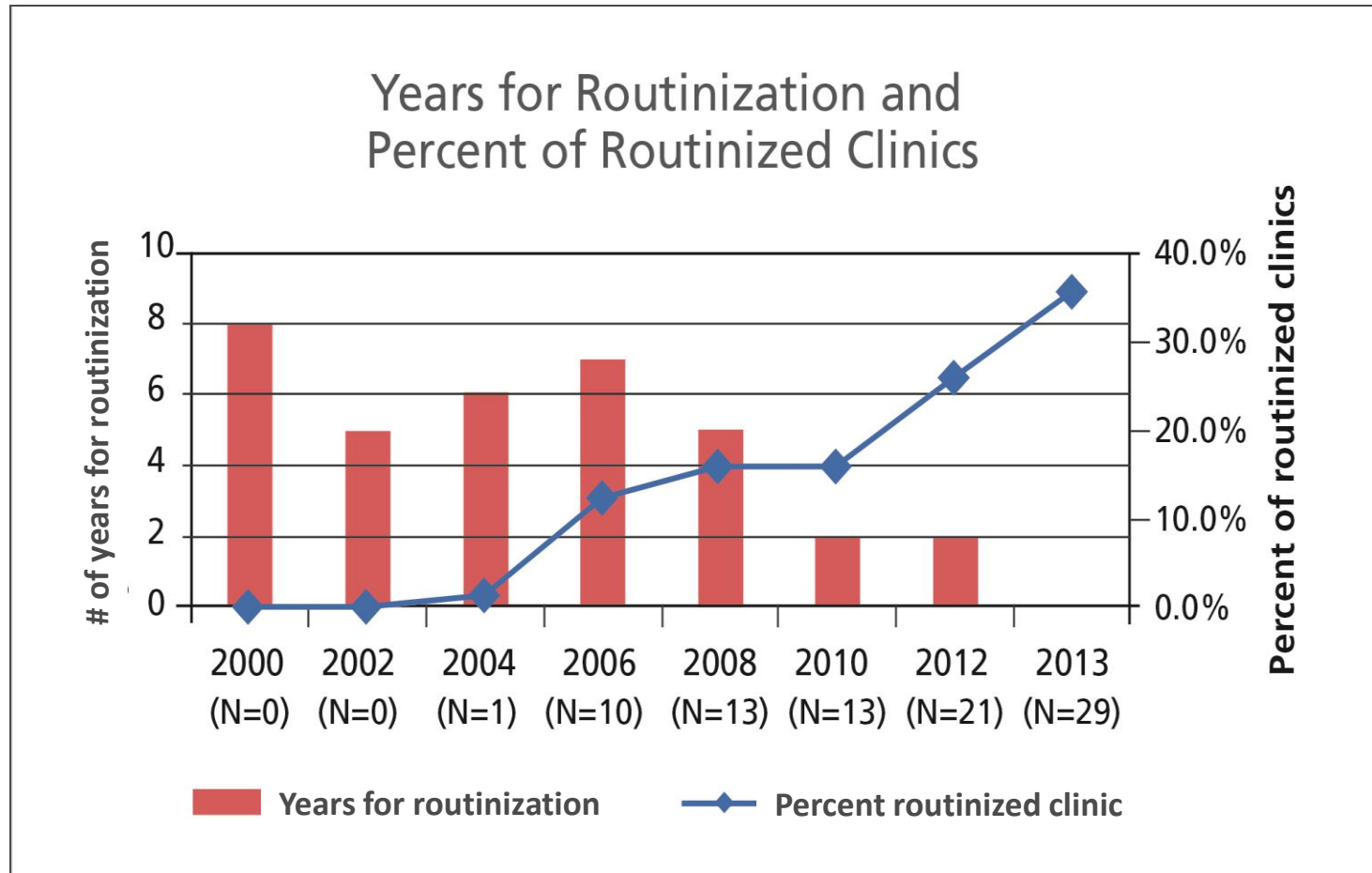
# Multiple Efficient Team Touches

*Patient Reported Outcomes* ( $p < .001$ )



*Journal of Primary Care and Community Health*, January 2014 vol. 5 no. 1, 55-60.

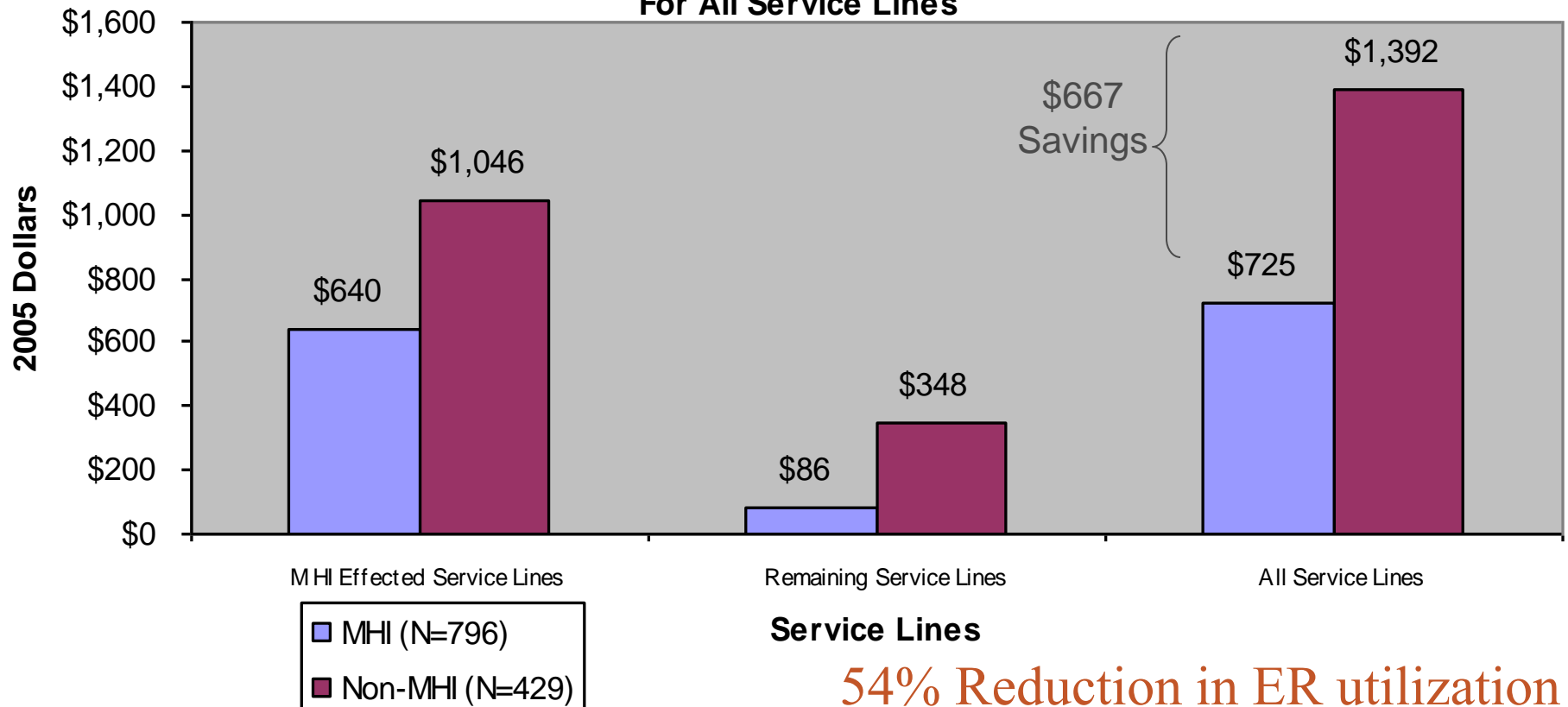
A streamlined implementation process has resulted in exponential growth in MHI clinics (N = 82)



# Total Savings to the Insurance Plan (SelectHealth)

*Journal of Healthcare Management 2010, 55 (2), 97-114.*

**Difference in Per Patient Allowed Charges Between Pre and Post (in 2005 dollars)  
For All Service Lines**



Remaining service lines includes:

Inpatient Services: Obstetrical and Surgical;

Outpatient Services: Urgent care, Specialty care;

Ancillary Services: Pharmacy for other drugs, Lab, Outpatient Radiology and Testing,  
Outpatient other, Chemo and radiotherapy, and Other miscellaneous.



*MHI expands Team-based care to Community Health.  
Our focus should be on the conditions for good health*



*“The circumstances in which people live and work are related to their risk of illness and length of life” Marmot (2004) The Status Syndrome*