

Why Primary Care — Mental Health Collaboration?

- Because integration of services means a more cohesive service delivery system and better continuity of care.
- Because studies have shown that initially most people turn to primary care providers, not specialty mental health clinics, with their emotional problems.
- Because primary care is often the first-line intervention and only access for many people with mental health problems.
- Because it presents an opportunity to intervene early and prevent more disabling disorders.
- Because the primary care network is a main provider of services to minority populations and culturally diverse communities.
- Because primary care providers have been shown to have a high level of client adherence and retention in treatment.

William T Fujioka, Chief Executive Officer

Los Angeles County

Los Angeles County Board of Supervisors

Gloria Molina, First District

Mark Ridley-Thomas, Second District

Zev Yaroslavsky, Third District

Don Knabe, Fourth District

Michael D. Antonovich, Fifth District

**If You Are In Crisis and Need
Help Right Away, Call Toll-Free, 24/7
ACCESS Helpline:
1-800-854-7771**



MHIP

Mental Health Integration Program

Brochure for Primary Care Provider



Office of Integrated Care Clinical Operations

Los Angeles County
Department of Mental Health
550 South Vermont, 12th Floor
Los Angeles, CA 90020
Phone: 213-738-4601
Fax: 213-386-1297

In the health care system, primary care is the #1 source for mental health treatment. Primary Care Providers (PCP) are in a unique situation to provide preventative health care, including a screening for mental health needs.

- Up to 45% of individuals who die by suicide visit their PCP within 1 month of their death (Luoma et al, 2002), and 20% visit within 24 hours of their death.
- When depression screening is conducted in an adult population and providers are given feedback with the results, depressed patients show significant clinical improvements after treatment (Pignone et al, 2002).



What is MHIP?

The Mental Health Integration Program (MHIP) is a countywide, patient-centered program, serving individuals with medical and mental health needs.

MHIP is predominately used for patients that exhibit mild to moderate symptoms of mental health disorders such as Depression and Anxiety.

The program provides:

- An assessment, treatment planning, medication management and/or psychotherapy, psychiatric consultation and other care management services.
- An Evidence-Based Practice (EBP) called Problem Solving Treatment (PST). It generally consists of 6-10 sessions.

Patients requiring more intensive mental health services should be treated in community mental health centers that collaborate with the primary care clinic.

The MHIP Team

Primary Care Provider (PCP)

Oversees the overall care of the patient, including prescribing psychotropic medication(s).

Patient

The most important person on the team. Chooses treatment in consultation with provider(s):

- Medication and/or brief psychotherapy and/or behavioral activation

Care Manager (CM)

- Measures and tracks symptoms over time
- Provides brief, structured psychotherapy when that is part of the treatment plan
- Supports medication therapy when that is part of the treatment plan
- Provides behavioral activation and other therapeutic interventions
- Cues changes in treatment when symptoms don't improve
- Refers client to additional services when needed
- Participates in regular scheduled caseload consultation with consulting psychiatrist

Consulting Psychiatrist

Assists with diagnosis, treatment planning and medication recommendations.