



## About the Integration of Behavioral Health into Primary Medical Care:

To improve access to care and build the workforce of behavioral health professionals, the federal Substance Abuse and Mental Health Services Administration (SAMHSA) and the Health Resources and Services Administration (HRSA) support programs that train behavioral health (BH) students and practitioners to partner with primary care medical practices. This approach involves the creation of integrated “medical homes” where patients’ physical and mental health needs can be addressed in a single site. The integration of behavioral health has been shown to produce improved access to care, higher levels of patient satisfaction, increased cost efficiency, and reductions in stigma that have traditionally been associated with seeking BH care.

## Training and Technical Assistance

The Mid-America Mental Health Technology Transfer Center partners with state mental health authorities, universities, and provider organizations in Iowa, Kansas, Missouri, and Nebraska to train behavioral health providers in integrated care. This approach increases access to BH services for patients and families with behavioral concerns. Technical assistance is available and addresses the unique needs and strengths of medical practices and surrounding communities. On-site consultation can be provided for program implementation and sustainability of integrated care practice.




Training and program implementation services can be attained through face to face sessions, distance learning, and/or online to improve the knowledge base and competencies of the behavioral health workforce. Ultimately, the mission of the MHTTC is to increase access to BH care, to develop the behavioral health workforce, and improve quality of BH services.

## Contact Us

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## Integrated Care Training Topics

The Mid-America MHTTC provides training to supplement education offered in traditional behavioral health graduate programs. Specific areas addressed in the MHTTC Integrated Behavioral Health (IBH) training program cover topics including:

- Establishing Integrated Behavioral Health Care
- IBH Screening Tools
- Co-Occurring BH and Medical Conditions
- Sleep Disorders
- Medication Management
- Business Management in IBH
- Adolescent Disorders
- Behavioral Tx of Anxiety
- Brief Therapy Protocols
- Disorders of Childhood
- Tx of Habit Disorders
- Behavioral Tx of Depression

## Mid-America MHTTC Resources

Resources offered for IBH in primary care include:

- On-site consultation to prepare primary care practices for IBH
- Technical assistance on business applications in IBH
- Staff training on competencies in IBH (in-person and online)
- Data collection procedures for assessing program success
- Preparation of organizational supports for sustainability



**14-20%**  
**of Americans**  
**have diagnosable**  
**mental health**  
**disorders**

### How can we help with behavioral health integration?

- For medical practices and/or providers interested in Integrated Behavioral Health, our Mid-America MHTTC provides technical assistance on starting up and implementing IBH programs.
- For medical practices currently involved with IBH practices, the MHTTC offers training and consultation. Continuing education units are available for most trainings, but vary by state requirements.
- For graduate students interested in careers in IBH, the MHTTC can help arrange internships and has a jobs website.

### Other Mid-America MHTTC Training Programs

In addition to its focus on integrating behavioral health in primary medical care, the MHTTC provides training and technical assistance in: 1) school mental health, 2) serious mental illness, 3) behavioral workforce development, and 4) miscellaneous BH topics as requested by BH agencies and programs.