Integrative Healthcare Settings: Addressing Mental Health in Primary Care

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Mental health care is not separate from health care:

The head is connected to the body
The entire staff is part of the behavioral health team

- Geography matters
- Screening starts in the parking lot
Primary Care Considerations

• Screening by primary medical providers
• Length of provider visits
• Willing to "dive in" to topics surrounding mental health and other areas, knowing there are experts nearby
• Warm hand off or referral process
• Interruption within appointments can be okay
Exhibiting Mental Health Concerns

- Recognizing somatic symptoms
- Learning new presentations of stress
- Using the term "stress"
Interpretation:
Word and culture
Rethinking "community“
Beyond geography
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