

The Primary Care Behavioral Health Integration Program, a collaboration between Rady Children's Hospital and Children's Primary Care includes primary care providers (PCPs), integrated health therapists (IHTs), typically a Licensed Clinical Social Worker, care coordinators and psychiatric consultants. Together, these providers offer holistic care and monitor patient progress to achieve treatment goals and improve physical and behavioral health status.

What is an Integrated Health Therapist?

An IHT works as part of the primary care team to help families with behavioral and mental health needs in a holistic way. IHTs are available on the same day and in the same office as the child's pediatrician for seamless integration of behavioral and medical care.

IHTs provide the following services:

- Counseling
- Education on behavioral health topics
- Connection to community health resources
- Talk therapy
- Problem Solving
- Crisis intervention

Through this model, PCPs enhance their knowledge about how behavioral conditions impact medical treatment and behavioral health providers gain knowledge about how medical care affects behavioral conditions.

How It Works

An IHT works alongside the child's pediatrician to serve as an integral member of the primary care team. This means that the child can access both medical and behavioral health services at the same location to create a holistic treatment plan.

During the same day as the child's medical consultation with their pediatrician, the child will see an IHT, who will assess the level of behavioral health care that is needed. The IHT will work with the care giver and patient to develop and help manage an evidence-based treatment plan.

If necessary, the IHT can also refer to community-based resources, including psychiatrists, psychologists and clinical social workers who can provide the child with more specialized behavioral health services.

Primary Care Behavioral Health Integration Highlights:

- Same-day access to an IHT
- Evidence-based approaches with consistent protocols
- IHTs embedded in primary care practices for ease of access to mental/behavioral health resources
- A unified team, providing patients with more consistent care
- One integrated treatment care plan with both behavioral and medical components, including shared electronic health record and IT tools

The Primary Care Behavioral Health Program is a program of *Children's Primary Care Medical Group* and *Rady Children's Hospital-San Diego*. It is currently offered at select on plans to expand. For more information about our program, please visit our website www.RCHSD.org.