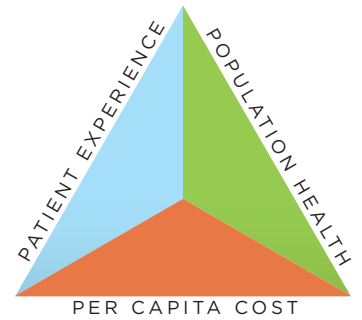


# Triple Aim Strategies to Improve Behavioral Health Care



IMPROVE THE PATIENT EXPERIENCE OF CARE

## Integrate Behavioral and Physical Health Care Services

### Three Stages of Behavioral Health Integration<sup>1</sup>

**Coordinated**  
Clinicians **practice separately within respective systems.** Patient information may be exchanged as needed.

**Co-located**  
Behavioral and physical health care are **delivered in the same practice.** Care is often siloed to each clinician's area of expertise.

**Integrated**  
Behavioral and physical health care providers **team up to develop a unified care plan** for each patient.



IMPROVE THE HEALTH OF POPULATIONS

## Build Networks or Partnerships with Community Stakeholders to Coordinate Care

1. Work with all community partners to set a **strategic mission and vision for health.**
2. Involve a **wide variety** of community stakeholders.
3. Ensure the engagement and participation of **patients and their families.**



4. Get **mutual investment**—financial and other types of support—by community partners as appropriate.
5. Develop a multiyear, multiorganization **plan, updated biennially**, to address community needs.
6. Collect and report behavioral health **metrics on quality of care and patient access.**<sup>2</sup>

REDUCE THE PER CAPITA COST OF CARE

## Implement Alternative Payment Models to Sustain Needed Services

When behavioral health is addressed, patients are better able to manage illness, thereby **reducing readmissions and promoting cost savings.**<sup>3</sup> These savings can be reapplied to support behavioral services.<sup>4</sup> **Care should be integrated not**

only within individual health care settings but also **with community partners**, to provide the best care in the right setting at the best value. Full implementation of the **Mental Health Parity and Addiction Equity Act** is also a priority in the field.



1. Agency for Healthcare Research and Quality. (2013, April). Lexicon for behavioral health and primary care integration. Accessed at <https://integrationacademy.ahrq.gov/sites/default/files/Lexicon.pdf>

2. Health Research & Educational Trust. (2016, February). Triple aim strategies to improve behavioral health care. Chicago, IL: Health Research & Educational Trust. Accessed at [www.hpoe.org](http://www.hpoe.org)

3. Melek, S.P., Norris, D.T. and Paulus, J. (2014, April). Economic impact of integrated medical-behavioral healthcare implications for psychiatry. Denver, CO: Milliman, Inc. for American Psychiatric Association.

4. Cohn, D.J., Davis, M.M., Hall, J.D., Gilchrist, E.C. and Miller, B.F. (2015, March). A guidebook of professional practice for behavioral health and primary health integration: Observations from exemplary sites. Rockville, MD: Agency for Healthcare Research and Quality.

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