

## About This Tool

This checklist was developed in consultation with a group of national experts (<http://bit.ly/IMHC-experts>) in integrated behavioral health care with support from The John A. Hartford Foundation, The Robert Wood Johnson Foundation, Agency for Healthcare Research and Quality, and California HealthCare Foundation. For more information, visit: [http://bit.ly/IMHC\\_principles](http://bit.ly/IMHC_principles).

The **core principles** of effective integrated behavioral health care include a patient-centered care team providing evidence-based treatments for a defined population of patients using a measurement-based treat-to-target approach.

Principles of Care	We apply this principle in the care of		
	None	Some	Most/All
	of our patients		
<b>1. Patient-Centered Care</b>			
Primary care and behavioral health providers collaborate effectively using shared care plans.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Population-Based Care</b>			
Care team shares a defined group of patients tracked in a registry. Practices track and reach out to patients who are not improving and mental health specialists provide caseload-focused consultation, not just ad-hoc advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Measurement-Based Treatment to Target</b>			
Each patient's treatment plan clearly articulates personal goals and clinical outcomes that are routinely measured. Treatments are adjusted if patients are not improving as expected.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Evidence-Based Care</b>			
Patients are offered treatments for which there is credible research evidence to support their efficacy in treating the target condition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5. Accountable Care</b>			
Providers are accountable and reimbursed for quality care and outcomes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Core components and tasks** are shared by effective integrated behavioral health care programs. The AIMS Center Integrated Care Team Building Tool (<http://bit.ly/IMHC-teambuildingtool>) can help organizations build clinical workflows that incorporate these core components and tasks into their unique setting.

<b>Core Components &amp; Tasks</b>	None	Some	Most/All
	of our patients receive this service		
<b>1. Patient Identification and Diagnosis</b>			
Screen for behavioral health problems using valid instruments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diagnose behavioral health problems and related conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use valid measurement tools to assess and document baseline symptom severity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Engagement in Integrated Care Program</b>			
Introduce collaborative care team and engage patient in integrated care program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Initiate patient tracking in population-based registry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Evidence-Based Treatment</b>			
Develop and regularly update a biopsychosocial treatment plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide patient and family education about symptoms, treatments, and self management skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide evidence-based counseling (e.g., Motivational Interviewing, Behavioral Activation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide evidence-based psychotherapy (e.g., Problem Solving Treatment, Cognitive Behavior Therapy, Interpersonal Therapy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescribe and manage psychotropic medications as clinically indicated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Change or adjust treatments if patients do not meet treatment targets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Systematic Follow-up, Treatment Adjustment, and Relapse Prevention</b>			
Use population-based registry to systematically follow all patients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proactively reach out to patients who do not follow-up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monitor treatment response at each contact with valid outcome measures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monitor treatment side effects and complications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify patients who are not improving to target them for psychiatric consultation and treatment adjustment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Create and support relapse prevention plan when patients are substantially improved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5. Communication and Care Coordination</b>			
Coordinate and facilitate effective communication among providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engage and support family and significant others as clinically appropriate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facilitate and track referrals to specialty care, social services, and community-based resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6. Systematic Psychiatric Case Review and Consultation</b>			
Conduct regular (e.g., weekly) psychiatric caseload review on patients who are not improving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide specific recommendations for additional diagnostic work-up, treatment changes, or referrals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide psychiatric assessments for challenging patients in-person or via telemedicine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>7. Program Oversight and Quality Improvement</b>			
Provide administrative support and supervision for program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide clinical support and supervision for program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Routinely examine provider- and program-level outcomes (e.g., clinical outcomes, quality of care, patient satisfaction) and use this information for quality improvement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>