

Contents

Acknowledgments	v
1 Description	1
1.1 Terminology and Definitions	1
1.2 Overview	5
1.3 Competencies Needed	7
1.4 Context Matters	9
2 Theories and Models	11
2.1 Continuum of Care	11
2.2 Methods of Care Delivery	12
2.2.1 Primary Care Behavioral Health	13
2.2.2 Collaborative Care Model (CoCM)	13
2.2.3 Primary Care–Mental Health Integration	14
2.3 Sharing of Information	15
2.4 Documentation	15
2.5 Ethical Considerations	16
3 Assessment and Treatment Indications	17
3.1 Common Presenting Problems	17
3.1.1 Children	17
3.1.2 Adults	18
3.1.3 Older Adults	18
3.2 Universal Screenings Versus Targeted Populations	19
3.3 The 5As Model	20
3.4 Stepped Care	21
3.5 Treat Versus Refer (Serving as a Bridge)	21
3.6 Telehealth in IPC	22
4 Treatment	23
4.1 Methods of Treatment	23
4.1.1 Interventions	25
4.1.2 Consultations	43
4.2 Development of PC and IPC	46
4.2.1 Quality Improvement (QI)	46
4.2.2 Program Development	47
4.2.3 Pitching IPC to Leadership	48
4.2.4 Integrating IPC Principles Into Educational Programs	49
4.3 Efficacy and Prognosis of IPC	53
4.4 Variations of IPC Method and Combination With Other Approaches ..	54
4.4.1 Facilitating Specialty Care	54
4.4.2 Utilization of Technology and AI in IPC	55

4.5	Problems in Carrying Out Treatments	56
4.5.1	Patient Acceptance	56
4.5.2	Provider Buy-In	57
4.5.3	Pacing in Primary Care	58
4.5.4	Time	59
4.5.5	Challenges in Coordination	60
4.5.6	Barriers Regarding Billing of IPC Interventions	61
4.6	Multicultural Issues	61
4.6.1	Cultural Awareness and Competency	61
4.6.2	Diversity, Equity, and Inclusion (DEI)	62
4.6.3	Lack of Fluency With English and Use of Translators	63
5	Case Vignettes: A Day in the Life of an Integrated Primary Care Psychologist	65
6	Further Reading	70
7	References	71
8	Appendix: Tools and Resources	78