



KANE COUNTY
MENTAL HEALTH COUNCIL

making a difference ...together



Message of the Month

February 2016

www.kanecountymentalhealth.org

Twitter: @KCMentalHealth

Kane County Mental Health Council

- The Association for Individual Development 630-966-4000
- Aunt Martha's Youth Service Center 630-859-6562
- Ecker Center for Mental Health Services 847-695-0484
- Family Counseling Service of Aurora 630-844-2662
- Family Service Association of Greater Elgin Area 847-695-3680
- Gateway Foundation/Aurora 630-966-7400
- Greater Elgin Family Care Center 847-608-1344
- INC Board 630-892-5456
- Kane County Health Department 630-208-3801
- League of Women Voters 630-365-2138
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- National Alliance on Mental Illness Kane County North 847-410-9719
- Northwestern Medicine Behavioral Health 630-933-4000
- Presence Mercy Medical Center 630-801-2657
- Presence St. Joseph Hospital 847-931-5521
- Senior Services Associates 847-741-0404
- Suicide Prevention Services 630-482-9696
- TriCity Family Services 630-232-1070
- VNA Health Care 630-978-9835

The Importance of Behavioral Health and Primary Care Integration

Individuals living with mental disorders frequently turn to their Primary Care Physician (PCP) as their first line of defense. Although we know that approximately 1 in every 4-5 adults experience a mental disorder, some studies show that as few as 5% of those individuals will seek care from behavioral health professionals. The integration of behavioral health and primary care might be the answer to reaching more people and affecting the most change in the lives of those who suffer from mental disorders.

Integrating behavioral health into a primary care setting allows providers to address the whole person. As the medical and behavioral health providers collaborate on cases, they gain more insight into the individual's concerns and how to best treat them. This approach can free up the medical provider's time in appointments so that they can address more medically-oriented concerns. In addition, primary care settings tend to be more accessible and have a much more diverse population of individuals seeking care.

Seeking behavioral health treatment from your primary care setting is also advantageous for the individual. Individuals report less concern of mental health stigma when going to their PCP's office. Additionally, integrated behavioral health produces significant positive results: such as decreasing depression levels, improving quality of life, decreasing stress, and lowering rates of psychiatric hospitalization. The evidence suggests that when both medical and behavioral concerns are being managed, individuals are more compliant with their treatment of physical disorders.

Catrina Hinkle, MA LCPC, Greater Elgin Family Care Center

Info Corner:

If you'd like to learn more about Greater Elgin Family Care Center's Behavioral Health Integration Program, please contact:
Catrina Hinkle, MA LCPC, Behavioral Health Coordinator 847-608-1344 x 5231