Primary Care Behavioral Health Goes to College: 
*Results from a National Survey of College and University Health Centers*

**Abstract**
The present study investigated the organization and delivery of primary care behavioral health systems within student health centers on college and university campuses through a 54 item survey distributed to institutions with membership in the American College Health Association (ACHA). The survey assessed demographic information, organizational structure data, behavioral health staffing, and included the Practice Integration Profile (PIP), the primary outcomes measure, used with permission of the authors. Responses were received from 189 of 716 ACHA institutions (26.3%). Almost half (46%) of survey respondents represented schools with integrated (health and counseling) centers. Equivalent levels of patient identification, referral and care coordination were found across integrated and non-integrated centers. However, in non-integrated centers, a key differentiator in the level of practice integration was the presence of behavioral health staff. Practice integration scores were significantly higher in integrated organizations than non-integrated organizations, unless the non-integrated organizations had behavioral health clinicians embedded in the primary care practice. Adding behavioral health clinicians to the primary care college health setting (e.g., primary care behavioral health (PCBH) model) increases integrated care practice without embarking on full administrative integration of physical and mental health services. Integrated primary care behavioral health is promising model which deserves additional research in order to more fully understand its effectiveness within college health settings.

**Primary Research Questions and Results**

1. **To what extent has there been an increase in the percentage of integrated health and counseling centers in the past decade?**
   - 46% of responding institutions reported being an integrated health and counseling center
   - This is an increase of 20% from a study conducted by ACHA in 2007

2. **Is there a relationship between organizational structure and integrated care practices, as measured by the Practice Integration Profile?**
   - Total Practice Integration Profile (PIP) scores varied significantly based on the integration status of the organization (integrated vs. non-integrated model)
   - Two PIP subscales were not significantly different between integrated and non-integrated organizations Practice Workflow and Identification of Need.

3. **To what extent is the primary care behavioral health (PCBH) model of integrated care (non-prescribing behavioral health clinicians within primary care) being implemented by non-integrated college health centers?**
   - 46% of non-integrated organizations reported having non-prescribing behavioral health clinicians on staff

4. **Is there a relationship between the levels of behavioral health clinician FTE (PCBH/Non-PCBH) and levels of practice integration?**
   - Non-integrated organization employing a PCBH model and integrated organizations had significantly higher PIP scores than non-integrated organizations not employing PCBH

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**PCBH and Integrated Centers Have Higher Practice Integration Profile Scores than Non-PCBH Centers**

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