Primary care physicians have difficulty managing care for patients with complex BH concerns.

Confidence & Barriers Managing BH Concerns

- The majority of referrals to on-site therapy services are for patients with either Anxiety, Depression, or some N/A diagnosis.
- 22% of patients who were referred to, and/or utilized, the BH service did not fit within the typical mental illness classifications (N/A and Other).
- By comparison, the majority of referrals to the on-site psychiatrist are for Bipolar Disorder, and for comorbid Depression and Anxiety.
- Primary care physicians were significantly more likely to refer patients to the on-site therapist for evaluation, brief psychotherapy, and/or physician consultation (361 referrals) than to the psychiatrist for evaluation and/or medication list review (32 referrals).

DISCUSSION
- The BH needs presented at this PCMH are indicative of the issues facing primary care.
- The prevalence of co-occurring mental health disorders in patients is common in the primary care setting and illustrate how BH services should be an essential component of primary care.
- Primary care physicians display difficulty in managing care for patients with the more complex of behavioral health concerns, such as comorbid mental health conditions or bipolar disorder.
- Physicians have identified a lack of knowledge, clinical experience, and communication skills in treating mental illness.
- Primary care physicians can be better supported in their diagnosis, management, and treatment of patients with complex behavior health concerns.