Successful Integrated Behavioral Health programs can be translated into effective “tele-IBH” to serve rural clinics and communities by balancing structure and flexibility.

INTRO:
• The demand for behavioral healthcare is significantly greater than resources available in rural central Minnesota.

METHOD:
• The RAMP project is an integrated behavioral health (IBH) care model that uses tele-behavioral health services at rural ambulatory outpatient healthcare clinics.
• The goal is to improve access to mental health experts as part of an IBH team to improve outcomes for patients and to increase mental health resources for the providers who care for them.
• Without these services, these services might not otherwise be available given limited resources as a result of geography and regional mental health providers.

RESULTS:
• From January 2019 through September 2019, 225 patient encounters have occurred in rural medical clinics that did not previously have access to Integrated Behavioral Health.