Triple Aim Strategies to Improve Behavioral Health Care

**IMPROVE THE PATIENT EXPERIENCE OF CARE**

**Integrate Behavioral and Physical Health Care Services**

<table>
<thead>
<tr>
<th>Three Stages of Behavioral Health Integration¹</th>
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<tr>
<td><strong>Coordinated</strong> Clinicians practice separately within respective systems. Patient information may be exchanged as needed.</td>
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<td><strong>Co-located</strong> Behavioral and physical health care are delivered in the same practice. Care is often siloed to each clinician’s area of expertise.</td>
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<td><strong>Integrated</strong> Behavioral and physical health care providers team up to develop a unified care plan for each patient.</td>
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**IMPROVE THE HEALTH OF POPULATIONS**

**Build Networks or Partnerships with Community Stakeholders to Coordinate Care**

1. Work with all community partners to set a strategic mission and vision for health.
2. Involve a wide variety of community stakeholders.
3. Ensure the engagement and participation of patients and their families.
4. Get mutual investment—financial and other types of support—by community partners as appropriate.
5. Develop a multiyear, multiorganization plan, updated biennially, to address community needs.
6. Collect and report behavioral health metrics on quality of care and patient access.²

**REDUCE THE PER CAPITA COST OF CARE**

**Implement Alternative Payment Models to Sustain Needed Services**

When behavioral health is addressed, patients are better able to manage illness, thereby reducing readmissions and promoting cost savings.³ These savings can be reapplied to support behavioral services.⁴ Care should be integrated not only within individual health care settings but also with community partners, to provide the best care in the right setting at the best value. Full implementation of the Mental Health Parity and Addiction Equity Act is also a priority in the field.

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To learn more, visit www.hpoe.org/tripleaimbehavioral