

# ABSTRACT

## The Role of Primary Care Practices and Providers in Increasing Access to Integrated Models of Primary and Behavioral Health Care in Rural and Urban Areas of Michigan



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### Abstract

Healthcare professionals, including behavioral health and primary care providers, provide a wide range of services to treat patients with behavioral health conditions. In particular, these providers may work together to provide integrated care services, as well as telebehavioral health to address the growing behavioral health needs. This claims data analysis study and supporting literature review seeks to understand the types of behavioral health providers that integrate services into the primary care setting in rural and urban areas in Michigan. Looking at healthcare claims data from 2019 to 2021, this study measures the use of telehealth services, medication-assisted treatment, and integrated care services, with emphasis on geographic variation in the use of these services. Our analysis found that over the course of the coronavirus disease 2019 (COVID-19) pandemic, telehealth use soared, yet those in metro areas still use telehealth more than those in rural areas of Michigan. Understanding the underlying causes of these disparities will be necessary to close gaps. We also found that integrated care billing codes have not been widely used, but there are steady increases in their use, which may be due to increased awareness and to the addition of new billing codes. Further analysis would be needed to explore whether this trend continues in 2022 and beyond.

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