



Integrating Mental Health into Primary Care

Tools for Serving Agricultural Workers and Their Families

Tuesday, December 9, 2025

10 am PT/ 11 am MT/ 12 pm CT/ 1 pm ET/ 2 pm AT

Continuing Education

The AAFP has reviewed *Integrating Mental Health into Primary Care: Tools for Serving Agricultural Workers and Their Families* and deemed it acceptable for up to 1.00 Live AAFP Prescribed credit(s).

Term of Approval is from 12/09/2025 to 12/09/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Participants completing this educational activity (80% time in session) and completion of the post session evaluation will be awarded 1.0 contact hour.

Disclosure of Relevant Financial Relationships

We have no relevant financial relationships that relate to this presentation, nor do we have any relevant financial relationships with ineligible companies whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.



Today's Guest Presenter



Javier I. Rosado, PhD
Regional Director at the
Florida State University

Session Objectives

Upon completion of this session, participants will be able to:

- Describe and compare key interdisciplinary models used in collaborative integrated care settings.
- Explain how integrated behavioral health improves access to care through preventive mental health screenings and short-term interventions in community health centers.
- Analyze the role of integrated care in treating and preventing chronic health conditions commonly managed in primary care.

Why Integrated Primary Behavioral Health

- Behavioral Health is part of basic general health (biopsychosocial model). (Agency for Healthcare Research and Quality, n.d.)
- Mental illness often goes undetected and undertreated by healthcare providers.
- Most patients do not follow-up with primary care referrals to mental health clinics
- Primary care is the mental health system in the U.S.
 - Up to 70% of primary care medical appointments are for problems stemming from psychosocial issues. (APA, 2014)
 - More than 50% of psychotropic medications are prescribed by primary care providers (PCP) (compared to 12% by psychiatrists). (Hughes et al., 2024)
- Integrated care has the potential for decreasing significantly healthcare spending. (Roperts et al., 2024)



Why One Patient and One Physician in a Room is Not Enough...

- **Example:** To prevent complications of obesity and diabetes, ***all you have to do is*** modify a person's health beliefs and attitudes, daily habits, eating preferences, daily activities, exercise habits, grocery stores, neighborhood walk-ability, food advertising, self-care, employability, economic empowerment, access to medical care, clinical inertia, provider quality, and medication adherence, all in the context of his or her family and social relationships.

(George Rust, MD)



Effectiveness of Integrated Behavioral Health in Primary Care

- Meta analyses have shown:
 - Effectiveness for adults. (Archer et al., 2012)
 - Effectiveness for children and adolescents. (Asarnow et al., 2015)
- In decreasing symptoms of behavioral problems (e.g. anxiety, depression) and improving functioning (e.g. adherence to chronic disease management, Global Assessment of Functioning (GAF)). (Archer et al., 2012; Alnasser et al., 2025)

Effectiveness of Integrated Care for Agricultural Workers

- ✓ Problem focused
- ✓ “On demand”- See patients when needed with “warm hand-offs”
- ✓ Short visits over several weeks
- ✓ Decreases stigma
- ✓ Chronic care management – reduces *poor health outcomes and health related needs*
- ✓ Improves satisfaction

What is Integrated Care?

Primary Care
Behavioral Health
(PCBH)

“The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

Collaborative
Care

Models

Post-partum &
Maternal Depression

Adverse Childhood
Experience (ACE) Screenings

Clinical Pathways

Person-directed care

ACEs

Perspectives

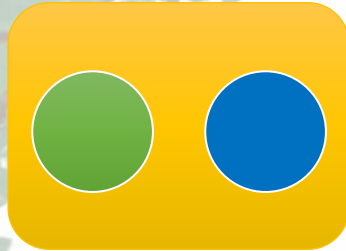
*Concept adapted from Collaborative Family Healthcare Association
(Collaborative Family Healthcare Association, n.d.)

Models



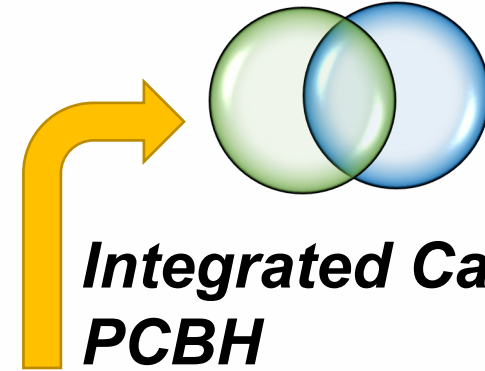
Coordinated Care

Dr. X (primary care) refers pt to Dr. Y (psychologist) located in a separate building. Dr Y sends report of eval & updates.



Co-located Care

Dr. X (primary care) refers to Dr. Y (specialist) who is located in the same building but has separate charts. Dr. Y sends report & updates.



Integrated Care: PCBH

Dr. X & Dr. Y (part of the primary care team) share space in the same clinic, consult with each other on cases, develop a common treatment plan and have a common chart. This is shared with support staff as part of one treatment team so the patient perceives one treatment plan.

PCBH

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Perspectives: approaches or frameworks that guide and feed integrated care efforts

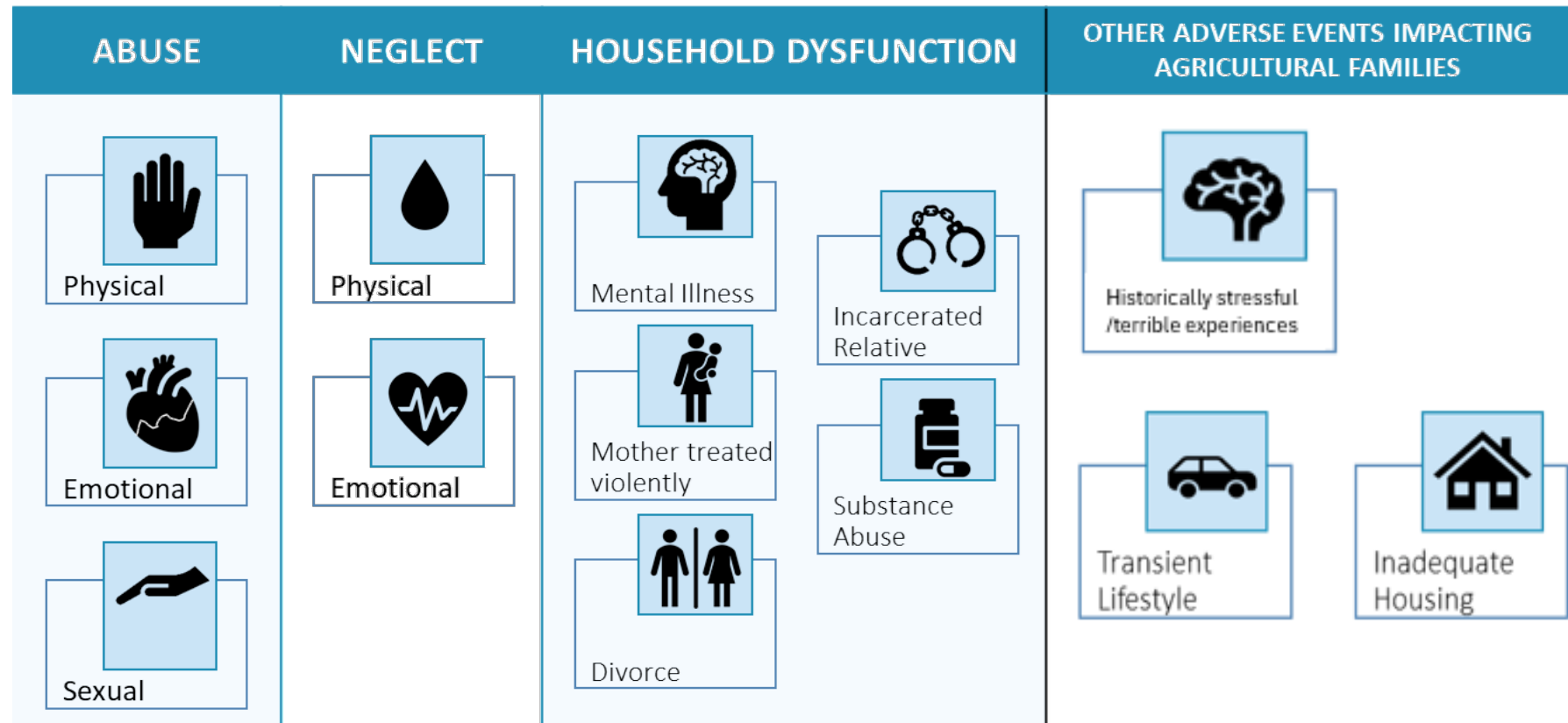
Example: **Person-directed Care**

Person-directed-care seeks to*:

- Realize impact of stressful/terrible experience
- Recognize signs & symptoms
- Adapt policies & procedures
- Avoid reliving stressful/terrible experiences

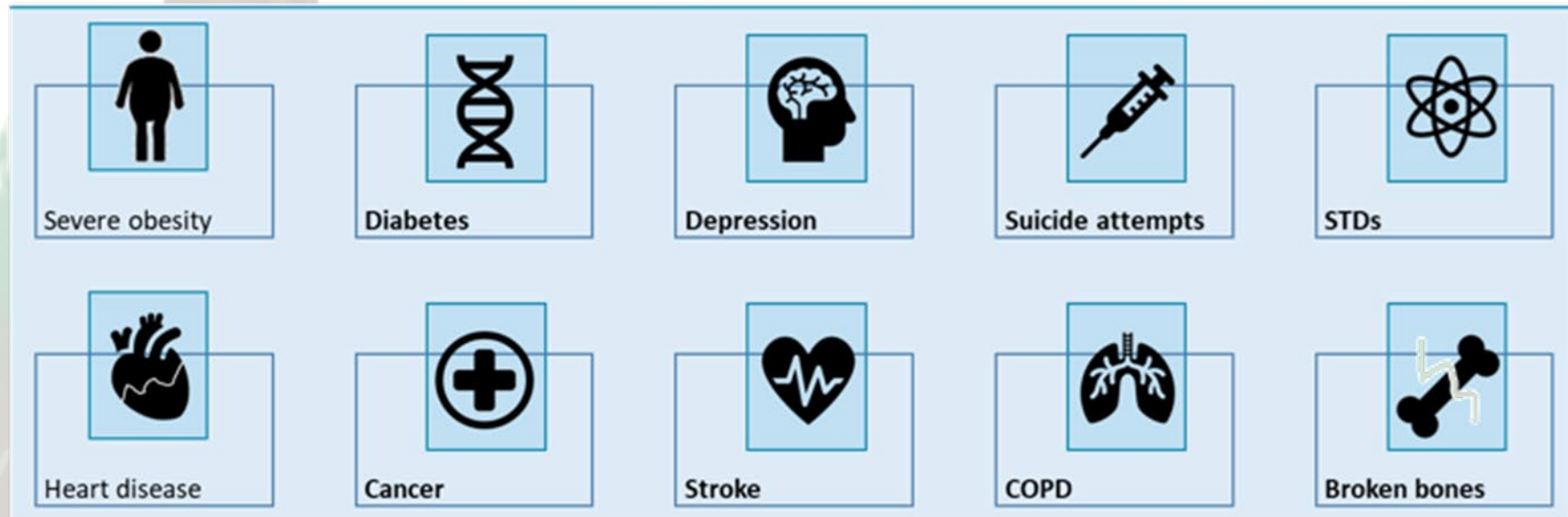
*Adapted from the Substance Abuse and Mental Health Services Administration's "Trauma-Informed Approach."
(Substance Abuse and Mental Health Services Administration, n.d.)

Perspectives: approaches or frameworks that guide and feed integrated care efforts



Perspectives: approaches or frameworks that guide and feed integrated care efforts

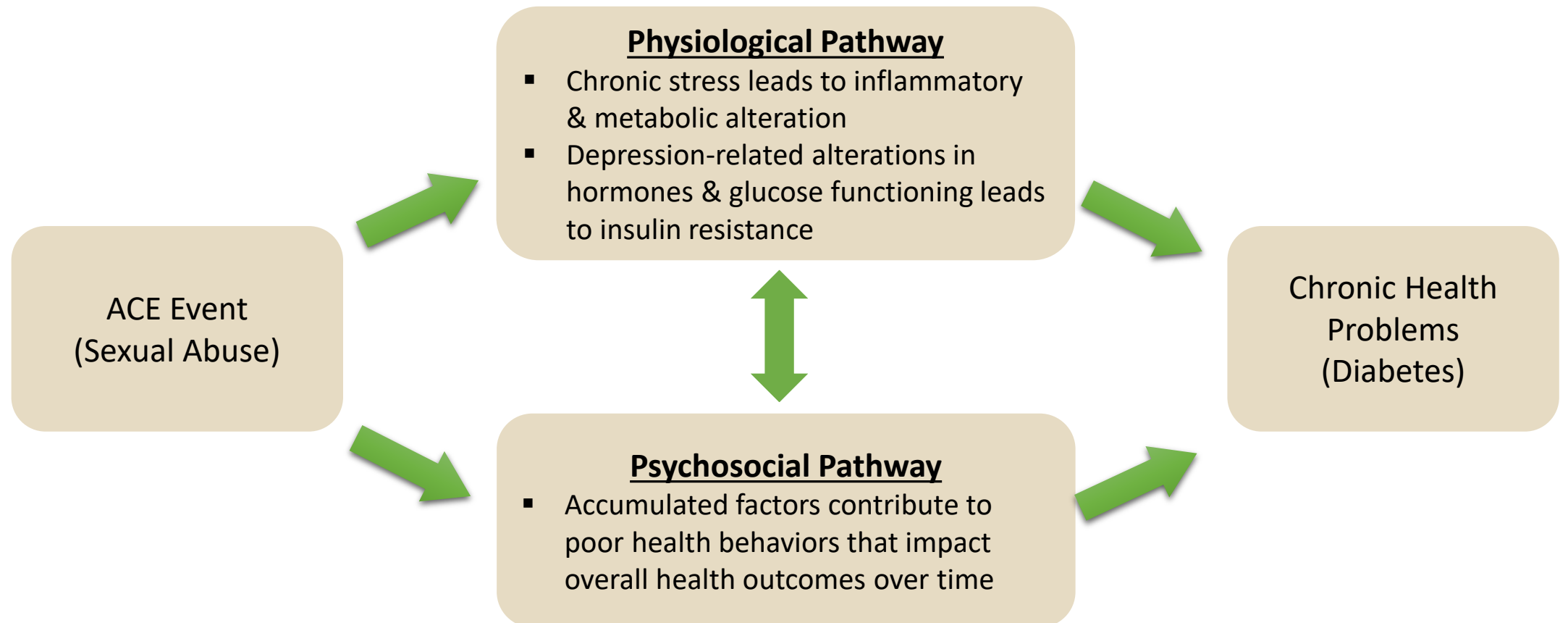
PHYSICAL & MENTAL HEALTH



ACEs & Diabetes

- Specific ACEs & variations in intensity of ACEs impact development of diabetes
 - Childhood sexual abuse strongly linked to diabetes in adulthood. (Shields et al., 2016)
- Sexual abuse is associated with a 1.5 to 2-fold increased chance of developing diabetes
(Shields et al., 2016; Sanderson et al., 2023)
- Sexual abuse victims are 45% more likely to develop diabetes compared to 14% and 18% for coronary heart disease and stroke, respectively.
(Campbell et al., 2016; Chen et al., 2023)

Mechanisms Underlying Relationship between ACEs & Diabetes



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Clinical Pathways

Clinical Pathways: Algorithms used to guide care to ensure that persons with specific conditions receive monitored and timely care

Example: stressful/terrible experience/ACE Screenings



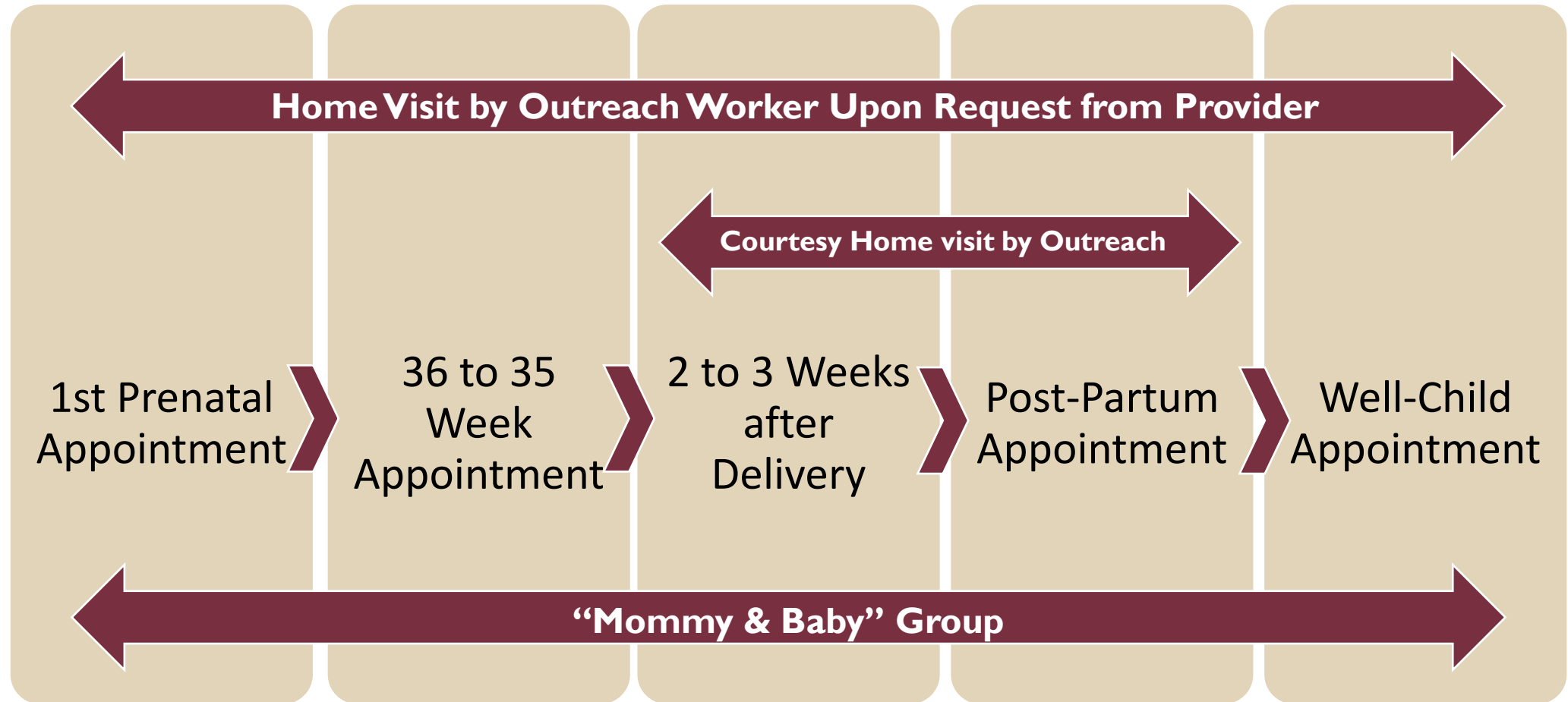
Clinical Pathways

Team of Providers in PCBH:

- Primary Care Provider
 - Behavioral Health Provider
 - Nurse
 - Frontline Staff
 - *Promotoras*/Community Health Workers (CHW)
-



Women's Health: Post -partum & Maternal Depression



How Does It Work?

- Psychologist is available on-demand
- After consulting with PCP, a psychologist sees the patient for 15-30 minutes for a focused assessment and to develop a treatment plan
- Psychologist provides feedback to PCP
 - Patient's symptoms
 - Functional impairments
 - Details on behavioral health change plan
- Based on PCP's needs, psychologist may:
 - Monitor, modify, or change the intervention (over 1-4 sessions)

Warm Hand-off

- Sometimes a psychologist may be very busy, behind schedule, or in crisis management mode, etc.



A brief introduction by PCP to psychologist is sufficient to set up a follow-up appointment

Analysis show this to be essential in increasing adherence to follow-up appointment (Anand P, et al., 2020.)

“The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

PCBH

Models

Collaborative Care

Stress Screenings

Clinical

Childhood Obesity

Screening, Brief Intervention, and
Referral to Treatment (SBIRT)

Pathways

Person-directed care

ACEs

Perspectives

Biopsychosocial Model

Online Resources

Contact:

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fsustress@med.fsu.edu

Childhood Stress

Depression

Everyone feels sad or blue once in a while, but when those symptoms don't go away, it could be depression.

Depression is a common but serious problem that affect daily life.

Natural Disasters

Children's reactions to natural disasters depends largely on how their parents, teachers, and other caregivers cope because these are the adults they will turn to.

Grief

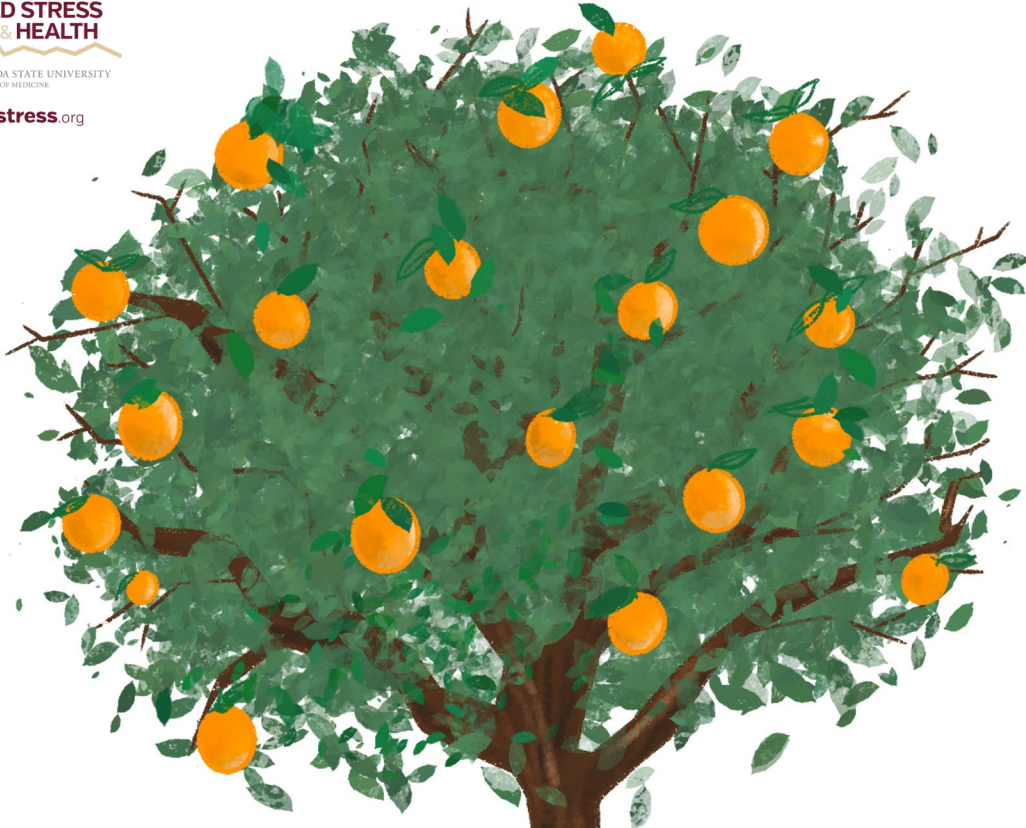
It is okay for a child to attend a funeral as long as things are explained ahead of time, a child is accompanied by an adult that can explain the service, and they are allowed to talk about it after.

Divorce

Separation of parents or divorce can cause stress for all family members. Divorce can be very difficult for children, but most adjust well within 2 years.

Evaluation





Questions/Comments?

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