

SUTER SCIENCE SEMINARS 2023-24

What is Integrated Care?

A Primer on Behavioral Health in Primary Care

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10:10 a.m. • Science Center, room 104

The Primary Care Behavioral Health (PCBH) model is a population health approach that acknowledges that health conditions do not fall neatly into "mental" or "physical" categories. Rather, our overall health and wellbeing depends on a myriad of interconnected factors (physical, mental, emotional, social, spiritual, financial, environmental, etc.). So why do many healthcare services continue to exist in a silo? This presentation will discuss how the integration of behavioral health into primary care enhances and expands the capacity of primary care to effectively treat the whole person - mind, body, and spirit - and how the impact of doing such is fourfold (the quadruple aim).

Angela Swartzendruber Hackman is a Licensed Clinical Social Worker currently employed by Tandigm Health based in the Philadelphia, PA region. Angela earned her BSW in 2003 from Eastern Mennonite University and her MSW in 2008 from the University of Pennsylvania. Over two decades she has worked in a variety of behavioral health settings with the common thread of integrating behavioral and medical team-based approaches to care. At Tandigm Health she developed and manages a team of behavioral health consultants supporting a network of more than 400 primary care doctors. Prior to joining Tandigm she served as Director of Integrated Health at Penn Foundation, a non-profit behavioral health organization and as a Clinical Research Therapist within the University of Pennsylvania School of Medicine, Department of Psychiatry. Residing in Harrisonburg since 2020, Angela enjoys being out in nature, listening to podcasts, breathing deep, and most of all, experiencing daily life with her spouse, two children, and their sweet puppy.



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