Cost-related access problem: Respondent either 1) had a medical problem but did not consult with or visit a doctor because of the cost, 2) skipped a medical test, treatment, or follow-up that was recommended by a doctor because of the cost, or 3) did not fill or collect a prescription for medicine or skipped doses of their medicine because of the cost.

Population: Among respondents who reported they had ever been told they had depression, anxiety, or other mental health conditions, or said there was a time in the past 12 months they wanted to talk with a health care professional about their mental health.

Data: 2020 Commonwealth Fund International Health Policy Survey.
Exhibit 2. Continuum of Physical and Behavioral Health Care Integration

COORDINATED CARE          CO-LOCATED CARE          INTEGRATED CARE

- Screening
- Consultation
- Care management/Navigation
- Co-location
- Health Homes
- System-level Integration

Source: Integrating Behavioral Health Care into Primary Care: Advancing Primary Care Innovation in Medicaid Managed Care, (Center for Health Care Strategies, Inc., Aug. 2019).
### Exhibit 3. Spectrum of Payment Models

<table>
<thead>
<tr>
<th>Category 1: Fee for Service – No Link to Quality &amp; Value</th>
<th>Category 2: Fee for Service – Link to Quality &amp; Value</th>
<th>Category 3: Alternative Payment Models Built on Fee-for-Service Architecture</th>
<th>Category 4: Population-Based Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral Health Integration Codes</td>
<td>Incentives for participating in learning collaboratives on BH integration</td>
<td>Accountable care organization incentives focused on structural measures of behavioral health integration and outcomes</td>
<td>Total capitation at the primary care or accountable care organization-level with strong incentives for behavioral health outcomes</td>
</tr>
<tr>
<td>Additional Evaluation &amp; Management Payments to Support Behavioral Health Integration Infrastructure</td>
<td>Incentives for achieving certain BH integration milestones</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A Merit-based Incentive Payment System (MIPS) value pathway dedicated to integrated behavioral health</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Exhibit 4. Lessons Learned from Other Countries’ Approaches to Expanding Mental Health Services

- Treat mild-to-moderate symptoms
- Integrate physical and mental health care
- Use digital technology to make care convenient
- Address the social determinants of mental health