Developing an innovative pediatric integrated mental health care program: interdisciplinary team successes and challenges

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This research article reviews a recent effort by Rady Children's Hospital to better meet the mental health needs of children by placing providers in the primary care clinics.

As of 2023, the Primary Care Mental Health Integration program established integrated care teams in 10 primary care clinics across San Diego and Riverside counties in California. Preliminary results show a 44% reduction in anxiety symptoms and a 62% decrease in depression symptoms. The Primary Care Mental Health Integration program identifies the needs of children and adolescents and delivers brief, evidence informed treatment. The successful integration of this model into 10 primary care clinics over 3 years has laid the groundwork for future program expansion. This model of care can play a role addressing youth mental health and increasing access to care.

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