



**Association for Behavioral
Health and Wellness**

*Advancing benefits and services
in mental health, substance use
and behavior change.*

FOR IMMEDIATE RELEASE

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ABHW Releases Report Demonstrating Critical Role Managed Behavioral Healthcare Organizations Play in the Integration of Behavioral and Physical Health

Washington, DC (August 5, 2015) – Today, the Association for Behavioral Health and Wellness (ABHW) released a paper, *Healthcare Integration in the Era of the Affordable Care Act*, highlighting the expertise and experience of some of the largest health plans and managed behavioral healthcare organizations (MBHOs) in integrating treatment for mental health and substance use disorders with physical health care.

“A lot can be learned from ABHW member companies that provide insurance coverage for mental health and addiction to approximately 150 million people and have done so for over 30 years. They are experts in blending services to meet the needs of individuals with complex behavioral and physical health conditions and know, first hand, the importance of whole person care and have worked to provide care that mirrors that philosophy,” said Pamela Greenberg, ABHW President and CEO.

Acknowledging the diversity of practice in healthcare systems and the need for comprehensive, integrated systems of care, ABHW believes that a working definition of integration should be inclusive, rather than exclusive, and has developed the following definition of integration:

Whole person care that focuses on overall health; creates partnerships across all aspects of health; and is facilitated by a variety of clinical, structural, and financial arrangements and community supports that remove barriers between physical and behavioral healthcare.

For more information on the variety of methods employed by ABHW member companies to integrate patient care, please see the full [report](#).

The Association for Behavioral Health and Wellness (ABHW) is the national voice for specialty behavioral health and wellness companies. ABHW member companies - Aetna Behavioral Health, Anthem, Beacon Health Options, Cenpatco, Cigna, Healthfirst, Humana Behavioral Health, MHN, New Directions Behavioral Health, Optum, and PerformCare - provide specialty services to treat mental health, substance use and other behaviors that impact health. ABHW supports effective federal, state and accrediting organization policies that ensure specialty behavioral health organizations (BHOs) can continue to increase quality, manage costs and promote wellness for the nearly 150 million people served by our members. For more information, please visit www.abhw.org.

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