

Adult Behavioral Health in Primary Care (ABH) Program



1 in 4 adults

experience a diagnosable mental illness each year



Overview

The Adult Behavioral Health in Primary Care (ABH) program enables primary care providers (PCPs) to transform their practices by developing the knowledge and skills needed to deliver effective, evidence-based mental health care to patients. After completing the ABH program, participants will be able to confidently assess, manage, and treat the most common mental health conditions they'll encounter in their practice, including adult ADHD, anxiety, depression, substance use, and more.

To achieve practice transformation, the program consists of two critical components:

1. **Dynamic, 3-day Training** – Interactive sessions, where PCPs develop skills and comfort in using evidence-based screening tools, treatments, and strategies to integrate mental health into the primary care setting.
2. **Case-based Learning Calls** – Participants join twice-monthly calls for four months, where they present real patient cases, share their approach, and receive feedback from peers and coaching from REACH's faculty.

Each component is led by REACH's national faculty, consisting of renowned psychiatrists and PCPs. This combination ensures that participants acquire the latest evidence-based knowledge and skills as well as learn how to embed mental health into the unique setting of primary care.

Impact & Benefits

- PCPs Learn To:
 - Correctly identify and differentiate among common adult behavioral health problems
 - Create and implement a comprehensive treatment plan
 - Integrate behavioral health care into their practice
 - Effectively manage psychopharmacology
- Leading To:
 - Timely, effective behavioral health care for patients from a trusted provider
 - Reduced referrals and more appropriate use of referrals to specialists
 - More efficient and lower costs of care

Participants say...



"This course gave me so many strategies and tools to assess my patients and be a better practitioner. This is not your everyday CME weekend program! "

Contact

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