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Conference Abstract

## A bio-psychosocial approach to emotional health and wellbeing

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### Abstract

**Purpose:** To provide insight into an integrated model of mental health and wellbeing based within primary care.

**Context:** Sandwell is a national exemplar site for integrated care and has been written up as an example of best practice by the NHS confederation and as a case study by Kings Fund in the UK. State of the art: This presentation will share:

- 1 The demographic context and drivers for change – the specific health inequalities that prompted the development of a primary care-led approach to wellbeing and its priorities.
- 2 The collaborative primary care model that Sandwell's health service commissioners adopted to address the challenges based on an asset approach.
- 3 The service infrastructure that has been developed to make the model a reality and work across a whole population while meeting individual needs.
- 4 The clinical and financial outcomes from the implementation of the model.

**Statements for debate:**

Providing services upstream reduce lengths of stay Co-ordinated care reduces hospital episodes  
An integrated model makes an important difference from a health and social economic perspective, Benefits realisation include clinical outcomes and economic benefits.

The outcomes from the model demonstrate the benefits of adopting a bio psycho social approach  
Using an assets approach and innovations developed with the local community makes a real difference to the local population and the economics of the area.

### Keywords:

**integration, primary care, mental health, wellbeing**

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**Presentation** available at: <http://www.euprimarycare.nl/istanbul/conference-programme-efpc-2013-istanbul-results>