

## Behavioral Health

In 2016, HealthNet of Rock County began an integrated behavioral health program that treated anxiety and depression in the primary care setting. Since this launch, HealthNet has successfully improved depression and anxiety symptoms for 70 percent of our patients with mental illness



### Why it matters in Rock County?

- The 2017 Rock County Health Needs Assessment determined that behavioral health was one of the top three health priorities needing to be addressed by community stakeholders.
- Suicide rates have been increasing since 2004 in the County. Rock County's suicide rate (16.7 per 100,000 people) is higher than the state (14.5 per 100,000 people) and national (13.3 per 100,000 people) rate.
- In 2020, Rock County had one mental health provider for every 540 residents. The rate was lower than both the state (one provider for every 470 residents) and the top national (one provider for 270 residents) rate, indicating that there is a lack of mental health support in Rock County.

HealthNet of Rock County's integrated care model currently utilizes our physicians and medication room to prescribe and provide necessary anti-depressants or anti-anxiety medication to treat mental illness. In addition, HealthNet currently partners with three separate counseling entities to provide free counseling to our patients on a monthly basis. However, numerous patient surveys have asked access to more behavioral health services and the need for counseling has outpaced the capacity for services from outside agencies.

In 2019, the Board of Directors for HealthNet authorized a Behavioral Health Taskforce to determine future services that the organization would need to provide to meet community need. This taskforce, led by Stephanie Knueppel of Stateline Mental Health Services, determined that HealthNet of Rock County would need to focus on sliding fee scale therapy for the uninsured, bilingual therapy for the uninsured, service navigation for individuals with serious mental illnesses, and a medication assisted treatment (MAT) program for women suffering from addiction.

In this new setting, HealthNet of Rock County will have two counselors, a prescribing provider, and a service navigator. These providers can support unique behavioral health needs from community members that are currently being unmet.