

## Benefits of Integrated Care in Mental Illness Management

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Many people who suffer from serious mental illness have comorbid physical conditions that can cause further disability. Integrated care combines physical and mental health facilities, focusing on coordination and continuity of treatment in order to better serve patients dealing with multiple health conditions. The present study analyzed qualitative interviews conducted individuals with conditions with severe mental illness and comorbid physical health conditions, speaking about benefits of integrated care. Forty adults receiving services from a community mental health center were asked their opinions about integrated care and what steps could be taken to improve these services. Transcribed interviews were reviewed by two people, searching for common themes within the text. Many positives were highlighted throughout these interviews including the convenience of coordination of care, along with the ability to make one trip for all their medical needs, and the friendliness of the on-site staff. Results showed that consumers using integrated care felt a value in its benefits. As the practice of integrate care continues, further research into the connections between mental and physical health can start being conducted. The communication between doctors of different fields presents opportunities to potentially develop new treatment plans and models for therapy. Integrated care is an excellent platform that combines the ability to better serve the community by providing multiple services to those in need while providing another opportunity to research and understand the connections between physical and mental health issues.

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