



# **STERLING** **HEALTH CARE**

*We're Here For Your Family!*

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# Collaborative Mental Health Care

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# Sterling Health Care

We are an FQHC serving Montgomery, Bath, Nicholas, Powell, Clark, and Bourbon counties.

- Primary care
- Behavioral health
- Addiction treatment
- Women's care
- Dental care
- Vision
- School-based health (both primary care and behavioral health)





# Sterling Health Care

- **In 2023:**

- **28,430 total patients served (29,765 as of July 31, up 4.7%)**
- **116,784 total visits**
  - 19,057 with BH providers (14,523 in person, 4,534 via telemedicine)
  - 2,532 school-based health visits

- **Providers (in 2023):**

- **Primary Care: 25.67 FTEs**
- **Women's Health: 8.51 FTEs**
- **Behavioral Health: 16 therapists, 4 prescribers**



# We need more Mental Health providers in KY

## Mental Health Care Health Professional Shortage Areas (HPSAs), September 2022

	Percent of Need Met	Practitioners Needed to Remove HPSA Designation
United States	27.7%	7,871
Kentucky	24.2%	215

NOTE: Percent of need met is defined as the ratio of available psychiatrists to the number needed to eliminate the HPSA designation. Calculations are based on the number of psychiatrists and do not generally include other mental health care professionals.

SOURCE: Bureau of Health Workforce, Health Resources and Services Administration, [Designated Health Professional Shortage Areas Statistics: Designated HPSA Quarterly Summary](#), as of September 30, 2022.



## What to do about this unmet need?

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- Incentivize more providers to pursue careers in mental health
- Education for primary care providers to tackle more mental health concerns
- Integrate mental health care into primary care



## Keep in mind!

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- **Mental health treatment is a science but also an *art***
  - *DO NO HARM!*
  - *Prescribing algorithms only go so far...*
- **Untreated mental health issues are costly for all of us**
- **Trends/studies indicate that the need for mental health treatment is only going to continue to increase (gulp...)**



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