

# Primary Care Behavioral Health



## Patient-Centered Medical Home (PCMH)

Department of Defense Patient-Centered Medical Homes are designed to meet more of your health care needs under one roof. You will find new and expanded treatment options within the clinic itself for patients with a wide range of behavioral and health concerns.

Our expanded primary care teams are staffed to better address the needs of our service members, their family members and military retirees. If you have served or are serving our country, we want to provide superior care to keep you and your family healthy and ensure our active duty force remains ready to meet the mission.

## Integrating Behavioral Health Consultants into PCMH

Statistics show that nearly half of all people with treatable behavioral health symptoms do not seek care from a behavioral health professional. However, 80 percent will visit their primary care manager (PCM) at least once a year. Emotional and behavioral factors can also have a significant impact on many health conditions.

The good news is these problems often can be prevented or addressed earlier in primary care through the support of a behavioral health consultant (BHC) working as part of the PCMH. BHCs are specially trained psychologists or social workers who focus on helping patients develop healthy behaviors or change current behaviors that interfere with overall health and well-being.

BHCs often work with PCMs to treat a wide range of concerns, including smoking cessation, weight management, relationship problems, sleep problems, anger management, medication management, bereavement, depression, anxiety, PTSD, chronic pain, and many more.

## How the PCMH Team Works Together

As part of your primary care visit, you may be given questionnaires about behavioral health concerns or asked questions about behaviors related to your health. Your PCM will use this information to better understand your condition and develop a plan for your care. This may include coordinating a consultation with the BHC in your clinic to help you manage your health and behavioral needs. These consultations can occur the same day as your PCM visit.



## What to Expect from Your BHC

Consultations with a BHC are usually brief (<30 minutes) and specifically targeted to your concerns. During the consultation, your BHC will ask you a series of questions to better understand your concern and how they are impacting your health, quality of life, and functioning.

The BHC will work with you to identify goals and come up with a plan to reach those goals. This plan may include providing you with information, teaching you skills, or developing a behavior change plan you can implement on your own after your visit. BHCs do not prescribe medications or provide long-term psychotherapy, but can help you get those services when needed.

The BHC will follow-up with your PCM to provide feedback and ensure all PCMH team members are aware of and can support any behavior change goals that you may have.

Another option for continuing care in some PCMHs is working with a behavioral health care facilitator (BHCF). A BHCF will contact you by phone periodically to monitor your symptoms and check on how you are managing your health concerns. The care facilitator will then share your progress with your primary care team. In many cases, care facilitators and behavioral health consultants will work together with your PCM to make quick, effective change your treatment and address your symptoms.

## Benefits of Prevention

Many health-related concerns can be prevented if identified and addressed early. For example, maintaining a healthy diet and engaging in regular physical activity can reduce the risk of many health concerns, such as obesity, diabetes, and hypertension. In addition, behavioral health symptoms can also have a significant impact on many aspects of your life. Addressing these concerns early can improve your overall health, personal relationships, and work performance.

## Problem Areas Addressed by Primary Care Behavioral Health

- Depression and Anxiety
- Stress Management
- Unhealthy Lifestyle Behaviors (smoking, overeating)
- Relationship Problems
- Coping with Chronic Health Concerns
- Lack of Physical Activity
- Chronic Pain/Headaches/Fibromyalgia
- Sleep Problems
- Fatigue
- Hypertension and Heart Disease
- Diabetes
- Alcohol/Substance Problems
- And more...

Talk with your PCM about a consultation or schedule an appointment with a Behavioral Health Consultant at the front desk.

## Soldier Family Medical Clinic

### Behavioral Health Consultant

Scheduling is done in person at SFMC front desk

