

Medical Home Port Internal Behavioral Health Consultation



What is the Internal Behavioral Health Consultation Service?

The Internal Behavioral Health Consultation Service offers assistance when habits, behaviors, stress, worry, or emotional concerns about physical or other life problems are interfering with someone's daily life and/or overall health.

The Internal Behavioral Health Consultant (IBHC) works with your Primary Care Manager (PCM) to evaluate the mind-body-behavior connection and provide brief, solution-focused interventions.

The IBHC has specialty training in the behavioral management of health problems. Together, the IBHC and your PCM can consider all of the physical, behavioral, and emotional aspects of your health concern and help you determine a course of action that will work best for you.

What kinds of health concerns do we see?

The IBHC can help you reduce symptoms associated with various chronic medical conditions or help you cope better with these conditions. A few of these are:

- ◆ Headaches
- ◆ High Blood Pressure
- ◆ Diabetes
- ◆ Irritable Bowel Syndrome
- ◆ Sleep
- ◆ Asthma
- ◆ Obesity
- ◆ Chronic Pain

The IBHC can help you and your PCM develop behavioral change plans for weight loss, exercise or other lifestyle modifications.

The IBHC can also help you and your PCM develop skills to effectively manage emotional or behavioral difficulties such as:

- ◆ Depression
- ◆ Stress
- ◆ Family Problems
- ◆ Relationship Problems
- ◆ Anxiety
- ◆ Anger
- ◆ Bereavement

Who is eligible to receive these services?

The service is available to all patients within the **NHOH Family Medicine Medical Home Port** as a part of good overall health care.

What should I expect when I see the IBHC?

You can expect the IBHC to ask you specific questions about your physical symptoms, any emotional concerns you are experiencing, your behaviors, and how all of these might be related.

You can expect your appointments to be in the Family Medicine Clinic and to typically be no longer than 25-30 minutes. The IBHC will maintain a close working relationship with your PCM to provide brief solution-focused assessment and treatment. It is not traditional psychotherapy.

Remember: You and your PCM remain in charge of your health care – the IBHC's primary job is to help you and your PCM develop and implement the best integrated health care plan for YOU!

How is this service different from Mental Health?

The services provided by the IBHC are simply another part of your overall health care and are not specialty mental health care.

Documentation of your assessment and recommendations from the IBHC will be written in your medical record. A separate mental health record will not be kept when you see the IBHC.

Communications with your IBHC may not be entirely confidential. Your IBHC will make every effort to protect your privacy. But, like *all* providers, they *must* report information from any active duty patient that could have a negative impact on our mission.

If you are interested in scheduling an appointment with an IBHC, please discuss this with your PCM or contact an Appointment Clerk at: 257- 5106 (Team Cascade) or 257- 9561 (Team Olympic).