

What can the IBHC address?

Sleep difficulties

Managing chronic illnesses:

Diabetes

Headache

High Blood Pressure

Chronic Pain

Lifestyle Changes

Physical Inactivity

Tobacco Use

Weight gain/loss

Anger

Anxiety/Fears/Panic

Depression

Stress

Parenting

Children/Behavioral Concerns

ADHD Screening

Memory/Cognitive Screening

Goal Setting

Sexual Problems

Nearly every concern treated in primary care has a behavioral component. We can work together towards optimizing your health!

How do I schedule an appointment?

Call (DSN) 226-6372 to schedule an appointment or ask your PCM about it at your next visit.

Appointment reminder:

Date: _____

Time: _____

*Please check in at the FHC front desk 15 minutes before your scheduled appointment time



PRIMARY CARE BEHAVIORAL HEALTH CONSULTATION SERVICE



**Family Health Clinic
Internal Medicine
Pediatrics
Women's Health
Flight Medicine**

Your PCBH team:

- ❖ Dr. Waggoner –Behavioral Health Consultant
- ❖ A1C Walski – PCBH Technician

**Behavioral Health
Optimization Program (BHOP)**

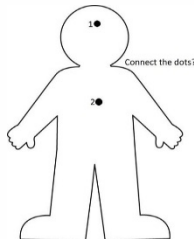
What is BHOP/PCBH?

The Behavioral Health Optimization Program (BHOP) is the Air Force's Primary Care Behavioral Health (PCBH) program available to patients seen in Family Health, Internal Medicine, Pediatrics, Women's Health, and Flight Medicine as a part of your comprehensive health care.

Good health care involves not only paying attention to your physical health, but simultaneously attending to your behaviors, habits, emotions, and social well-being and how they impact your daily functioning.

Primary care clinics have expanded their focus to meet more of your health care needs under one roof. This brochure is intended to help readers better understand and utilize the many diverse services offered in BHOP.

Your PCM remains your primary provider, and the IBHC functions as a behavioral consultant to the primary care team.



Who is the IBHC?

The Internal Behavioral Health Consultant (IBHC) at the 35th MDG is a board certified clinical health psychologist with specialty training to work as a member of your medical team. The IBHC focuses on helping you develop healthy behaviors or change current behaviors that interfere with overall health and well-being.

For example, the IBHC can help you develop plans for lifestyle changes towards improving sleep, managing weight, stopping tobacco use, or increasing physical activity when living with chronic pain. Other areas of focus include emotional or behavioral concerns such as stress, or work performance concerns.

How is this different from Mental Health?

PCBH/BHOP consultations are specific, problem-focused assessments that support the goals and treatment of the referring PCM. The IBHC's office is located in the Family Health Clinic and makes every effort to see you as soon as possible, often right after your PCM appointment for your convenience.

Unlike the specialty services offered through the Mental Health Clinic, the IBHC **WILL NOT** provide traditional psychotherapy, counseling, or specialty evaluations/assessments. These functions are more time-intensive and comprehensive, often requiring routine follow-up. A referral to Mental Health is similar to being referred by your PCM to neurology, ortho, or other specific clinics for a specialty appointment.

For more complex issues, a referral to a specialist outside the primary care clinic **may be a more appropriate option**. But if your concern can be addressed in primary care, it will be. You may request more information about a specialty referral if that is what you are looking for.

What can I expect from the IBHC?

The IBHC will ask you specific questions about the problem you are targeting, then provide recommendations you can begin immediately.

This evidence-based service is designed to match the rapid pace of primary care emphasizing a population-based focus:

- ❖ Less than 30 minute appointments
- ❖ No more than 4 visits per target area (episode of care)
- ❖ Follow-up visits scheduled 3-4 weeks apart or longer depending on concern
- ❖ Team-based care, where interruptions are expected for rapid consultations by a team member

Every effort is made to protect your medical privacy under the Health Insurance Portability and Accountability Act (HIPAA). IBHCs have the same reporting obligations as your PCM under federal and state laws, including taking action if illegal activities or imminent danger to self or others (including family violence) is disclosed.