

What can the BHC address?

Behavioral management of:

- Sleep
- Stress
- ADHD
- Anger Anxiety/Fears/Panic
- Depression
- Intimacy concerns

Health behavior changes:

- Sedentary lifestyle
- Quitting tobacco
- Weight management
- Goal-setting

Managing chronic illnesses:

- Diabetes
- Headache
- High Blood Pressure
- Chronic Pain
- Sleep apnea

Brief screenings:

- ADHD
- Memory/cognition

Nearly every issue treated in primary care has a behavioral component.

We work as a team towards optimizing your health!

Appointment reminder:

Date: _____

Time: _____

Please check in at the Family Health Clinic front desk 15 minutes before your scheduled appointment time.

Call us directly at DSN 226-6372 with any questions.



PRIMARY CARE BEHAVIORAL HEALTH CONSULTATION



Family Health Clinic

Internal Medicine

Pediatrics

Women's Health

Flight Medicine

Navy Medicine

Behavioral Health Optimization Program
(BHOP)

Primary Care Behavioral Health

PCBH

Statistics show that over half of all people with a treatable behavioral health concern do not seek care from a mental health professional. However, 80% will visit their **primary care medical provider (known in the military as the primary care manager, or PCM)** at least once a year.

The Department of Defense primary care clinics have expanded their focus to meet more of your health care needs under one roof. This program was first utilized in the Air Force, often referred to as the Behavioral Health Optimization Program (BHOP). For this reason, the acronyms PCBH and BHOP are often used interchangeably.

PCBH services are available to all patients at Misawa Air Base.

Integrating Behavioral Health into Primary Care

Primary care providers can identify and address behavioral health needs as part of your overall health care. Your PCM is your central point of contact who may recommend services from a **behavioral health consultant (BHC)**, who is part of the primary care team.

The BHC is a clinical psychologist or social worker with specialty training to work in primary care. The BHC works with your PCM to evaluate the mind-body-behavior connection and provide brief, solution-focused interventions for a concern that is currently affecting your daily functioning.

What to Expect in a PCBH Appointment

This evidence-based service is designed to match the rapid pace of primary care.

Appointments last 20-30 minutes, and similar to the medical technician you speak with before seeing your

PCM, you will first meet with a behavioral health technician (BHT), who is specially trained to work in primary care. The BHT will ask specific questions about the physical, emotional, and behavioral concerns related to your target problem.

Then, like your PCM, the behavioral health **consultant** will then provide interventions and recommendations that you can begin immediately.

Patients average 2 to 3 total appointments per target area. An exception is when working with a patient for lifestyle behavioral modification, which may involve more visits.

Follow-ups are scheduled 3-4 weeks after the previous visit, intended to allow enough time to put the behavioral interventions into practice.

How is this Different from Mental Health Services?

Mental health services are considered a specialty, similar to orthopedics, general surgery, or physical therapy.

Services offered in mental health clinics are those that most people associate with mental health clinics, such as psychotherapy/talk-therapy and counseling. It often requires a referral, and is more comprehensive and dialogue-oriented, designed to help patients work through a variety of problems. The provider-patient relationship is a central component of treatment.

Patients work with their mental health provider for an indefinite period of time, most typically between 8-12 hour-long sessions, and on a frequent basis when possible, such as weekly. Mental health records are restricted and access requires special permission.

PCBH consultation services work quite differently, targeting one specific problem and geared towards

behavioral self-management. PCBH documentation is part of the general medical record, accessible by the primary care team.

Because behavior influences health in many ways, PCBH consultation focuses on common issues seen in primary care: 1) healthy behavior changes, such as tobacco cessation, weight management, and sedentary lifestyle, which can help lower risk factors for heart disease, stroke, chronic respiratory problems, cancer, and diabetes; 2) core activities of daily living, such as sleep, concentration; 3) physical complaints affected by stress and overall mood, and 4) chronic disease management, focusing on motivation and treatment adherence, as well as providing education and resources.

Like any medical provider, communications with your BHC may not be entirely confidential. He or she may have to report information regarding child or spouse abuse, or coordinate care for those at risk to harm themselves or others.

Should I Schedule an Appointment?

Patients are encouraged to **start with primary care behavioral health**, with the following exceptions:

- Patients at risk for self-harm or harm towards others
- Patients needing specialty evaluations, command-directed evaluations, or psychological testing
- Patients requiring Family Advocacy or ADAPT-related services
- Patients who specifically request/prefer to be seen for mental health services, such as counseling/talk-therapy

If you would like to make an appointment with PCBH, just ask your PCM or call us at DSN 226-6372 today!