

Behavioral Health Consultant Service

What is Behavioral Health Consultant (BHC) Service?

BHC services are offered to you as part of our efforts to provide comprehensive, whole person health care. The main objective of our integrated BHC Service is to assist you and your medical provider in the assessment, treatment, and management of physical, psychosocial, behavioral and emotional issues impacting your health.

Who is The Behavioral Health Consultant (BHC)?

Our BHC is a licensed clinical social worker who has specialty training in providing evidenced based interventions that target a wide range of behavioral health conditions, chronic medical problems and adverse health behaviors.

How do I access Behavioral Health Services?

Based on your presenting health concerns, your medical provider may recommend BHC involvement to support your ongoing efforts in managing your health.

What Should I Expect When I See the Behavioral Health Consultant?

Your medical provider will ask the BHC to join you in the exam room to make introductions and provide an overview of your presenting concern. The BHC will then spend about 15-20 minutes conducting a brief assessment to obtain more information about factors influencing the identified issue, review actions taken to date, and assess your level of motivation to move toward desired outcome. The BHC will summarize her understanding of your concern and then provide evidence-based recommendations for you to consider. Based on your preferences, you and the BHC will come up with a workable action plan that will be documented in your medical record and reviewed with your medical provider.

How often will I need to meet with the Behavioral health Consultant?

Typically, the BHC will meet with patients for up to four times for a 15-30-minute period. The first visit to complete the assessment and develop an initial action plan with a second visit to assess progress, address barriers/concerns and if needed, make modifications to the previously agreed upon care plan. As a part of our commitment to providing comprehensive care, the BHC will also spearhead any needed case management activities on your behalf. Follow-up discussion related to these activities will most likely be done by phone unless an office visit is recommended.

How are Behavioral Health Services paid for?

The fee for behavioral health services are billed to your insurance. If you have concerns about the cost of working with the Behavioral Health Consultant, we encourage you to contact your health insurer to obtain information about coverage limits and co-pay amounts.

How is Behavioral Health Service Different from Specialty Mental Health Service

In the primary care setting, behavioral health interventions are typically outcome driven. Effort is directed at finding realistic, workable solutions to reduce the impact the presenting issue has on the individual's ability to function as quickly as possible. Interventions provided in traditional mental health settings are typically process driven and require longer term involvement. Emphasis is placed on helping the individual gain more insight into how their past influences his/her present way of being in the world.

For patients who may require more intensive services (e.g., extensive evaluation, traditional therapy or prolonged care), BHCs will help link these patients to specialty behavioral health services.

When is the BHC available in clinic and who do I speak with to schedule an appointment?

The BHC is available Monday afternoon, Tuesday morning and afternoon, and Thursday mornings. Call the clinic to schedule at 541-389-1118.