

your behavioral health consultant (BHC)

WHERE DO I SEE THE BHC?

Your behavioral healthcare will be in this clinic – you will not have to go anywhere else to see the behavioral health provider.

WHO ELSE CAN BE ON MY HEALTHCARE TEAM?

You are the most important expert of your healthcare team! You and your provider might also decide to include family members, trusted friends, a BHC, or a care manager who can help coordinate your care.



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WHAT CAN I EXPECT AT MY FIRST VISIT?

You can expect the BHC to ask you questions about physical problems, emotional concerns, and your behaviors.

You can expect your appointments to be about 25-30 minutes and for the BHC to help you better understand your difficulties and develop solutions.

You can also expect the BHC to have a close working relationship with your provider. The BHC and your provider will share information so you can all work together as a team.

HOW IS THIS SERVICE DIFFERENT THAN GOING TO A MENTAL HEALTH CLINIC?

The services provided by the BHC are just another part of your overall healthcare. Your discussions are confidential. Notes from your visits will be in your medical record. At times, other types of services may be needed outside the clinic and we will help you find these.

your primary care home

Offering care for the whole person, mind and body

Your primary care home is where you can see your primary care team who can help you be healthy. This is where you go for yearly check-ups or when you feel sick or sad.



your behavioral health consultant (BHC)

Does my primary care home offer emotional, mental, or behavioral health support?

Yes, we now have a Behavioral Health Consultant (BHC) available as part of your primary care team. The BHC will work with you to help you achieve the goals that matter most to you.

Your BHC can also help you . . .

- **Create a healthy lifestyle**

Change eating and exercise habits, learn relaxation skills, ways to sleep better and have good friends.

- **Reflect on harmful habits**

like using alcohol, tobacco and drugs, or getting angry easily and hurting people's feelings. The BHC can help you make changes for the better, even if they are small.

- **Cope with stress**

including loss and sadness.

- **Apply self-care techniques**

Manage pain, diabetes, medications, and other issues.

your primary care team

key members of your team include:



Primary Care Provider (PCP)

Your primary care provider helps you with your physical and mental health so overall you are feeling well.

Your primary care provider will help you think through important health decisions and may connect you with another member of the primary care team to make sure that you are getting the best care.

Behavioral Health Consultant (BHC)

Your primary care provider may refer you to a BHC for a 15-30 minute visit.

The BHC will focus on a particular problem. After talking to you, the BHC will help you make any changes you want to make.

The BHC may also help with stress or problems at home or school.

Nurse and Medical Assistant

Nurses and Medical Assistants play many roles on your primary care team.

They will be the first person you talk to when you have a health concern. They work closely with the PCP and BHC. They also arrange referrals.



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