

Does my primary care home offer behavior change services?

Yes, they offer care for the whole person, mind and body. Your primary care provider and primary care team work together to teach you the skills you need to lead a healthier life. This also requires you to take an active role in your own healthcare

Your Primary Care Team

What is my primary care home?

Your primary care home is where you can see your primary care provider who can help you be healthy. This is where you go for yearly check-ups or when you feel sick or sad. This practice will rely on a team of health care professionals who will act together to integrate the physical, mental, emotional and social aspects of the patient's health care needs. This may be done onsite by the practice-based team or by making use of connected behavioral health specialists in the medical home's neighborhood.

Whole person orientation. More than half of primary care patients have a mental or behavioral diagnosis or symptoms that are significantly disabling, and nearly every medical problem has a psychosocial dimension. Given that most personal care plans require substantial health behavior change, a PCMH would be incomplete without behavioral health care fully incorporated into its fabric. A whole person orientation cannot be achieved without including the behavioral together with the physical.

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 Provider (BHP)

Your primary care provider may refer you to a BHP for a consultation. The BHP will focus on a particular problem. After talking to you, the BHP will help you make any changes you want to make. The BHP may also help with stress or problems at home or school.

Your BHP can help you . . .

Create a healthy lifestyle by changing eating and exercise habits, or learning 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 BHP can help you make changes for the better, even if they are small.
- **Cope** with stress, including loss and sadness.
- **Apply self-care techniques** to manage pain, diabetes, medications, and other issues.

Coordination of care

Perhaps the single factor that most seriously harms the quality and integrity of our health care system is fragmentation. **It is important for the patient to authorize the mental health professional to send reports to the primary care provider so care can be coordinated.**