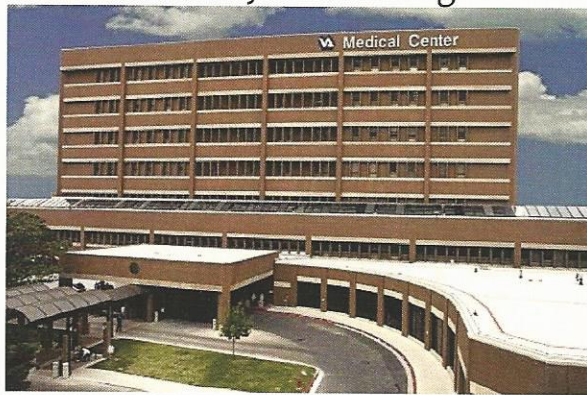




Primary Care - Mental Health Integration

*Meeting the Behavioral Health Needs
of Our Veterans in the
Primary Care Setting*



PC-MHI: Primary Care-Mental Health Integration

The PCMHI team works with your providers to meet your mental & behavioral health needs in the primary care clinic.

WHAT IS PCMHI?

PCMHI is a team of mental and behavioral health experts that coordinates with the rest of your PACT (Patient-Aligned Care Team) to deliver you the best possible care.

The PCMHI team helps address the habits, behaviors, stresses, and emotional concerns that interfere with your daily life and/or overall health.

WHAT CAN PCMHI HELP WITH?

Emotional Wellness: We can help you develop skills to manage emotional difficulties such as:

- Depression
- Anxiety and Worrying
- Stress
- Anger and Irritability
- Grief and Loss
- Family & Relationship Problems

Managing Chronic Conditions: We can help you reduce symptoms and manage your chronic conditions better. A few of these include:

- Diabetes
- High Blood Pressure
- Obesity
- Chronic Pain
- Headaches and Migraines
- Irritable Bowel Syndrome

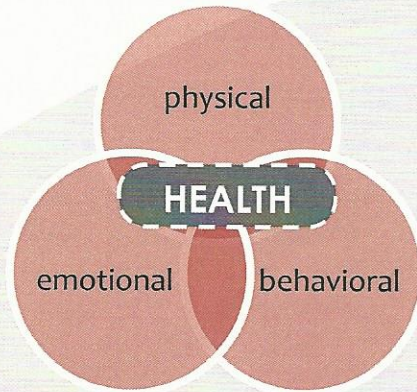
Behavior Change: We can help you create a behavioral change plan to improve your health and change unhealthy habits. Common change plans include:

- Quitting Smoking
- Weight Loss Planning
- Improving Sleeping Habits
- Relaxation Training
- Reducing Alcohol Use
- Medication Monitoring



"A **team-based approach** to health care allows us to treat you as a **whole person** so that we can provide you with the **best care** possible."

Available to
ALL VETERANS
in primary care!

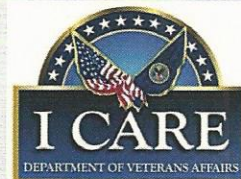


WHAT SHOULD I EXPECT?

You will be asked specific questions about the physical, emotional, and behavioral symptoms you are experiencing as well as how your current concerns are impacting various areas of your life.

Because we use a brief treatment model, your initial and follow-up appointments will last 30 minutes on average; and your treatment can be expected to conclude after 2 to 6 sessions that are typically scheduled 2 to 4 weeks apart.

Should you require more intensive treatment beyond what PC-MHI can provide, you may be referred to one of the hospital's specialty mental health clinics.



How is this different from the Mental Health clinic?

The PCMHI provider is a mental health clinician located in the Primary Care clinic. Appointments are often coordinated with your medical visits.

Treatment is problem focused and solution oriented.

PCMHI is designed to serve veterans with brief and focused goals that can be addressed in short-term therapy and those with specific behavioral or health goals.

About 80% of Veterans can be successfully served by PCMHI. If the PCMHI provider believes your problem cannot be resolved with brief, targeted intervention, you will be referred to a specialty mental health team to further address your care.

HOW DO I SCHEDULE AN APPOINTMENT?

Discuss your interest with your Primary Care Provider (PCP) or a member of your PACT team. Often you can meet with the PCMHI provider on the same day as your doctor's appointment.

If you are unable to be seen the same day, you will have an appointment scheduled for a later date.



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

AUDIE L. MURPHY INTERNAL MEDICINE CLINIC PCMHI TEAM

Kelly Duron, Ph.D.
Clinical Psychologist

Norma Erosa, Ph.D.
Clinical Health Psychologist

Veronica McClean, Ph. D.
Clinical Health Psychologist

Jana Shults, Pharm.D., BCPS
Clinical Pharmacy Specialist

CLINIC HOURS

Monday to Friday
7:30 am to 4:00 pm
Except Holidays

AFTER HOURS RESOURCES

Emergency Mental Health Services
Emergency Department
Audie Murphy Veterans Hospital
7400 Merton Minter
7 Days a Week, 24 Hours a Day

Veteran's Crisis Line
7 Days a Week, 24 Hours a Day
CALL: 1-800-273-8255 (TALK)
CHAT: VeteransCrisisLine.Net
TEXT: 838255