What is the Behavioral Health Interdisciplinary Program (BHIP)?

BHIP is an interdisciplinary team of mental health professionals who work together with you—the Veteran—and your family to provide recovery-oriented, evidence-based outpatient mental health care.



Goals of the BHIP Team

- Offer easy access to mental health treatment that is Veteran-centered and tailored to your needs — the right care, at the right time, every time.
- Work with you to identify your personal goals for mental health recovery.
- Help you achieve your goals by providing proactive, integrated, comprehensive outpatient mental health care.
- Manage and coordinate transitions between mental health services so you do not become "lost in the system."

BHIP Team Locations & Numbers

Mon thru Fri: 7:30am—4:30pm*

1-888-686-6350 (after hours) 1-800-209-7377 (medication refill only)

Audie L. Murphy Memorial VA Hospital (ALM) Ground Level F (GLF) Clinic: (210) 949-3397 7400 Merton Minter, San Antonio

Frank Tejeda Outpatient Clinic: (210) 699-2120 2nd floor, 5788 Eckhert Rd, San Antonio

North Central Federal Clinic: (210) 483-2900 17440 Henderson Pass, San Antonio

South Bexar Outpatient Clinic: (210) 648-1491 4610 E Southcross Blvd, San Antonio

Kerrville VA Medical Center: (830) 896-2020 3600 Memorial Blvd, Kerrville

Victoria Outpatient Clinic: (361) 582-7700 1908 North Laurent Street, Victoria

*Extended hours available at some clinics. Ask your BHIP team for details.

My treatment team:
Support staff:
Nurse:
Therapist:
Prescriber:
Prescriber:



Behavioral Health Interdisciplinary Program



We Work as a Team. You Lead the Way.

Providing high quality mental health care to Veterans





Connecting with Care

Eligibility & Establishing Care: For info on eligibility for VA health care, visit the Enrollment & Eligibility Offices at ALM or FTOPC or call 210-949-3981. Once enrolled, call 210-949-3994 to schedule a primary care visit.

Note: Individuals with Other Than Honorable discharge statuses may be eligible for some mental health services.

Referral Process: In most cases, Veterans can access mental health services through their VA Primary Care Providers.

Same Day Services: All Mental Health clinics provide Same Day Services, meaning that Veterans with a need for care right away will have it addressed the same day or, if after hours, by the next day.



What Matters to **You** Matters to Us.

- Schedule, change, or cancel appointments
- Help coordinate same day services when needed

Medica-

tions can

help with

Support Staff

- Check vital signs
- Ask screening questions to ensure all concerns are Registered addressed
 - Help with medication refills and questions between visits

Veteran & family

Set your own goals. Build on your strengths.

Goal of treatment: Help you live a full, meaningful life.

Psychiatrist

Nurse Practitioner

Medication Prescriber

mood, Clinical Pharmacist anxiety, and nightmares, Physician's Assistant especially when combined with coping skills learned in therapy.

- Initial visit: 1 hour to review history, set goals, and discuss your preferences
- Follow-up visits: 30 min to check-in and adjust medication as needed, typically every 2-6 months

Therapist

Nurse

Psychologist Counselor Clinical Social Worker

can help you gain tools to improve your mood, anxiety, sleep, and relationships.

Therapy

Therapists use proven, well-organized strategies to help you grow and recover through individual, family/couples, and group therapy.

Typically, therapy is offered in weekly, 45 min sessions for 2-3 months, then you and your team work together to review your progress on goals, discuss needs, and make a plan.