

What is the Internal Behavioral Health Consultation Service?

The Internal Behavioral Health Consultant (IBHC) Service is a program being made available to Active Duty patients within the Primary Care Clinic to promote good overall health. The purpose of this service is to offer assistance when habits, behaviors, stress, worry, or emotional concerns about physical or other life problems are interfering with one's daily life.

Who is the Internal Behavioral Health Consultant? & What kinds of problems can they help with?

The IBHC is a Psychologist or Social Worker with specialty training who works as a member of the primary care team. This approach allows us to consider the physical, behavioral, and emotional aspects of your health. For example, IBHCs can

help your PCM manage various chronic medical conditions, or help you cope better with these conditions, such as:

- **Migraines and headaches**
- **Chronic pain**
- **Diabetes**
- **Insomnia and sleep problems**
- **Asthma and COPD**
- **Hypertension**
- **Irritable bowel syndrome**

IBHCs can also help develop strategies for behavioral change programs or lifestyle modifications, such as:

- **Smoking cessation**
- **Weight loss**
- **Alcohol use**
- **Exercise & healthier eating**

IBHCs can also help with emotional or behavioral problems:

- **Family or relationship problems**
- **Stress**
- **Depression and bereavement**
- **Anxiety**
- **Anger problems**

What should I expect when I see the IBHC?

You can expect the IBHC to ask you specific questions about your physical symptoms, your behaviors, any emotional concerns you are experiencing, and how all of these might be related in a non-threatening, private environment.

As with all health care providers, communications with the IBHC may not be entirely confidential. Although every effort will be made to protect your privacy, IBHCs have the same reporting obligations as all providers when information related to detrimental mission impact is disclosed by an active duty patient.

Your appointments will generally be no longer than 30 minutes. You can expect the IBHC to suggest brief, solution-focused interventions. You can also expect to be seen in this clinic, and for the IBHC to have a close, working relationship with your PCM.

How is this service different from mental health?

The services provided by the IBHC are simply another part of your overall health care here at DTHC. The IBHC does not provide traditional psychotherapy; you are seen directly in the Primary Care Clinic. If you request, or the IBHC thinks you would benefit from specialty mental health services, the IBHC will recommend your primary care manager consider referring you to a specialty mental health service.

Another difference from specialty mental health care is documentation. Assessment and recommendations from the IBHC will be written in your outpatient medical record; a separate mental health record will not be kept when you see the IBHC.

Remember: Your primary care manager remains in charge of your health care – the IBHC’s primary job is to help you and your PCM develop the best health care plan for YOU!

How do I schedule an IBHC appointment?

There are several methods for connecting with an IBHC. When you are meeting with your primary care manager, ask about the services. Most of the time, you can walk-in directly and be seen by an IBHC the same day.

As long as you active duty and have a primary care manager here at the Pentagon, you may call and schedule an appointment directly at your convenience. Simply call: (703) 692-8820



INTERNAL BEHAVIORAL HEALTH CONSULTATION SERVICE

What is it and how can it help you?



**DiLorenzo TRICARE Health
Clinic**

**The Pentagon, Corridor 8,
Washington DC 20310**

**For appointments, call:
(703) 692-8820**