

FACTS

BEHAVIORAL HEALTH CONSULTANTS

Behavioral Health Consultants

Abington – Jefferson Health
1200 Old York Road
Abington, PA 19001
215-481-5450

Abington – Jefferson Health is pleased to provide additional support to patients in their primary care offices through the services of a behavioral health consultant.

What is a behavioral health consultant?

A behavioral health consultant is an experienced, licensed psychotherapist. When patients suffer from temporary or ongoing episodes of depression and/or anxiety, there is much evidence that a combination of medication and talk therapy often results in the best outcomes. The medical professional and the behavioral health consultant work together to provide optimal care for the patient. Frequently the patient's struggles are situational and temporary, and the behavioral health consultant can assist by helping the patient to develop improved coping skills, including lifestyle changes. A behavioral health consultant will help the patient address behaviors that are detrimental to the patient's physical health. Given that the number of sessions with the behavioral health consultant is limited, when a mental health problem requires extended treatment, the behavioral health consultant will identify and suggest appropriate options further treatment.

How do I know if I should see a behavioral health consultant?

Discuss this with your medical professional. A visit with a behavioral health consultant may be suggested to help reduce certain symptoms you are experiencing, such as poor sleep due to financial worries, overeating or drinking too much because of relationship issues, sadness around the loss of a loved one, or any other number of life's challenges. Together, you and your medical professional will be able to determine if a behavioral health consultant can be helpful.

Will my insurance pay for visits to a behavioral health consultant?

The majority of behavioral health services are covered by insurance. Please call your insurance provider or call 215-481-5450 for detailed information on coverage and co-pays.

Do I have to go to another office for this service?

Behavioral health consultant services are provided within the primary care offices, as well as nearby locations.

How long are the office visits?

The first visit takes approximately one hour. Ongoing visits generally last 45 minutes.

Why is meeting with a behavioral health consultant important to my overall health?

The concept of addressing medical issues and behavioral health issues together is called Integrated Health Care. The mind-body relationship is well documented and is increasingly being considered by primary care providers when treating patients.

For example, stress can exacerbate many physical health issues. We all experience varying degrees of stress for numerous reasons – health, family, career, education and financial are among the most common-and all can result in or contribute to medical problems.

We may make decisions involving actions that are bad for our health. Counseling can help us understand why we make these decisions, and this understanding can facilitate desired changes in our future behaviors. When emotional and/or behavioral issues impact daily functioning, your primary care physician or nurse practitioner may recommend a visit with a behavioral health consultant. The concept of Integrated Health Care has also been implemented due to the recognition that mental health problems can be the source of physical symptoms.

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Why would I use this service instead of going to a mental health center?

This service is a holistic approach provided for optimal coordination of care with the rest of your health care team. Physical and behavioral health are both essential components of overall wellness, and recognition of the importance of each serves as a preventative measure and maintenance of good health. The concept of Integrated Health Care allows for the patient to be viewed from a wider, more informed perspective, which involves mind as well as body.

To schedule an appointment or for more information about Abington Health Physician's behavioral health consultants, please call 215-481-5450.

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Quotes about our services...

"Being able to help our patients with on-site counseling has been revolutionary in our ability to make our patients healthier and happier. Having communication with the therapist and physician so readily available makes the care seamless."

John Russell, MD | Family Medicine

"You've changed my perspective on therapists. Thank you for guiding me in the right direction."

A patient after completing three meetings with a behavioral health consultant.