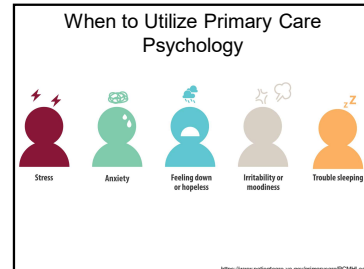
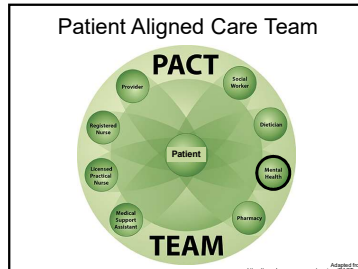


7/12/2021

Psychology & Primary Care



When to Utilize Primary Care Psychology

Also think of us for patients who...

- struggle with medication adherence
- use tobacco or too much alcohol
- eat a poor diet
- are overweight
- are too sedentary
- struggle with chronic pain
- fail to follow your recommendations

All health behavior change issues

How to Utilize Primary Care Psychology

Primary Care Mental Health

Psychologists in your PACT team are available for:

- Same-day evaluations of patient
- Consultative input
- Brief treatments for patients in PC clinic
- Shared medical visits

PCMH same-day access: x2095

How to Utilize Primary Care Psychology

Health Promotion Disease Prevention

Programming to promote health behaviors and proactive care:

- Smoking cessation clinic
- Stress reduction clinic
- Pain management clinic
- MOVE! weight management program
- Diabetes education and support clinics
- Wellness clinic

How to Utilize Primary Care Psychology

The Wellness Clinic

Personal Wellness Planning

- Individual health coaching
- PACT integration

Topic Workshops

- Walk-in to all Veterans

How to Utilize Primary Care Psychology

- **Call same-day phone: x2095**
- **Place a PCMH Consult**
- **Contact your PACT Psychology Team**
- Health Behavior Coordinator
Dr. Joanne Taylor x6797
- Aligned Staff Psychologist
Dr. Deirdra Frum x5636
- Aligned Psychology Fellow
Dr. Jenna Palladino x2844

PCMH Same-Days for Health Behavior Change

Weight Management
Pain Management
Chronic Disease Management
Smoking Cessation
Stress Reduction
Sleep Concerns/Insomnia
Medication Adherence
General Wellbeing/Ownership of Healthcare

Call PCMH Same-Day Phone x2095
Veteran will be assessed and connected to services