

Behavioral Health Clinician

THE BEHAVIORAL HEALTH CLINICIAN'S ROLE AT SPC

Behavioral health clinicians are here in clinic to support the work done by the primary care team. The clinicians are available for same-day or scheduled visits with patients and families to address a variety of concerns that may have come up during their visits with the PCP. The clinicians are here to offer short-term, solution-focused interventions to patients and families and are not meant to be seen as a long-term therapist or counselor. Most of the services provided by the clinicians will be short-term (6 visits or less). The clinicians may be able to offer some bridge therapy services while patients are on a waitlist for long-term counseling.

AREAS THAT BEHAVIORAL HEALTH CLINICIANS CAN ASSIST WITH

- Problems sleeping
- Tantrums/anger in all ages
- Emotion regulation
- Relationship building
- Anxiety
- Depression
- Communication
- ADHD/ADD
- Behavior modification
- Eating and exercise
- Gender Identity
- Grief
- Social Issues
- Stress
- Parenting questions
- Limit setting at home
- Risky behaviors
- Alcohol, smoking, or drug use concerns
- Preventative counseling
- Adjustment to a new diagnosis



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