## Connecting Patients with the BHC
### Tips for PCPs and RNs

### WHO?
Any patient, any age!

### WHAT?
**There are no wrong referrals!**
- Psychiatric problems (depression/anxiety, psychosis, substance abuse)
- Chronic disease self-management (diabetes, hypertension, hyperlipidemia)
- Life problems (relationship problems, job stress, school problems)
- Preventive care (smoking cessation, healthy lifestyle changes)
- Stress influenced somatic problems (chronic pain, insomnia, chronic fatigue)
- Any health issue with a significant behavioral component...

### WHEN?
- Same-day appointment (preferred)
  - Notify BHC (call, page, instant message, text – interruptions welcome)
- Future appointment
  - Give patient BHC brochure; ask patient to schedule through front desk

### HOW?
- Say, “It will help me to help you.”
- Refer to the BHC as a “teammate” or “colleague”
- Find a problem the patient is concerned about and/or wants to talk about

---

*Figure 10.4.* Educational handout providing information on connecting patients with the BHC.