

Speak to Your Doctor Information Sheet

FOR PATIENTS

If you are a patient, this is what you might say when you speak to your doctor about your primary healthcare.

Say what you like, for example:

I like having a chance to talk with you about all aspects of my health – physical, mental, emotional, and social.

Say what you want, for example:

I would like to be able to talk with a person who helps with stress and with making healthy behavior changes when I come to see you.

It would be great if my family member had someone to talk with about their use of alcohol – in addition to you.

I think new parents would benefit from being able to talk with a staff member trained to help with behavior problems and just day-to-day parenting when they come for well child visits.

It would be great if family members that are caring for challenged family members could see someone for support and tips on self-care when they come for a medical visit.

Ask what you can do:

What are your ideas about how I can help make this type of healthcare – “integrated behavioral health care” more of a reality in our community?

FOR DOCTORS AND OTHER PRIMARY CARE PROVIDERS

There are many things you may explore. Here are a few suggestions.

1. Talk with your manager.
2. Talk with others in your professional associations.
3. Talk with each other.
4. Form a clinic committee to explore funding for a pilot of integrated care, using the Primary Care Behavioral Health model. This model suggests adding a “generalist” behavioral health provider to team.
5. Read Behavioral Consultation and Primary Care: A Guide to Integrating Services, 3rd Edition.
6. Go to the website, SpeakToYourDoctor.com. It will give you an overview of the book and an opportunity to download lots of