



BEHAVIORAL HEALTH INTEGRATION SERVICES

WELCOME

Our Behavioral Health Integration Program involves medical providers and behavioral health specialists working together to treat both the body and mind.

COMPREHENSIVE SERVICES

Behavioral Health Specialists are trained and licensed to work with patients at any age or stage of life. We offer comprehensive behavioral medicine to individuals, groups, & families including:

- Brief therapy & psychoeducation
- Health behavior assessments & interventions
- Substance use & tobacco cessation
- Holistic EMDR or trauma-focused interventions
- Lifestyle interventions, action planning, goal setting
- Team-based care conferences & collaborative care

INTEGRATED TEAM

The Integrated Care Team includes the patient/family, the Behavioral Health Specialist, and the Medical Provider. Additional health care team members may include Nurse Care Management, Psychiatry, and Clinical Pharmacy.

TREATMENT

Treatment includes screenings and assessments to assess mood, energy, sleep, and stress. Brief interventions or community referrals can address:

- Anxiety & depression
- Substance use
- Trauma
- Life stressors and crisis
- Pediatric and youth health & development

We specialize in Health & Behavior Assessment & Interventions (HBAI) to address medical conditions with significant psychological components such as:

- Chronic illnesses: hypertension, diabetes
- Insomnia
- Chronic pain
- Obesity
- Surgeries/medical procedures
- Neurological conditions

OUR GOALS

We practice patient and family-centered care focused on healing, well-being, and improving quality of life.

We aim to provide patients/families accessible, integrated behavioral medicine-to help meet healthcare goals and develop a plan to succeed.

APPOINTMENTS & REFERRALS

To see one of our mental/behavioral health providers, you will need a referral from your existing medical provider within our clinics. Accessible scheduled and same-day services are available.

The services are billable to your insurance plan. We recommend calling your insurance plan in advance to be financially informed.

Please note that we only accept referrals from University of Utah Health primary care providers and Hospital Specialty providers within each clinic. We do not accept referrals from providers at other locations.



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For more information, please contact us at:

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