

Austin Travis County Integral Care/CommUnityCare Travis County

Behavioral Health Consultant for Integrated Healthcare Services

Overview

The Behavioral Health Consultant (BHC) functions as integral member of the primary care treatment team to identify screen/assess and assist the primary care provider in managing the care for patients with medical and behavioral health problems in a primary care setting. In addition, the BHC employs cognitive behavioral interventions, problem-solving skill development and psycho-education strategies within an established plan care. ***The focus of these interventions and the plan of care are to illicit behavioral change leading to improved patient self-management and improved health outcomes.***

BHC Essential Tasks

- 30-minute initial intake/assessment session
- 30-minute follow-up treatment sessions
- Supportive group counseling sessions
- Average number of treatment sessions ranges from 6-8 visits with opportunity to open a new episode of care. Clinicians have the flexibility to provide additional sessions when clinically indicated to address the patient's needs.
- Coordination with the primary care provider (PCP) to ensure that the patient's physical health and behavioral health care needs are met. This may include assessment for and monitoring the response to psychiatric medications.
- Care Management Services (individual, family or group)
- Receive cognitive-behavioral and/or interpersonal therapy models to address functional needs
- Enhancement of Self-Management, personal care skills enhancement, patient education, referral to community resources, and continuity of care services.
- Referral and coordination with specialty behavioral health services or psychiatric emergency services provided through ATCIC. (This coordination is facilitated by the fact that all behavioral health providers are also members of the ATCIC Behavioral Health Care Team.)
- Referral to consulting psychiatrist when indicated and requested by PCP.

BHC Minimum Qualifications

Minimum qualifications include:

1. Master's Degree from an accredited graduate school program in clinical social work, psychology or counseling;
2. A State of Texas Certification as a Licensed Professional of the Healing Arts (LPHA), i.e., MD, DO, LCSW, LPC or Licensed Psychologist;
3. Minimum of three years experience performing mental health assessments, diagnosis, and treatment.

Additional Qualifications

1. Knowledge of the principles, methods, techniques, and practices of clinical assessment of mental health disorders.
2. Knowledge of principles and practices of determining a mental health diagnosis and use of the DSM-IV-R and conducting a mental status exam.
3. Knowledge of principles and practices of behavioral health interventions including cognitive behavioral therapy, problem-solving model and basic knowledge of psychotropic medications.
4. Knowledge of principles and practices of care management for patients with chronic behavioral health and physical health conditions.
5. Ability to conduct a psychiatric interview and psychotherapy counseling session in Spanish.