

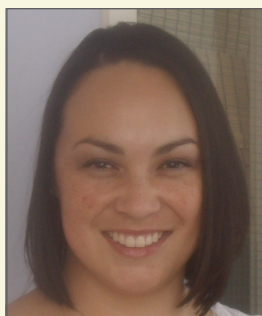
PSYCHIATRY CONSULTATION



We care about your mental and behavioral healthcare needs as well as your medical needs. There may be times when you and your provider decide that an expert opinion is needed to help

choose the best psychiatric medications for you. **Dr. Aaron Frenz** is the consulting psychiatrist at HFHC for adults. He provides a one-time consultation on Thursday afternoons at HFHC. After you meet with Dr. Frenz he will make suggestions to your provider - you and your provider will decide the best course of action. Dr. Frenz will remain a consultant to your provider to ensure the medications are working. If you and your PCP decide that it would be best for you to have your own psychiatrist, we can offer referrals.

Dr. Spannring is a post-doc fellow in psychology and is supervised by a licensed psychologist. She has extensive training working with children and families. She also leads the **Living Well with Chronic Pain** group.



DR. JEANNA SPANNRING

WHO IS A BEHAVIORAL HEALTH CONSULTANT (BHC)?

The BHC is a psychologist with specialty training who works closely with your provider and as a member of the primary care team.

WHERE DO I SEE THE BHC?

Your behavioral healthcare will be in this clinic – you will not have to go anywhere else to see the behavioral health provider.

WHO ELSE CAN BE ON MY HEALTHCARE TEAM?

You are the most important expert of your healthcare team!

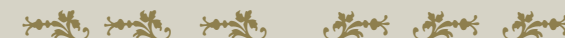
You and your provider might also decide to include family members, trusted friends, a BHC, our consulting psychiatrist, a nutritionist, or a care manager who can help coordinate your care.

BRINGING THE PIECES TOGETHER TO BRING YOU COMPREHENSIVE COORDINATED HEALTHCARE



BEHAVIORAL HEALTH SERVICES

HAHNEMANN FAMILY HEALTH CENTER



Behavioral Health Consultation (BHC) is made available to patients within this clinic as a part of your overall healthcare.

The purpose of this service is to offer you help when habits, behaviors, stress, worry, or emotional concerns are interfering with your health, happiness and well-being.

DR. SANDY BLOUNT



Dr. Blount directs the **Program for School Aged Children Clinic.**

WHAT CAN I EXPECT AT MY FIRST VISIT?

You can expect the BHC to ask you questions about physical problems, emotional concerns, and your behaviors.

You can **expect your appointments to be about 25-30 minutes** and for the BHC to help you better understand your difficulties and develop solutions.

You can also expect the BHC to have a close working relationship with your provider. The BHC and your provider will share information so you can all work together as a team.

HOW IS THIS SERVICE DIFFERENT THAN GOING TO A MENTAL HEALTH CLINIC?

The services provided by the BHC are just another part of your overall healthcare. Your discussions are confidential. Notes from your visits will be in your medical record.

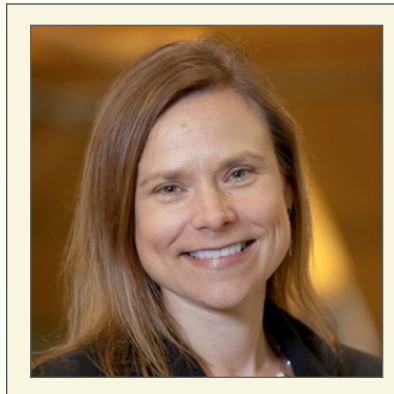
At times, other types of services may be needed outside the clinic and we will help you find these.

WHY WOULD MY PROVIDER SUGGEST THAT I SEE A BHC?

BHCs can help reduce symptoms of chronic medical conditions and help you cope better with headaches, fibromyalgia, diabetes, asthma, COPD, hypertension, or irritable bowel syndrome. The BHC might meet with you and your provider together.

BHCs can help develop plans for changing behaviors, such as quitting smoking, losing weight, stopping or cutting down on alcohol, increasing exercise, or other lifestyle changes.

BHCs can help with emotional or behavioral problems such as family or relationship difficulties, parenting concerns, excess stress, sleep problems, loss and grief, depression, anxiety, or anger problems.



DR. TINA RUNYAN

Dr. Runyan specializes in health conditions related to and made worse by traumatic experiences, teaching relaxation, mindfulness, and stress management skills. She leads the **Stress and Coping Class.**

WHEN CAN I SEE THE BHC?

Your provider may suggest that you see one of the BHCs during your medical visit and hopefully you will have a chance to meet the BHC at that time. The front desk staff in the clinic can also schedule an appointment for you or you can call the clinic (508-334-8830) to schedule or change an appointment.

ADDITIONAL SERVICES

THE PROGRAM FOR SCHOOL AGED CHILDREN (PSAC)

The PSAC is for children ages 6-12 who are having difficulties at home or school due to behavioral, attentional, or emotional problems. Your PCP can refer your child; PSAC meets on Wednesday mornings.

STRESS AND COPING CLASS

HFHC offers classes on stress management, coping with anxiety/panic, teaching relaxation, mindfulness and meditation, and overcoming sleep problems. Each month highlights a different topic. Ask your doctor about the classes or sign yourself up at the front desk.

LIVING WELL WITH CHRONIC PAIN

Coping with chronic pain is difficult for anyone. We know your pain is real. Living with pain can impact your mood and habits, which can in turn make your pain worse. This group will teach you about chronic pain, help you cope better, learn how to pace your activities, relax your muscles, and improve your quality of life.