

Disclosure Statement for Behavioral Health Integrated Program at UW Medicine – Valley Medical Center

This statement describes how treatment is provided by the Behavioral Health Integration Program (BHIP) at UW Medicine – Valley Medical Center and your specific rights when receiving mental health treatment. Please read it carefully. Your Behavioral Health Specialist will review this with you and answer any questions you might have.

What is Behavioral Health Integrated Program (BHIP)?

BHIP is an evidence-based integrated care program that offers mental health care for persons in the primary care setting. This treatment model offers a “team” approach that includes your primary care provider (PCP), a consulting psychiatrist and a Behavioral Health Specialist. The Behavioral Health Specialist works closely with you in establishing your goals for treatment, developing a treatment plan unique towards reaching these goals and coordinating with your PCP under the supervision of the psychiatrist if medications are indicated for your care.

Brief counseling services may be a part of your treatment plan. Your clinic’s Behavioral Health Specialist is trained and skilled in treating persons with mental, emotional, and behavioral challenges. Your Behavioral Health Specialist may utilize one or more of the following treatment modalities in his or her work with you: Behavioral Activation, Problem-Solving, Solution-Focused, Cognitive Behavioral therapy, and distress tolerance techniques, among other behavioral treatments.

All your care is overseen by your clinic’s consulting psychiatrist who meets with your Behavioral Health Specialist weekly to provide clinical supervision and offer treatment recommendations for you and other BHIP clients. It is unlikely that you will meet with the psychiatrist unless it is indicated as a treatment recommendation. If medications are recommended, the psychiatrist will work with your PCP to prescribe the appropriate medications for you.

BHIP is not a substitute for longer term or more comprehensive psychiatric care. If the behavioral health specialist believes your needs would be better met by establishing long term care with a psychiatrist or psychotherapist, or by more specialized treatment than is provided by BHIP, they will help to connect you with a clinic or mental health center that can provide these services.

What Happens First?

You will meet with a BHIP Behavioral Health Specialist for a 60-minute initial assessment appointment. This appointment may include completing a psychosocial assessment with treatment plan and referral(s) as needed to other community services or resources. A subsequent 30–45-minute follow-up session may be scheduled as determined by the BHIP team and your individual treatment plan.

Limits of Service

BHIP services are by appointment during regular clinic hours. Patients must be currently enrolled in BHIP to receive these treatment services. On-call or after-hours services are not provided. Contact the King County Crisis Clinic at 206-461-3222 or 1-866-427-4747 for urgent or after-hours care.

Patient’s Rights and Responsibilities

You have the right to refuse treatment, to request a change of treatment plan and to end treatment whenever you choose. You have the right to know what your BHIP team is planning for your treatment and how long it might take. At any point during treatment you are encouraged to let your Behavioral Health Specialist know if something does not feel right, or if you want something else from treatment. Your input into the process of treatment is very important. You have the responsibility to come to scheduled appointments. When a BHIP appointment is made, that time is reserved specifically for you. We request that you contact the BHIP Behavioral Health Specialist or the BHIP intake specialist (425.690.7592) at least 24 hours in advance if you need to change or cancel your appointment. If you miss two scheduled appointments without contacting the clinic or your BHIP Behavioral Health Specialist, we may not reschedule another appointment.

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Financial Arrangements

We do bill for visits with the Behavioral Health Specialist and with the psychiatrist (when seen in person). These visits may be subject to copays at the time of service or coinsurance, depending on the coverage provided by your particular insurance plan. Visits with the Behavioral Health Specialist are billed as psychotherapy or counseling visits. We are contracted with several commercial insurance plans and accept Medicare. We accept Medicaid if you are not already tiered for services with a community mental health agency. We also accept patients for self-pay. You have the right to decline any appointment if your insurance coverage or the cost of the visits is not to your satisfaction.

Confidentiality

Your conversations with the Behavioral Health Specialist are confidential and will not be disclosed except as a specifically permitted or required by federal and state law. Under these laws the Behavioral Health Specialist is required (1) to report suspected abuse of a child, of a developmentally disabled person or of a dependent adult; (2) to interrupt potential suicidal behavior; (3) to intervene against threatened harm to another; (4) to disclose information when required by court order or certain subpoenas; (5) and with your written authorization.

In order to facilitate your care, your providers and clinical staff at your primary care clinic will have access to information in your medical record. Your medical record is accessible by other Valley Medical Center entities, however your record should only be accessed by those providers involved in your care.

Credentialing and Professional Conduct for Disciplinary Recourse

Requirement for Registration or Licensure: the Behavioral Health Specialist is licensed by the Washington State Department of Health. Registration of an individual with the DOH does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment (WAC 246.810.031). The Washington State Department of Health requires counselors to provide information to their clients on the Counselor Credentialing Act. The purpose of this act is “to provide protection for public health and safety and to empower the citizens of the states of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.” Detailed information on RCW 18.130.180 can be found at:

<http://apps.leg.wa.gov/RCW/default.aspx?cite=18.130.180>.

This publication should not be considered as the final source of information. If you want more information about the law regulating counselors or want to file a complaint, please write to: Department of Health, Health Professions Quality Assurance Division, PO Box 47869, Olympia, Washington 98504-7869. If you want to contact someone by phone to discuss the law or talk about a possible complaint, call (360) 236-4904 Monday through Friday, 8:00am to 5:00pm. For further information, you may contact the Department of Licensing, Business and Professions Administrations, PO Box 9012, Olympia, WA 98504-8001, or call (360) 753-1761.

Client Signature: _____ Date: _____

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Form: 87-9072 Rev.0

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