

## **Integrated Health Psychology Track**

The Integrated Health Psychology track offers Fellows the unique opportunity to train in the growing area of primary care psychology. Fellows serve as Behavioral Health Consultants (BHCs) within a primary care clinic in a rural or urban setting and are called upon by primary care providers to assess and treat patients presenting with behavioral concerns during a primary care visit. BHCs treat behavioral health concerns and expand their skill sets and scope of practice to a broad scope of health issues, including chronic disease management and wellness. BHCs work as a member of the primary care team and are involved in assessment, intervention, and consultation with patients. CHS has a strong record of integration of behavioral health into primary care. In 2007, CHS was presented with the *Best Practices in 21st Century Primary Care Award* from the Morehouse School of Medicine for effective integration of mental health and primary care. The CHS integrated care model enables providers to coordinate care in a cost effective and clinically effective manner. Behavioral health issues that would normally go undetected and untreated are successfully treated using this model of care, thus reducing the overall costs of care in the long term. Cherokee Health Systems has been highlighted as an exemplary model of integrated behavioral health care into primary care in a recent report for Healthcare Research and Quality (2011), as well in a review sponsored by the Milbank Memorial Fund (2012).

Rural Clinic Placements: 5<sup>th</sup> Street (Morristown), Blaine, Tazewell, Talbott, Alcoa and Maynardville

Urban Clinic Placements: Center City, Frayser, Whitehaven, Dameron, East Knox and Fifth Ave (Knoxville)

In this placement, Fellows will provide a range of health psychology services to patients and medical providers, including:

- On-site and timely assessment
- Assessing readiness to change and utilizing motivational interviewing techniques
- Psycho-education and behavioral lifestyle change
- Management of behavioral factors in illness and health
- Implementation of evidence-based practice to address mental health concerns (primarily cognitive-behavioral, ACT, mindfulness, and solution-focused therapy)
- Consultation and collaboration with primary care providers

*Supervisors for the Integrated Health track include:*

*Suzanne Bailey, Psy.D.*

*Parinda Khatri, Ph.D.*

*Sara Propst, Ph.D.*

*Caleb Corwin, PhD*

*Jean Cobb, Ph.D.*

*David Bull, PsyD*

*Eboni Winford, Ph.D.*

*Sample Integrated Health Psychology Fellow Schedule:*

	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>
	Integrated Primary Care (East Knox Clinic)	Integrated Primary Care (Center City Clinic)	Integrated Primary Care (East Knox Clinic)	Integrated Primary Care (Center City)	Integrated Primary Care (East Knox Clinic)
8a	Behavioral Health Consults & Follow-ups	Behavioral Health Consults & Follow-ups	Behavioral Health Consults & Follow-ups	Individual Supervision	Professional Development Seminar
9a				Behavioral Health Consults & Follow-ups	Behavioral Health Consults & Follow-ups
10a			Lunch		
11a			Lunch	Lunch	Treatment Team
12p	Individual Supervision	Behavioral Health Consults & Follow-ups	Behavioral Health Consults & Follow-ups	Behavioral Health Consults & Follow-ups	Behavioral Health Consults & Follow-ups
1p	Behavioral Health Consults & Follow-ups				
2p					
3p					
4p					
5p					

***Training Objectives: Build and refine advanced skills and knowledge in:***

- Advanced assessment, consultation, and intervention skills to address a continuum of primary care presentations including: at-risk intervention and wellness promotion, behavioral health, and chronic disease management.
- Ability to provide integrated service delivery, including professional consultation, interface in a multidisciplinary setting, and knowledge and skills in primary care psychology
- Treatment in a diverse outpatient clinic as a member of a multidisciplinary team
- Treatment of diverse developmental (children, adults and families) and ethnic (rural Appalachian, African-American, Latino, urban, and refugee) populations

***Expected proficiencies upon completion of Fellowship:***

- Advanced skills and knowledge in assessment, diagnostic clarification, and consultation on issues commonly presenting in primary care, including providing feedback to primary care team members in practical and understandable language
- Through knowledge of best-practice and evidence based guidelines for primary care psychology
- Advanced treatment expertise with a primary care population (children, adults, and families), including specific skills in intervention with psychological co-morbidities and the behavioral management of chronic disease