

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) and was recognized by the Collaborative Family Healthcare Association with the *2018 Outstanding Contributions to the Primary Care Behavioral Health Model Award*.

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

Urban Clinic Placements: Center City (Knoxville), Frayser (Memphis), Dameron, East Knox and 5th Avenue (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 Psychology track include:

David Bull, PsyD

Jean Cobb, PhD

Caleb Corwin, PhD

Sarah Hawkins, PhD

Brittany McCafferty, PhD

Sara Propst, PhD

Eboni Winford, PhD

Sample Integrated Health Psychology Fellow Schedule:

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

Goals: 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

Objectives:

- 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