

GIM Behavioral Health Referral Guide

Team	Services for patients	How to make a referral	If further follow-up is needed...
Our integrated behavioral health team in GIM:			
Social work clinicians: <ul style="list-style-type: none"> • Xi Pan • Sarah Kirshenbaum • Tracy Bony • Chelsea Koonz-Cortes • Vikki Salinas • Social Work interns 	Default referral for all patients needing: <ul style="list-style-type: none"> • Behavioral health evaluation • Short-course supportive psychotherapy, e.g. for: <ul style="list-style-type: none"> ○ anxiety ○ depression ○ trauma ○ life stressors ○ grief 	<ul style="list-style-type: none"> • Warm hand-off to IBH team member by paging 3040 (5th floor) or 4050 (6th floor). • If warm handoff not available, place Epic referral and ask patient to stop at front desk for scheduling. <p>PLEASE NOTE: Providers can directly refer to Psych MD or NP without a SW intake first.</p>	<ul style="list-style-type: none"> • <i>Patients will be referred to the Adult Psychiatry Clinic in Dowling if they need more than 6 or so sessions with any of these providers</i> • <i>Our integrated BH team's intake serves as the intake and orientation in the Psychiatry Clinic in Dowling so that patients can go directly to a clinical visit in Dowling.</i>
Psychiatrist/Psych NP <ul style="list-style-type: none"> • Cassie Perry, NP • Mary Ellen Smith, NP • Robert "Bob" Joseph, MD • Meredith Waites, NP • Lauren Augello, MD (OBAT patients only) • Psychiatry residents 	<ul style="list-style-type: none"> • Substance use counseling • Intakes for OBAT early recovery group • Medication consultation and evaluation 	<ul style="list-style-type: none"> • Place Epic referral for GIM IBH: Psychopharmacology consultation 	
Behavioral Medicine (Psychologist) <ul style="list-style-type: none"> • Shin Ock, PhD • Cara Fuchs, PhD 	Helps patients address behavioral aspects of health and chronic disease management, via:	<ul style="list-style-type: none"> • Enter referral to GIM IBH: Behavioral Medicine in Epic, OR • Refer to integrated SW for help determining care plan, and SW will 	<i>Depending on the clinical need, IBH clinician may place referral for patient ongoing care in Dowling</i>

<ul style="list-style-type: none"> Psychology post-doc and residents 	<ul style="list-style-type: none"> Individual and group smoking cessation counseling Individual and group hypertension management Individual and group discussions of behavioral and psychological aspects of chronic pain Individual and group stress reduction Evaluation and short term counseling for patients with somatization and related disorders Evaluation and follow up for patients with possible ADHD and other learning disabilities Short term CBT for panic, anxiety Eye movement rapid desensitization therapy (EMDR) for simple PTSD 	<p>refer patient based on their clinical needs</p> <p>PLEASE NOTE: No SW intake is required, but SW evaluation can be useful to help you identify patients best suited to Behavioral Medicine.</p>	
<p>Patient Navigators (formerly called Care Coordinators)</p> <ul style="list-style-type: none"> 1-2 per suite 	<ul style="list-style-type: none"> General referral support/navigation Access to community resources (education, clothing, employment concerns, elder services, financial difficulties, housing issues, immigration, legal resources, transportation, and care-giving concerns) Advanced Care Planning (including Healthcare Proxy) 	<ul style="list-style-type: none"> Warm hand-off: stop by Navigator office to give brief background Send InBasket to Epic pool: e.g. "pBMC GIM 5A Care Coordinator" <ul style="list-style-type: none"> Include info on pt's specific barriers/challenges Page your suite's Patient Navigator 	N/A
<p>Adult Psychiatry Clinic in Dowling Building</p>	<p>A referral that does NOT go through IBH will require:</p> <p>STEP # 1 – Orientation visit</p> <p>STEP # 2 – Intake visit</p>	<p><i>We recommend that all patients be evaluated by our IBH team first. For patients with long-term needs, our IBH</i></p>	N/A

	<p>STEP #3 – Ongoing care with appropriate clinical team in Dowling</p> <p><i>If a new referral is time-sensitive and you are not able to schedule it within the necessary time frame,</i> please contact Psychiatry Practice Manager Shruti Shantharam, shruti.shantharam@bmc.org, pager 0438</p>	<p><i>team will help expedite the Dowling process.</i></p> <p>Useful #s in Dowling: DOWLING DISCHARGE CLINIC: For new or established patients discharged from mental health hospitalizations—Call 4-4252. Voicemail gets checked multiple times daily.</p> <p>SAME DAY APPTS: If patients WHO ARE ALREADY FOLLOWED IN DOWLING need a same day appt, they can call 4-4238 and to leave a message with the front desk staff. This message will get relayed to a Psych NP, and the patient will be called back with an appointment time. Same day appointments are available for urgent needs through this process.</p> <p>If any difficulties with this process, please contact Psychiatry Practice Manager Shruti Shantharam, shruti.shantharam@bmc.org, pager 0438</p>	
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