



# Integrated Behavioral Health

## **What is Integrated Behavioral Health?**

It is short term mental health support at your primary care clinic. You will meet with a behavioral health provider in the clinic for short term, brief, support and symptom management.

## **How does Integrated Behavioral Health Work (IBH)?**

You will be part of a team with your PCP and a behavioral health provider to work together to set individual goals to help improve your physical and mental well being.

## **Is IBH covered by my insurance?**

Yes, most insurances will cover this value based service and we will help you determine if yours will cover services before we begin.

## **Who can IBH help?**

Integrated Behavioral Health is appropriate for children, teens, families and adults who already receive care at Beartooth Billings Clinic.

## **How does IBH differ from traditional therapy?**

The goal of IBH is to help increase your daily functioning through short term solution focused sessions. You will meet for a longer initial session and the follow up with the team for 6-10 30 minute sessions. You will track your progress each session with your therapist and adjust goals as needed.



**Jenny Morgan, LCSW, CMHP, CDP, CADDCT** is a Licensed Clinical Social Worker, Certified Mental Health Practitioner, Certified Dementia Practitioner and

Certified Alzheimer's Disease and Dementia Care Trainer. Jenny is a graduate of the University of Montana School of Social Work and Gonzaga University. Currently Jenny is working with the providers at Beartooth Billings Clinic to implement Integrated Behavioral Health, a team based approach to meeting the physical and mental health needs of patients. Jenny takes a person centered approach to counseling, working with individuals to identify their strengths and utilize them to move through any of life's obstacles that are causing difficulty. Jenny is also a mother of two very energetic toddlers and several pets. In her free time she enjoys knitting, camping, hiking and baking.



**Beartooth Billings Clinic**

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