



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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