

Locations

Fairview Mesaba Clinics - Hibbing

3605 Mayfair Ave.

Hibbing, MN 55746

Care Coordination Social Worker

Office: 218-362-6684

Cell: 218-421-5340

Behavioral Health Clinician

Office: 218-362-6483

Cell: 218-966-0379

RN Care Coordinator

Office: 218-362-6922

To schedule an appointment with a Fairview provider, call 866-806-7139.

Visit www.range.fairview.org/clinics for more information.

Integrated Behavioral Health

Taking Charge of Your Health and Wellbeing



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What is Integrated Behavioral Health?

The care that results from a practice team of Primary Care Physicians and Behavioral Health Clinicians, working together with patients and families to provide patient-centered care to meet your medical and behavioral health needs.

A Behavioral Health Clinician is a licensed mental health professional that is available at your primary care clinic to offer support regarding medical and behavioral health concerns and needs.

Services may include:

- Comprehensive assessment
- Brief psychotherapy interventions
- Information, resources and referrals
- Coordination and continuity of care with your primary care team

What will the Behavioral Health Clinician (BHC) add to the services I already receive?

The BHC offers assistance when behaviors, stress, worries or emotional concerns about physical or other life problems are interfering with a person's daily life and/or overall health.

Other life problems may include:

- Stress Management
- Depression/Bipolar
- Anxiety/Panic/OCD/PTSD
- Grief and Loss
- Relationship and Parenting Issues
- Coping with a New or Chronic Condition
- Substance Use Concerns and Smoking Cessation

The Behavioral Health Clinician and your Primary Care Provider will work together to collaborate and consider the physical, behavioral, and emotional aspects of your health concerns. They partner with you to determine a care plan that will work best for you. The BHC's primary job is to help you and your care team develop and implement the best integrated health plan for YOU.

Frequently Asked Questions:

How can I request BHC services?

- Referral from your Primary Care Physician
- Contact your primary care clinic

How does billing work?

- Services are billed to insurance; verify coverage for outpatient mental health
- No second co-pay when seen same day as PCP

How much time will I spend with the BHC?

- First appointments are 45-60 minutes
- Return appointments are 20-30 minutes

How many times will I meet with a BHC?

- A collaborative plan will be made and frequency can be determined based on need
- Referrals to specialty therapists are made as appropriate

What's the difference between a BHC and Therapist?

- On-site and part of Primary Care Team
- Solution-oriented with use of brief interventions