

PREVENTIVE HEALTH INFORMATION



What is the Diagnostic Evaluation Center?

The DEC[®] is an assessment and referral process that was developed by BHP to address the behavioral crisis needs of patients in emergency and other community settings.

DEC[®] clinicians assess patients and develop an appropriate care plan to best meet the patient's mental and chemical health needs. Care is coordinated and BHP provides follow up with community providers & patients to assist with appointment & referral needs.

For more information about locations that provide DEC[®] services, visit:

<http://www.bhpcare.com/crisis-services-diagnostic-evaluation-center/>

For immediate crisis needs, please dial 911 or go to your nearest emergency department.

Integrated Behavioral Health

What is Primary Access?

Primary Access to Behavioral Health is a service that BHP provides in order to bridge the gap between medical providers and behavioral health services. Not only does *Primary Access* open up the communication between primary care providers and behavioral health services, but it also allows access to appointments for members who are interested in improving their health across both primary and specialty care.

Research suggests that behavioral health and overall medical health are inter-related. According to the US Department of Health and Human Services, one in four Americans experiences a mental illness or substance abuse disorder each year, and the majority of those patients also have a co-morbid physical health condition

There can be barriers that exist for patients when they are attempting, on their own, to navigate health systems for appropriate referrals to behavioral health services. Often times, scheduling behavioral health appointments can be time consuming or even confusing for patients. With twenty years of experience in the behavioral health field, BHP can minimize these barriers and provide a smooth continuation of care for members from the primary care system into behavioral healthcare by providing excellent customer service and scheduling assistance.

If you'd like to know more information about *Primary Access* or if you qualify for the program, please contact our Intake department at 763-525-1746 during the business hours of 8:00am – 4:30pm or email at preauthorization@bhpnet.com.



BEHAVIORAL
HEALTHCARE
PROVIDERS

Chemical Health

What is Recovery?

The Substance Abuse and Mental Health Service Administration (SAMHSA) provides the following definition of recovery: *A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.*

For more information about what recovery is, including 10 guiding principles of recovery, visit:

- SAMHSA
<http://content.samhsa.gov/ext/item?url=/samhsa/content/item/10007447/10007447.html>

Where can I find more information about drug and alcohol abuse?

- The National Institute on Drug Abuse provides an online resource for learning about the basics, including how substances affect the body at <http://www.drugabuse.gov/drugs-abuse>