

Integrated Healthcare at Sacopec Valley Health Center

Jeffrey Scott Krebs, Ph.D.
Director of Mental Health Services

Integrated Healthcare has been the model of healthcare delivery that Sacopec Valley Health Center has offered our patients since 2005. Our patients are among the first in Maine to participate in this innovative and evidence-based model of treating the whole person instead of just treating the medical condition or set of problems that you bring to our medical providers.

Integrated Healthcare has revolutionized medical care because it not only provides our patients with the highest quality medical care available, but it also delivers the latest strategies for keeping people well between their medical visits and promotes wellness so that individuals can remain healthier and live their lives to the fullest.

This unique system of fully integrated healthcare delivery allows Sacopec Valley Health Center to become a true partner with our patients. Some of the hallmarks of this program, in addition to regularly scheduled medical care, include such unique features as ongoing efforts to help our patients learn ways to manage their problems effectively between visits. In addition we offer the potential for ongoing contact with a healthcare professional who can help you keep on track, and report your progress between visits to your medical provider for closer monitoring of your condition. Sacopec Valley Health Center's pioneering work in Integrated Healthcare has resulted in numerous invitations to speak about our model of healthcare both in Maine and nationally.

What exactly makes Integrated Healthcare different than traditional medical care?

- Integrated Healthcare is based to some extent on the common sense notion that “two heads are better than one.” It just might be more accurate to describe Integrated Healthcare, however, as “four heads are better than one!” It is a model that is based upon the idea of collaboration between professional healthcare providers in order to meet ALL the needs of the whole person, rather than just treating their current symptoms or some of the person's problems. The core of the treatment team at Sacopec Valley Health Center is the combination of your medical provider, a Behavioral Health Consultant, a Care Manager and YOU.
- A Behavioral Health Consultant is a member of our medical team. The Behavioral Health Consultant is available to work with you—along with your medical provider—to help you design strategies that help you reach your goals for a healthier lifestyle. Often only a very few brief visits are necessary to help you design an individual program that meets your healthcare goals. You set your goals, and we help you get there!
- Sacopec Valley Health Center also includes a Care Manager on our medical team. Did you ever think that you would like to have a chance to talk with a healthcare professional about your health-related problems *between* your medical appointments, or when your medical provider is not available? Now you can! Our Care Manager, working closely with your medical provider and the Behavioral Health Consultant, ensures that you have the ongoing support and services that you need to keep you on track and help you keep yourself feeling your best between medical appointments. The Care Manager also will share important information about your healthcare needs with your medical provider as well.
- The Behavioral Health Consultant and Care Manager can effectively promote healthy living in people with most any problem or condition, but they are of particular value to individuals who have chronic illnesses such as diabetes, hypertension, weight management issues, COPD, asthma,

chronic pain, fibromyalgia, depression or any other condition that impacts a person's enjoyment of life.

- A recent study showed that 88% of diabetic patients that participated in Integrated Healthcare were able to lower their HbA1c.
- You are seen as a unique individual rather than an example of a particular illness.

How to Take Part:

- In many cases the brief appointment with our Behavioral Health Consultant can take place around the time of your medical appointments. It can also be scheduled at your convenience as well.
- You may stop at the reception window and simply ask to be scheduled to see the Behavioral Health Consultant.
- You can ask your medical provider about setting up an appointment with the Behavioral Health Consultant.

Integrated Healthcare is a well-researched nation-wide advance in the delivery of medical care. This system of healthcare delivery offers our patients the greatest opportunity of receiving not only the finest quality medical care available, but also the unique potential of remaining healthier and obtaining the highest quality of life possible between medical visits as well. Sacopee Valley Health Center is committed to providing state-of-the-art care by becoming a patient-centered medical home where respecting our patients' wishes and needs is the rule rather than the exception. We will work with you both during and between visits to help you meet your own individual goals.

Some Reasons to see our Behavioral Health Consultant:

- Problem solving strategies for stressful life problems
- Stress reduction techniques
- Parent training
- Helping you cope with a chronic disease such as diabetes, hypertension, heart disease, cancer, depression—or any condition you are struggling with
- Quitting smoking
- Coaching you in developing a healthy lifestyle
- Weight management
- Tips on preparing for difficult medical procedures
- Techniques for improving sleep or helping you with insomnia
- Help with improving relationships
- Coping with a newly diagnosed medical condition
- Coping more effectively with chronic pain
- Improved coping strategies for coping with sick loved ones
- Learning how to live better with fibromyalgia

Sacopee Valley Health Center is a private non-profit organization and is designated a Federally Qualified Health Center, providing access to health care regardless of the patient's ability to pay. Sacopee Valley Health Center is located at 70 Main Street in Porter, Maine. Appointments can be made by calling 207-625-8126. We are open Monday, Wednesday and Friday from 8 a.m. to 5 p.m.; Tuesday from 8 a.m. to 8 p.m., and Thursday from 9 a.m. to 5 p.m.