

Behavioral Health Consultants (BHCs)

Support and strategies to address the “mind-body-behavior” connection ...

Behavioral Health Consultants (BHCs) are members of Cornell Health’s primary care team with expertise in the social, behavioral, emotional, and psychological aspects of health.

The role of a BHC

Behavioral Health Consultants provide support and assistance when a student’s health or emotional concerns, stress, habits, or behaviors get in the way of their optimal health, well-being, or daily functioning. Essentially, the goal of the BHC is to help you feel and perform your best.

In partnership with your primary care provider, BHCs offer brief and highly-tailored recommendations to promote the self-management of your physical health and well-being.

Issues frequently addressed by BHCs

Physical Concerns:

- Sleep problems
- Sexual health concerns (e.g., STI diagnosis, unplanned pregnancy)
- Chronic or acute health concerns (e.g., diabetes, concussion, migraines)
- Pain management

Behavioral Concerns:

- Nicotine / tobacco cessation
- Healthy eating/exercise
- Alcohol / other drug use
- Sexual functioning (e.g., orgasm, erection)

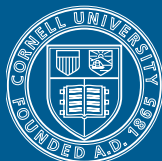
Emotional Concerns:

- Stress
- Worry / Anxiety
- Anger
- Intimacy
- Depression
- Bereavement *(over)*

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What to expect

A typical appointment with a BHC will last between 20 and 30 minutes. The BHC will:

- assess your current functioning
- review specific health habits
- obtain a brief health history

Based on this information, the BHC will help you identify specific, behaviorally-oriented goals and provide education, support, and structured recommendations to help you reach those goals.

Sometimes, a student can benefit from additional or more specialized services. In these instances, the BHC will help you identify and connect with the appropriate level of care.

Appointments

Appointments with the BHC are free, but time-limited, typically consisting of 1–6 sessions.

Talk with your primary care provider (or other Cornell Health provider) about your interest in BHC services. If your provider feels this service would benefit you, they will refer you. It is often possible to visit with the BHC on the same day you meet with your primary care provider. Following your initial meeting, you and the BHC will jointly decide if and/or when to meet again.

Locations

BHC services are provided, along with primary care medical services, within each Integrated Care Suite at Cornell Health (Levels 3, 5, and 7). Typically, you will meet with the BHC located on the same floor as your primary care provider.

More information

To review some of the information and tools used by the BHCs at Cornell Health, visit our online Fact Sheet Library (health.cornell.edu/resources/fact-sheet-library) and select the category “Behavior Change & Worksheets.”

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