

What is PCBH?

Primary Care Behavioral Health (PCBH) is a service within your primary care clinic designed to optimize your overall health.

The program is a flexible resource available to active duty, guard or reserve members, family members, and retirees and is intended to help you make the most of the care you're already receiving from your Air Force Medical Home team.

At PCBH, you will receive services from a licensed psychologist or social worker working as a BHC (Behavioral Health Consultant) to your PCM, or a registered nurse BHCF (Behavioral Health Care Facilitator) with specialty training in the Care Management Model.

What happens when you add PCBH to your existing care?

BHCs and BHCFs, alongside other members of your primary care team, follow a team-based approach to treat ALL aspects of your health: biological (physical symptoms), psychological (thoughts), and social (behaviors).

This approach called the BIOPSYCHOSOCIAL MODEL helps you achieve optimal health.

While BHCs will primarily assist you via in-person visits, BHCFs will primarily assist you via phone.

PCMs will typically refer you to an BHC or BHCF, but you are free to contact PCBH directly.

What can PCBH help with?

- Family or Relationship Problems
- Stress and Relaxation
- Depression
- Grief / Bereavement
- Anxiety / Panic
- Anger Problems
- Postpartum Depression
- Pre- & Post-Deployment Concerns
- Smoking Cessation
- Weight Loss
- Caregiver Stress
- Alcohol & Substance Use / Abuse
- ADHD
- Parenting
- Chronic Pain Management
- Sleep Difficulties
- PTSD
- Disordered Eating
- Medical Conditions (e.g., diabetes, headaches, IBS, etc.)

... *And Much More!*

Classes offered:



Focus Class
Every Monday
1300-1430



Sleep Class
Every Friday
0800-0930

How do I connect with PCBH for individual or classes?

No referral needed!

Simply ask to see PCBH at your next PCM appointment, or call appointment line to schedule:

907-580-2778



Let us know how we're doing by leaving an ICE comment!

PCBH TEAM

Your PCM can offer additional information on the BHC services.

Don't hesitate to ask!

Your PCBH Team at JBER is:

- Capt Keith Happawana, PsyD
(Clinical Psychologist)
- Maj Kyra Santiago, LCSW
(Clinical Social Worker)
- SSgt Ashley Crawford, CADC
(PCBH NCOIC)

Primary Care Behavioral Health (PCBH)

673 MDG

Joint Base Elmendorf-Richardson

