

What is Behavioral Medicine?

Behavioral medicine is an approach to wellness that involves looking at all parts of a person's health – medical, behavioral, psychological, and social.

Our goal is to help you develop different kinds of tools to live a healthy life, in addition to your medical care.

Behavioral Health Consultants

Your Care Team

At the core of your wellness journey are our Behavioral Health Consultants (BHCs). These professionals, equipped with extensive mental health training, play a crucial role in your primary care team.

During your clinic visits, our BHCs collaborate with your Primary Care Provider, offering you focused and personalized care.

You can expect:

- Brief sessions to address one or two issues.
- The flexibility of in-clinic consultations or discussions with a community counselor for more long-term therapy needs.
- An open, supportive environment where you are connected to the right resources, be it another therapist in the clinic or a counselor in the community.
- A mental health care team committed to providing you with the best care and treatment strategies.



What can we help with?

Comprehensive Support

Our Behavioral Health Consultants can assist you in discussing, finding coping strategies for, and getting connected to resources for a number of health topics.

• Behavioral Health

- Chronic Health Issues
- Weight Loss
- Substance Use (including MAT)
- Pain management
- Insomnia
- Headaches
- Medication Use
- Stress and coping
- Tobacco Cessation

• Mental Health

- Anxiety & Panic Attacks
- Attention & Concentration
- Depression
- Crisis Intervention
- Grief & Trauma

• Women's Health

- Domestic Violence
- Premenstrual Dysphoric Disorder (PDD)
- Fertility & Pregnancy Stress
- Postpartum Mental Health

• Children & Adolescents

- ADHD Screening
- Parenting Stress
- Behavioral Consults & Habit Reversal
- Sleep Issues & Bedwetting

• Specialized Health Psychology

- Presurgical Behavior Change Plans
- Neurocognitive Screening
- Coping with a Health Diagnosis
- Pre-procedure Relaxation Strategies

"A step toward better health is knowing how to talk about what's going on. This team makes that easier."

About Adapt Integrated Health Care

Adapt is an Oregon leader in primary care, addiction treatment, mental health care and prevention services. For over 50 years, Adapt has provided the highest quality care to individuals and families struggling with substance use and behavioral health disorders. Our clinicians rely on the most current evidence-based treatment practices and are committed to excellence and high-quality care.

Affordable Care

Adapt is a preferred provider for most major insurance plans and we work with Coordinated Care Organizations to provide quality care for Oregon Health Plan and Medicare members.

No one is turned away due to inability to pay.

For un-insured patients, we offer a sliding scale discount based on family/household size and net income.

Our experienced intake team will work with you and your medical provider to identify your treatment needs, explore treatment options and assist with referrals and authorizations to help you get the care you need when you need it.

Contact Us Today!

Our experienced staff is available to assist you 24 hours a day, 7 days a week.

Curry County 877-408-8941
615 5th St. Brookings, OR 97415

Douglas County 541-672-2691
621 W. Madrone St. Roseburg, OR 97470

Josephine County 541-474-1033
356 NE Beacon Dr. Grants Pass, OR 97526

Coos County 541-751-0357
400 Virginia Ave. North Bend, OR 97459

If you or someone else are in need of immediate Mental Health crisis assistance, our Crisis Services line is open 24/7.

24/7 Mental Health Crisis Line • 1-800-866-9780

P.O. Box 1121, Roseburg, OR 97470 • adaptoregon.org • 541-672-2691

Behavioral Medicine

For Your Overall Wellness

About

Our Behavioral Medicine Service helps you focus on all aspects of your health - medical, behavioral, psychological, and social.

Our team, including Behavioral Health Consultants (BHCs), works alongside your Primary Care Provider to empower you with tools for a healthier life.

Our approach is comprehensive, flexible, and tailored to your unique needs.

Call (541) 440 - 3500
to learn more!



"An Oregon leader in primary care, behavioral health care, and prevention."

   @adaptoregon