BRIDGING THE GAP
WORKING TOGETHER IN PRIMARY CARE SERVICES AND MENTAL HEALTH TO IMPROVE PATIENT OUTCOMES
WELCOME!

Thank you for joining PEERS and Alameda County Behavioral Health Care Services in a discussion of how you, as a consumer, can advocate for your health and partner with primary care physicians to reach improved health outcomes and care experience.
Mission: We offer new solutions to for wellness and lead by example that mental health recovery is possible.

Founded in 2002, we envision a world where people can freely choose among many recovery options that address the whole person.
OUR STORIES OF ADVOCACY

I choose to see the light that I am in this world.
I’ve struggled.

I’m growing.

I’m good.

WWW.IM-GOOD.COM
The World Health Organization defines health as "...a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
BRIDGING THE GAP VIDEO
MENTAL HEALTH FACTS

• 20% of the U.S. population lives with a mental disorder each year.

• Primary care is initial or sole provider for over 50% of people with SMI (Severe Mental Illness).

• People with SMI die on average 25 years earlier than general population.

• Increased mortality rates largely due to modifiable health risk factors (diabetes, heart disease, high BP and...
GETTING THE MOST OUT OF YOUR VISIT
CHECKLIST

✓ Identify a support person (friend, family member, significant other, etc.) who can come with you to your appointment, if possible.

✓ Be open and honest about your symptoms and medical history, even if you feel embarrassed.

✓ Don’t be afraid to ask questions.

✓ If possible, keep an accurate medical history.

✓ If you are prescribed any new medications at your visit, make sure you have a clear understanding of how to take them and what to expect.

✓ Identify your own personal health and wellness goals, as well as what you’d like to get out of the doctor’s visit.

✓ Ask your doctor about any low-cost or free community resources available to you.
THANK YOU FOR YOUR TIME TODAY!
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