BRIDGING THE GAP
WORKING TOGETHER IN PRIMARY CARE SERVICES AND MENTAL HEALTH TO IMPROVE PATIENT OUTCOMES
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
DR. JANET BIVENS AND KELECHI UBOZOHO
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!

KELECHI UBOZOH  KUBOZOH@PEERSNET.ORG  (510) 832-7337
EXT 212 JENEE DARDEN  JDARDEN@PEERSNET.ORG  (510) 567-7626