

Cayuga Medical Associates PC is looking for a Behavioral Health Consultant to join our team in Ithaca, NY.

The Behavioral Health Consultant (BHC) serves as a vital member of the Cayuga Integrated Behavioral Health team, an innovative and growing unit within Cayuga Medical Associates in beautiful Ithaca, NY. The BHC will work in close collaboration with other members of the CIBH team to expand access to high-quality mental health services to CMA's primary care population using a blended Primary Care Behavioral Health (PCBH) and Collaborative Care (CoCM) approach. We are looking for individuals with a passion for caring for others and a willingness to be creative in an emerging program that supports our community's mental health.

Who we are

Cayuga Medical Associates PC is a growing multispecialty physician group practice based in the heart of the Finger Lakes in upstate New York. CMA currently offers over 20 outpatient specialties to the Ithaca, Cortland, and surrounding communities. Partnering with Cayuga Medical Center, CMA strives to provide the best patient care in our region.

Cayuga Integrated Behavioral Health is the newest unit within CMA, driven by a growing team of mental health professionals with expertise in integrated care. CIBH aims to expand access to high-quality, affordable, and evidenced-based mental health care across the Cayuga Health System outpatient care network. We are committed to excellence in clinical service delivery, quality improvement, team-based care, and population health. We are eager to partner with other professionals who share our commitment to expanding mental health access to patients in highest need.

What you'll do

- The BHC will provide brief assessment, intervention, and consultation services to primary care providers and their patient populations presenting with common mental and behavioral health concerns. Opportunities exist to work with both adult and pediatric primary care populations.
- The BHC offers rapid access, including same day consultation, to an interdisciplinary team of physicians, nurse practitioners, physician assistants, registered nurses, behavioral health care managers, and consulting psychiatrists to help inform diagnosis and care planning, including support for psychopharmacological interventions delivered by the PCP and/or integrated care team.
- The BHC will deliver brief and time-limited evidenced-based interventions for conditions such as depression, anxiety, insomnia, substance misuse, concentration/attention concerns, relational distress, and other commonly occurring mental or behavioral health conditions.
- The BHC offers expert consultation and provider and patient educational opportunities to improve understanding, identification, and treatment of mental and behavioral health issues from the primary care settings. Opportunities also exist for participation in monthly teaching opportunities, as well as training resident learners on topics consistent with integrated care.

- The BHC monitors treatment progress through standardized assessments, and works to connect patients to higher levels of mental health care when indicated, including referrals to the collaborative care arm of programming and/or community/specialty mental health referrals.
- The BHC actively and proactively participates in quality-improvement initiatives and organizational working groups where interested/indicated.
- Once trained and experienced in the care model, the BHC will assist in training and onboarding new behavioral health professionals to the care team.

Why you should work with us

CMA offers an agile, inclusive, and supportive culture where every employee is respected. CMA is based in beautiful Ithaca, NY where nature abounds and a strong sense of community thrives. Ithaca is home to two esteemed institutes of higher education, Ithaca College and the world-renowned Cornell University. Ithaca offers four dynamic seasons for outdoor enthusiasts, as well as easy access to urban opportunities within a half-day drive (i.e., Rochester, Buffalo, Syracuse, Albany, New York City, Boston, and Philadelphia). CMA also offers:

- Competitive salaries
- Professional development stipends and malpractice insurance
- Medical, dental, and vision insurance
- Optional life and disability insurance
- 403(b) retirement plan with employer contribution
- Tuition assistance
- Career advancement opportunities
- Cell phone discount
- Major holidays off

Our ideal candidate

We are looking for a Behavioral Health Consult to work in close concert with patients' medical providers and the integrated team to offer rapid access to brief mental and behavioral health assessment and intervention to help meet defined patient care goals:

1. Training in one of the following fields (New York State licensure required):
 - Clinical or Medical Social Work
 - Psychology
2. Flexibility to adapt to fast-paced medical environments as a member of a dynamic care team.
3. Demonstrated ability to collaborate and communicate effectively in a team setting.
4. Ability to maintain effective and professional relationships with patients and other members of the care team.
5. Experience with assessment and treatment planning for common mental health and/or substance use disorders, as well as working knowledge of differential diagnosis for these conditions.

6. Working knowledge of evidence-based psychosocial treatments and brief behavioral interventions for common mental health disorders, when appropriate (e.g., motivational interviewing, problem-solving treatment, behavioral activation).
7. Basic knowledge of psychopharmacology for common mental health disorders that is within appropriate scope of primary care.
8. Ability to effectively engage patients in a therapeutic relationship, when appropriate.
9. Ability to work with patients by telephone / telehealth as well as in person.
10. Familiarity with using electronic medical record systems.
11. Training and / or experience in integrated behavioral health care (especially PCBH and CoCM) is a plus, but training in these care models will be provided for candidates without this specific background.

To Apply

Please submit and cover letter and resume or CV to:

<https://cayugamedicalassociates.applicantpro.com/jobs/2323299.html>