

ADDITIONAL COMMUNITY HEALTH CARE SERVICES

Pharmacy Services

Community Health Care pharmacists continually work to find the best and most affordable medications available to meet your needs. You may qualify for programs that reduce the cost of your prescriptions.

Family Dental Care

Our dentists have completed Access to Baby and Child Dentistry (ABCD) training and are certified to care for young children, expectant mothers as well as all adults.

Family Medical Care

Family medicine for children, adults and seniors to help with chronic disease management and prevention.

Language Interpretation Services

Community Health Care provides services in English, Russian and Spanish. We also have interpreter services available in many other languages. If your preferred language is not spoken by our staff we will arrange for an interpreter.

Care for Children

Pediatricians to care for children from birth to 18 years of age are on staff at the Lakewood, Eastside and Hilltop medical offices.

Care for Seniors

Internal Medicine physicians are on staff and Medicare is accepted at all Community Health Care medical offices.

Women's Health & Maternity

Many of our physicians are Family Practice who also provide maternity care. For women's health care and maternity needs the staff includes OB/GYN physicians. FREE PREGNANCY TESTS at all family medical clinics and NO APPOINTMENT IS NEEDED!

Insurance Enrollment

Community Health Care staff can answer your questions about the Affordable Care Act and help you find an insurance plan that fits your family's needs. Call (253) 722-2154 to schedule an appointment.

ALL HEALTH CENTER LOCATIONS

Eastside Family Health Center

Kimi & George Tanbara, MD Health Center
Family Medicine, Pediatrics, OB/GYN,
Internal Medicine, Dental
1708 East 44th St, Tacoma, WA 98404

Lakewood Family Health Center

Family Medicine, Pediatrics, OB/GYN,
Internal Medicine, Dental
10510 Gravelly Lake Dr., Lakewood, WA 98499

Parkland Family Medical Clinic

Family Medicine, Obstetrics, Maternity Care
11225 Pacific Avenue, Tacoma, WA 98444

Hilltop Regional Health Center

Family Medicine, Pediatrics, OB/GYN,
Internal Medicine, Dental
1202 Martin Luther King Jr. Way, Tacoma, WA 98405
PROMPT CARE (253) 442-8690

Spanaway Family Health Center

Family Medicine, Obstetrics, Dental
134 188th Street South, Tacoma, WA 98387

School-Based Health Center (SBHC)
For Students/Staff Bethel School District
Medical, Dental, Behavioral Health
22001 38th Ave E, Spanaway, WA 98387
(253) 722-1718

Key Medical Center

Family Medicine, Pediatrics, Behavioral Health
15610 89th St Ct NW, Lakebay, WA 98349

CONTACT NUMBERS

Medical: (253) 722-2161

Dental: (253) 722-2151

Insurance Enrollment Assistance:
(253) 722-2154

www.commhealth.org

COMMUNITY
HEALTH
Care

MEDICAL • DENTAL • PHARMACY

I don't know
who to talk to



Come talk to us
**BEHAVIORAL
HEALTH
SERVICES**

Behavioral Health Services

What is a Behavioral Health Consultant?

A Behavioral Health Consultant offers assistance when habits, behaviors, stress, worry, or emotional concerns about physical or other life problems interfere with your daily life. Patients of any age and with any problem involving changes to behavior can be helped by the Behavioral Health Consultant. As a part of your primary care team, the Behavioral Health Consultant tries to offer brief visits on the same day of your medical visit. The goal of the Behavioral Health Consultant is to help you with your medical, mental health and substance use problems.



What Kind of Health Concerns Would I Visit A Behavioral Health Consultant For?

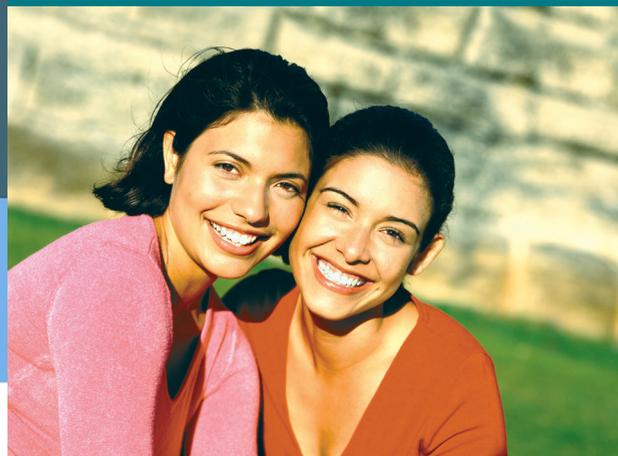
The Behavioral Health Consultant can help you develop skills to cope with these common problems: Anger, Anxiety, Grief and Loss, Depression, High Life Stress Headaches, Sleep, High Blood Pressure, Asthma, Diabetes, Persistent Pain, Tobacco Use, Healthy Weight Plans, Alcohol Misuse and How to Start Healthy Lifestyle Behavior.

COMMUNITY HEALTH *Care*

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How Do I schedule an appointment with the Behavioral Health Consultant?

Let your Primary Care Clinician know that you want to see a Behavioral Health Consultant. You may be able to see a Behavioral Health Consultant on the same day of your medical visit. If not, your primary care provider will ask you to go to the front desk and schedule an appointment.



What Should I Expect When I See the Behavioral Health Consultant?

Visits are short – 15-25 minutes. The Behavioral Health Consultant will try to get a brief snapshot of your life and then focus on the problem that is concerning you and your Primary Care Clinician. Together, you will come up with a plan to improve your life. Many times, patients only see the Behavioral Health Consultant once since a new skill or new perspective can lead to positive changes over time. Other times, patients will return to learn more. The Behavioral Health Consultant also provides workshops, classes and group medical services.

How is This Service Different from Mental Health Services?

The Behavioral Health Consultant is not a therapist; the Behavioral Health Consultant is more like a coach. Being a member of the primary care team, the Behavioral Health Consultant writes chart notes in your primary care record. The goal of Behavioral Health Consultant services is to add to the health improvement plan you made with your Primary Care Clinician. The primary care team will support you in doing this plan over time. If you want specialty mental health services, the Behavioral Health Consultant can help you locate resources for this. Like all clinicians, Behavioral Health Consultants report information regarding abuse and risk of harm to self or others.