

MYCare Integrated Health Care

DuPage County Health Department

How do consumers feel about integrated care?

People receiving integrated care services report higher quality of life and greater satisfaction with:

- Access
- Attention to their treatment preferences
- Courtesy
- Coordination & continuity of care
- Overall care

How do I get started?

MYCARE Integrated Services can be accessed Monday through Friday from 8:30 a.m. to 5:00 p.m.

Integrated Services are provided at:

- Central Public Health Center
- 111 North County Farm Road
- Wheaton, IL. 60187

For more information or an intake appointment call: (630) 682-7400

If you currently receive Behavioral Health Services ask one of your Behavioral Health Team Members about MYCARE enrollment.

Why Integrated Health Care?

- Integrated care focuses on wellness; with the goal to treat physical and behavioral health issues together while providing the most efficient and effective results.
- Physical and behavioral health problems often occur at the same time.
- Most people seek help for Behavioral Health problems from their Primary Care Provider.
- One half of all care for common psychiatric disorders happen in Primary Care settings.
- People with behavioral health issues experience a statistically higher rate of common medical disorders like diabetes, obesity, addiction to nicotine, and high blood pressure.

Your *MYCARE Coordinator* will assess your progress and offer support with scheduled collection of the following health indicators:

- Blood Pressure
- Body Mass Index
- Waist Circumference
- Breath CO

- Plasma Glucose (fasting) and/or HgbA1c
- Lipid Profile (HDL, LDL, triglycerides)
- Daily Living Activity Scale

MYCARE Program Integrated Services Goals and Objectives:

- Improve the physical health status of adults with Serious Mental Illness who have or are at risk for co-occurring primary care illnesses and chronic diseases by providing comprehensive primary care services including dental care
- Treat identified mental illnesses and/ or co-occurring disorders by providing specialized mental health services
- Promote self-management of physical and mental health conditions and long-term by providing evidence-based wellness services and connecting clients to community care supports

MYCARE Program Services and Activities:

Integrated Health Treatment

- Onsite Primary Care Provider from VNA Health Care;
- Onsite DCHD behavioral health services and community health services;
- Medically necessary referrals to qualified specialty care professionals as required;
- Onsite urgent dental care and/or referrals for preventive and restorative care with partnering dental programs; and
- Linkages to community support services for enhancing long-term health improvement and recovery .

Wellness Support

- Access to wellness programs including: Centering Diabetes, Smoking Cessation, Nutrition and Weight Management and (peer-led) Wellness Recovery Action Plan (WRAP) onsite at DCHD.