

## What Happens Once I Call?

We will work with you to find a day and time that fits your schedule as clinic hours allow. New intake appointments are scheduled for 90 minutes; however you will have electronic forms and other tasks to complete during the first 30 minutes of that time prior to seeing the provider. Arriving early to your follow-up appointments ensures you are ready at your appointment time and can see your provider for the time allotted. Please arrive 15 minutes early for each of your follow-up appointments.

## Who are My Providers?

Every provider at your clinic is aligned with a specific unit with dedicated time each week to visit the unit. This is a great way for your provider to know and understand the culture unique to your work environment while helping Soldiers put a face to the name.

Your provider will still keep your confidentiality by waiting until you address them before they interact with you. Remember, simply introducing yourself doesn't mean you know the provider as your therapist.

## Where is My Clinic?

Each operational unit has a specific EBH team assigned to them. Give us a call and we will be happy to assist you in finding what clinic and team your unit is assigned to.

3<sup>rd</sup> Special Forces Group EBH Clinic  
(910) 908-2256

East Bragg EBH Clinic  
(910) 908-5322/5358

Robinson EBH Clinic  
(910) 907-9486

West Bragg EBH Clinic  
(910) 432-1464  
(910) 570-3399/3400

Womack Health & Support Center  
(910) 907-6825/8679

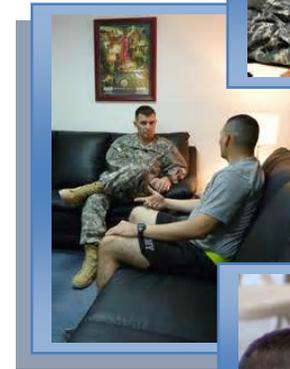


### **NOTE:**

*Children without appointments are not permitted in EBH Clinic waiting areas and are not permitted to attend the treatment sessions with adults. If your childcare plans fall through, please call the clinic in advance to reschedule your appointment.*

*Additionally, all EBHs adhere to MEDCEN Memorandum 40-514 outlining the WAMC Animal Assisted Therapy (AAT) Program.*

## Embedded Behavioral Health



## Service Member Behavioral Health



**Womack Army Medical Center  
Fort Bragg, NC**

## What is Embedded Behavioral Health? (EBH)

Embedded Behavioral Health (EBH) moves your behavioral healthcare closer to where you live and work.

Each operational unit on Fort Bragg is assigned to a specific behavioral health clinic. Your assigned clinic is located near your unit area so that transportation, tight time frames, or other barriers don't prevent you from receiving care.

EBH care also includes working with Command, Chaplains, Surgeons, and PAs to decrease stigma, offer support where needed, and increase a team approach.

### Goals

- Increase access to care
- Improve prevention with earlier identification of needs and intervention
- Create a team approach to your care

## Care Options

### Individual Therapy

Soldiers can receive individual therapy within the EBH Clinic. This means you can meet with a therapy provider one-on-one or in a group format to address difficulties you may be experiencing. This is voluntary and a provider will review the limits to these confidential encounters with you and answer any questions at your first appointment. *No referral is necessary.*

### Medication Management

Psychiatric services are also offered in each clinic. Unless referred by your Primary Care Manager (PCM), you may first need to meet with an intake provider at the clinic to determine what the best care option is for you.

### Emergency Care

If you are experiencing an emergency, please call 911 or go to the nearest hospital Emergency Department. For urgent care during duty hours, please contact your EBH for guidance.

## Care Options Continued

### Walk-in

Each clinic can accommodate urgent walk-ins throughout the duty day; however, there are also sick-call hours from 0730 – 0900 at each location. This is the best time to walk-in because a dedicated provider is assigned to provide acute care during these hours. Please note that wait times for acute care will vary depending on demand and provider availability.

### Groups

Soldiers, in collaboration with their provider, can enroll in a variety of groups offered through their EBH clinic. Most clinics offer the following groups:

- *Moving Forward* - focusing on problem solving techniques
- *Improving Sleep* - focusing on management of sleep difficulties
- *Exit Strategies* - providing assistance with transitioning out of the military

Other groups are available, but vary from clinic to clinic. Check with your clinic for other group opportunities.