

How Does Your Behavioral Health Program Work?

The Behavioral Health Program at Goodwin Community Health is integrated with our Primary Care Department. This means that your Primary Care Provider works closely with your Behavioral Health Provider to offer coordinated care of mind and body.

You and your Provider regularly monitor your mental health along with other health and wellness goals. If a concern is identified, you may have an on-the-spot short introduction with a Behavioral Health Specialist or your Provider will refer you for a formal intake visit.

Your provider will give you a mental health packet which is a set of surveys to screen for mental health conditions and psychological history. This Packet is to be completed and returned to the front desk before your intake visit. At checkout you will be scheduled for your intake.

At your intake, your Behavioral Health provider will develop a treatment plan. Unlike traditional therapy, Behavioral Health interventions are shorter and solution focused.

Notes from your visit are documented in your medical record and both your medical and behavioral health providers communicate closely for comprehensive and coordinated care.

Your mental health is an important part of your overall health. Just as you monitor your cholesterol, weight, and blood sugar, regular “mental health check-ups” are also important. We know that medical and mental health conditions often go hand in hand, and each can affect the other. In fact, many of the leading causes of disease are caused by lifestyle factors such as diet and exercise, which patients can learn to address. We also know that many of our patients prefer to have all their care in one place. For all these reasons, our Behavioral Health Integration program is housed right in your health care home. Being on site, we can better coordinate with your primary care services, and make sure we are addressing your whole



Check out our Empowering Whole Health Peer Support Groups for Patients with Chronic Health Conditions, which can include mental health!

GoodwinCH.org/empowering-whole-health

www.GoodwinCH.org
Find Us on Facebook!

Behavioral Health Services at Goodwin Community Health



(603) 749-2346

311 Route 108

Somersworth, NH 03878



Goodwin
Community Health

www.GoodwinCH.org

Behavioral Health Services

Behavioral health providers are on site and are part of your primary care team. The Behavioral Health team includes a psychologist, a licensed clinical social worker/alcohol and drug counselor, and a psychiatric nurse practitioner. A psychiatrist is also available to consult with the providers.

Gain Access To:

- ◆ Lifestyle changes such as diet or exercise
- ◆ Adjusting to medical problems
- ◆ Life transitions
- ◆ Anxiety management
- ◆ Depression management
- ◆ Alcohol and/or drug problems
- ◆ Stress reduction
- ◆ Self management of Chronic Illness in a wellness setting
- ◆ Onsite pharmacy and lab services

A major philosophy of our program is that patients do best when they are empowered to take charge. This includes learning ways to manage your symptoms such as through diet, education, exercise and building social supports. We also believe in connecting with others, especially with peers who share a similar health focus, can help to make lasting meaningful changes in your life. We are dedicated to helping you by providing the tools and connections to achieve whole health!

FAQ's

Who can receive the Behavioral Health Services at Goodwin? Patients of Goodwin Community Health

What's the process? In order to see a BH provider (BHP) at Goodwin, you must be referred by your Primary Care Provider who will schedule an intake with us and give you a mental health packet to complete. Be sure to return this to any staff prior to your first visit.

What happens at my first visit? You and your BHP will meet for up to 45 minutes. Your symptoms, goals, and behavioral health history will be reviewed and together we will develop a treatment plan. Further sessions, if needed are between 20-30 minutes.

What kind of therapy should I expect? Cognitive-behavioral therapy. This includes short-term help to learn coping strategies to manage your symptoms, such as relaxation and stress skills, and/or how to set goals for diet, exercise or other lifestyle changes. If medications are needed, you may have several visits with our psychiatric BHP to assess and/or prescribe the best medication options to stabilize your symptoms, after which your PCP will then prescribe or refer you to a specialty care prescriber.

What if the recommendation is for me to receive more intensive mental health services? Your BHP will make a referral to

the appropriate level of specialty care in collaboration with you and your team, one that best meets your needs. Your team social worker may assist you with this referral

How do I contact my BHP? For any therapy need that can't wait until your next session, including medication questions and refills, contact the nurse line as with any other medical need. BHPs do not take direct patient calls. Call 911 for emergencies.

What is the cost? BH visits are covered by insurance and follow the same sliding fee schedule as any medical visit. Copays, as with medical visits apply and sessions may be limited depending on insurance.



Hours:

Monday, Wednesday & Friday

8:00-5:00

Tuesday and Thursday 8:00-7:00

Saturday 8:00-12:00