{INSERT NAME OF YOUR CLINIC}

Clinic Services Handout

The Behavioral Health Clinic offers many psychological health services aimed at improving coping skills and managing psychiatric conditions. Your provider will help you decide what type of service is most appropriate for you.

EVIDENCE-BASED PSYCHOTHERAPY GROUPS: {Tailor to your clinic}

- ❑ **Depression Treatment Group**: This is a __ session Cognitive-Behavioral Therapy for Depression (CBT-D) group, a well-proven treatment for depression. Anyone with a depressive disorder or depression symptoms may benefit from this group.
- ❑ **Cognitive Processing Therapy Group**: This is a 12-session Cognitive Processing Therapy (CPT) group for PTSD. This type of therapy is one of the best types of care for PTSD.
- ❑ **Insomnia Treatment Group**: This is a __ session CBT group that teaches several focused techniques for improving the amount and quality of your sleep.
- ❑ **Anxiety Treatment Group**: This is a __ session psychoeducation group based on Cognitive-Behavioral Therapy (CBT). This group will be beneficial to anyone with an anxiety disorder and individuals struggling with anxiety symptoms.
- ❑ **Stress Management Group**: This is a __ session psychoeducation group that teaches several focused techniques for managing stress that would benefit anyone who wants practical tools for decreasing stress.
- ❑ **Anger Management Group**: This __ session psychoeducation group is based on CBT and offers members new skills to address problematic anger.

OTHER SERVICES: {Tailor to your clinic}

- ❑ **Behavioral Health 101 Class**: This __ week group is an orientation to the behavioral health clinic, and gives all new clients an overview of treatment processes and effective treatments for different disorders.
- ❑ **Crisis Services**: If you are dealing with a mental health crisis during business hours, please go to the Behavioral Health Clinic to be seen. If it is after hours, go to the nearest Emergency Department.
- ❑ **Individual Psychotherapy**: Group therapy is our primary form of treatment. However, if an individual's concerns are not covered by one of the groups above, individual therapy may be an option for treatment. Individual therapy is usually limited to __-__ sessions.
- ❑ **Process Group**: This open-ended group is intended for individuals who do not meet criteria for an EBP group, but who would benefit from ongoing group therapy.
- ❑ **Referral to other Services**: If the services you need are not offered at this clinic, your provider may refer you to another agency.
  - (ACS/MCCS/FFSC/AFRC, etc.): The _____ center offers counseling for assisting people with coping and dealing with emotional problems. Couples counseling is usually referred to here. There may be a wait list for this service.
  - Substance abuse treatment: Treatment is available via _____.
  - Medication management: Your PCM can often prescribe medications for depression and anxiety. For some mental health concerns, a referral to psychiatry may be needed. Discuss this with your provider, if applicable.