

Client Centered Coordinated Care



1. Client Pre-screens

Take the first step and complete your confidential pre-screening today by calling our office or visiting our website.

2. Assessment

A client begins their journey by meeting with a licensed therapist, a nurse practitioner, or psychiatric resident or fellow for an initial assessment and diagnosis.



3. Care Coordinator

This person is a qualified mental health professional whose role is to support clients from the moment they begin their journey. Like a coach, they help create a treatment plan, provide coaching and behavioral skills, ensure you stay on course, help monitor medication, provide encouragement and support.



3. Psychiatrist

As the client and Care Coordinator begin to work together on the course of treatment, the client then meets with a Psychiatrist. He/she evaluates any possible physiological challenges impacting metal health, and is the only person authorized to prescribe medication as needed.



4. Therapist

Based on assessments and availability, a client can enroll in therapy to meet with the therapist regularly for individual and/or family therapy.





Quick Self- Check

How can you tell the difference between challenging behaviors and emotions that are a normal part of growing up and those that are cause for concern? Consider seeking help if behaviors persist for a few weeks or longer; causes distress for siblings or family; or interferes with everyday functioning at school, home or with friends. If you or someone you know is experiencing the following:

- · Have lost interest in things they used to enjoy
- Have low energy
- Sleep too much or too little or seem sleepy throughout the day
- Are spending more time alone and avoid social activities with friends and family
- Diet or exercise excessively or fear of gaining weight
- Engage in self harm behaviors
- Smoke, drink, or use drugs

- Engage in risky or destructive behavior alone or with friends
- · Have thoughts of suicide
- Have period of highly elevated energy and activity and require less sleep than usual
- Say that they think someone is trying to control their mind or that they hear things other people cannot hear.

TAKE THE FIRST STEP.
SUBMIT YOUR
PRE-SCREEN FORM TODAY.



How We Help



Skills Training

- Independent living
- Mental health symptom management
- · identify and utilize community resources
- and so much more!

Therapy

- Individual therapy
- Group therapy
- Family therapy



Psychiatry

- Assess physical challenges affecting mental health
- Medication training & supportunderstanding the role of medication and proper use

Preventative Care

Self-care

Body-based wellness exercises

- Stress management
- Anger management



Contact Us Today (915) 562-1999

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In-person Telehealth

Home

Community



se habla español



To qualify for Care Management, clients must be enrolled in any of the following insurance programs: CHIP, IMHS (Superior), El Paso Health, Molina Health Care, or Amerigroup.



Providing quality child and family mental health care since 1954.

CLIENT CENTERED COORDINATED **CARE**



effective. efficient. compassionate.



