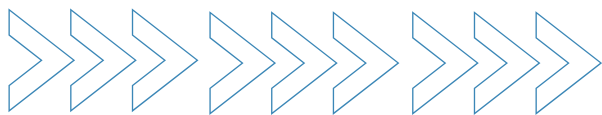
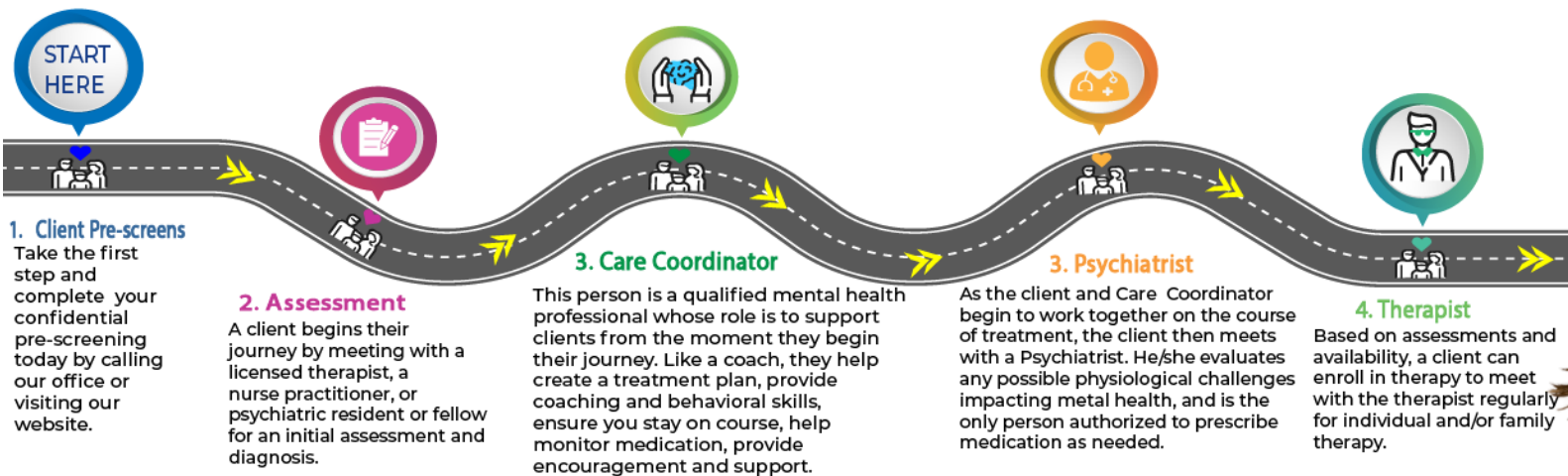
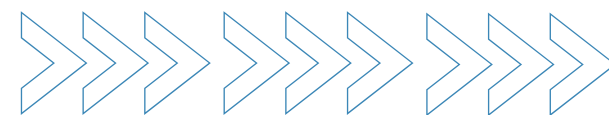




# Client Centered Coordinated Care



## 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:

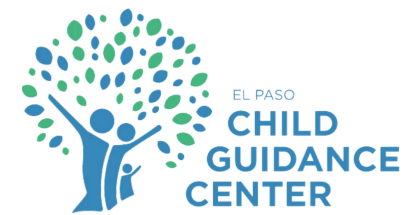
- Have lost interest in things they used to enjoy
- Have low energy
- Sleep too much or too little or seem sleepy throughout the day
- Are spending more time alone and avoid social activities with friends and family
- Diet or exercise excessively or fear of gaining weight
- Engage in self harm behaviors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

# Start Your Journey to Mental Wellness



Providing quality child and family mental health care since 1954

## CLIENT CENTERED COORDINATED CARE

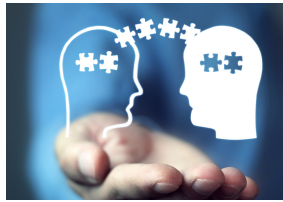


effective. efficient. compassionate.



### 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 & support- understanding the role of medication and proper use



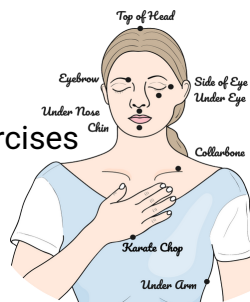
In-person Telehealth Home Community



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.



### Preventative Care

- Self-care
- Body-based wellness exercises
- Stress management
- Anger management