

BEHAVIORAL HEALTH SERVICES

What are behavioral health services?

Behavioral health services are designed to assist when habits, behaviors, stress, worry or emotional concerns interfere with life and overall health. Our behavioral health providers are able to recommend high-quality, evidence-based care that is appropriate for each individual's needs and circumstances.

Valley Health offers medication management, individual therapy, group therapy, and family therapy. This includes specialized services such as Medication Assisted Treatment (MAT) and Dialectical Behavioral Therapy (DBT). Interventions are a collaborative effort of both the behavioral health provider together with the patient. We also offer some formal psychological evaluation and testing.

Our team of behavioral health providers includes psychiatrists, psychiatric nurse practitioners, psychologists, counselors, and social workers.

What is the difference between psychiatrists, psychiatric nurse practitioners, and therapists?

A psychiatrist is a medical doctor who may diagnose, treat, and prescribe medications for behavioral health needs. A psychiatric nurse practitioner is a prescriber that has received specific training to diagnose and treat patients with mental health concerns.

Our psychologists, counselors, and social workers have varying training backgrounds and areas of expertise. They each work together with the child and parent and caregivers to provide psychotherapy and counseling to improve symptoms and well-being.



What can I expect from my visit?

Your first appointment will be an intake assessment, during which the provider will work with you to identify the diagnosis and develop a treatment plan. As part of the treatment plan, the provider will talk with you about the expected frequency of sessions and anticipated duration of treatment.

Please bring the following to your first session:

- Custody paperwork-children must be accompanied by a custodial parent or guardian
- Court related documentation pertaining to treatment
- Previous psychological evaluations or testing medication list
- Contact information for previous provider(s) both medical and mental

Will insurance cover behavioral healthcare services?

Valley Health accepts private insurances, Medicare, Medicaid and offers payment programs like the Sliding Fee Discount Program for those without insurance. We recommend that you check with your insurance provider to determine whether behavioral health services are covered under your policy.

Valley Health accepts patients across the lifespan for treatment of the following:

- Addiction Treatment and Recovery Services
- Anxiety
- Autism Spectrum Disorders
- Bipolar Disorder
- Coping with Chronic Medical Conditions
- Depression
- Disruptive Behavioral Disorders
- Grief, Lifestyle Changes
- Relationship Issues
- Thoughts of Suicide or Self-Injury



For a complete list of services and locations, please scan the QR code or visit our website.