

## Acute Care Services

Depending on each individual situation and need, Acute Care Services (formerly Emergency Services) may provide any one or a combination of the following services. Acute Care Services are available to all CLM clients as well as local residents.

**Telephone Crisis Assessment:** a short assessment of the crisis and creation of a crisis plan to help an individual remain safe in the community.

**Family Consultation:** Support when a friend or family member has concerns regarding a person in crisis.

**24/7 Emergency Assessments:** Assessments are completed at our office or via telehealth. (Minors require a parent or guardian on site to complete assessment).

**Walk-in Crisis Assessment:** Offered onsite during business hours at our Derry office (only).

**Mobile Crisis Response Team (MCRT):** MCRT responds in-person to the individual where they are in the community if the crisis can't be resolved over the phone or video telehealth.

**Crisis Stabilization:** an office-based, short-term intervention that involves comprehensive assessment and crisis planning for an individual who is remaining in the community.

**Critical Incidence Stress Debriefing:** Support to local schools, organizations or community groups coping with the aftereffects of a traumatic event.

**24 Hour Acute Care Services:**  
**603-434-1577, Option 1**



## About Our Mental Health Services

Mental health is as important as physical health to our well-being. Mental health impacts all areas of our lives—how we think, feel and manage in daily life. If you or a loved one is experiencing a mental health concern, the most important thing you can do is seek help.

Mental illnesses are common and very treatable. Sometimes mental and behavioral health issues arise because of life's stresses such as divorce, loss of a loved one or some other traumatic event. Other disorders, such as certain types of depression, have a biological cause much like other medical conditions. Mental or behavioral health problems can appear in children, adolescents, adults and seniors and CLM has specialized programs to address the needs at each stage of life.

Our staff of highly-skilled professionals use the most progressive and effective treatment approaches. We work with each client to tailor a personalized treatment plan and use an integrated approach that means your care is coordinated whenever possible with your primary care doctor or other appropriate community resources.

## Onsite Pharmacy

Located at our Derry facility, the Genoa Healthcare Pharmacy is a convenient value-added service for our clients. The pharmacy provides personalized service including filling behavioral health medications and other prescriptions, processing insurance information, communicating with doctors' offices, automatic refills, home shipping, education and one-on-one consultation.

## Fees & Appointments

Our services are covered by many health plans, Medicaid and Medicare.

Our Benefits Specialist is available to address questions you may have regarding eligibility and/or how to apply for benefit assistance. The Benefits Specialist can be reached at 603-434-1577.



**603-434-1577**

Main Office  
**10 Tsienneto Road, Derry, NH 03038**

Salem Office  
**103 Stiles Road, Salem, NH 03079**

**Acute Care Services**  
**603-434-1577, Option 1**

**[www.CenterForLifeManagement.org](http://www.CenterForLifeManagement.org)**

 **New Hampshire**  
Rapid Response Access Point  
**833-710-6477, NH988.com**

# About Our Mental Health Services



**Changing Lives, Saving Lives**





# Mental Health Services

## Child, Adolescent and Family Services

Healthy emotional well-being is essential to a child's growth and development. As important as physical health promotion, being attuned to a child's behavior and environment is essential to their family, social and academic success.

Early detection and intervention is the key to helping children and families manage behavioral health concerns. CLM provides the region's most comprehensive array of behavioral health services and our specialists are skilled at working with children as early as pre-school age through adolescence.

We provide specialized, evidence-based treatments and supportive services to address issues such as depression, anxiety, attention deficit disorder and hyperactivity, autism, disruptive behaviors, substance abuse, and trauma associated with emotional, physical or sexual abuse. CLM encourages a "wrap-around" approach that pulls together other community resources to address the interconnected areas of a child's life. We provide in-office and telehealth care as well as outreach that brings services to children in their home, at school or in other community settings.

**Child, Adolescent and Family Services include:**

- Individual, Family, Group Therapy
- Case Management
- Community Functional Support Services
- Medication Evaluation and Management



- Evidence-based treatments: Trauma-Focused Cognitive Behavioral Therapy, Child Parent Psychotherapy, Helping the Non-Compliant Child, Intensive Family Support/Assertive Community Treatment (IFS/ACT), Modular Approach to Therapy for Children (MATCH), RENEW
- Evaluation and Treatment of Substance Use Disorders and Seven Challenges Program
- HOPE Program for First Episode Psychosis in Teens and Young Adults
- Wellness Works
- Young Adult Program for Teens Transitioning to Adulthood

## Adult Community Support Services

Adult Community Support provides a multi-faceted range of services with a goal of supporting restoration, rehabilitation and recovery for clients with severe and persistent mental illnesses such as schizophrenia, mood and depressive disorders. Our goal is to help clients attain their optimal health and live as fully as possible within their own communities.

Our clinical case managers use a community-based approach, working with clients directly in their homes, workplaces and other community settings to achieve and sustain recovery, and enjoy the best possible quality of life.

**Adult Community Support Services include:**

- Individual and Group Therapy



- Case Management
- Medication Evaluation and Management
- Community Functional Support Services
- Evidence-based Practices
  - Critical Time Intervention
  - Dialectical Behavior Therapy
  - Illness Management and Recovery
  - Integrated Dual Diagnosis Treatment (Mental Illness/Substance Use)
  - Supported Employment
  - Family Support Services
  - Assertive Community Treatment Team (ACT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Collaborative Care Dual Diagnosis Services for Mental Illness/Developmental Disabilities
- Supported Housing and Homeless Outreach
- Jean's Place Supportive Housing Program

## Senior Services

We can assist seniors and their families in coping with a variety of mental health concerns such as depression, coping with loss, anxiety and stress related disorders as well as emotional issues that may accompany medical conditions such as heart disease, diabetes and cancer. We can also provide guidance to family caregivers in finding ways to cope with the demands of caring for an aging relative or spouse.



**Senior Services include:**

- REAP (Referral, Education and Prevention) short-term, community-based support for seniors and their caregivers.
- Individual Counseling
- Family Support and Resource Linkage

## Psychiatric Medical Services

Our team of psychiatrists and nurse practitioners are available to evaluate the need for medication or explore any medical issues that may impact mental health symptoms. Our medical staff works closely with our clinicians to ensure that your treatment is comprehensive and well coordinated. Whenever possible, we will work with your primary care provider to ensure integration between your mental health and medical care.

## Integrated Care

Provides a whole-health approach to mental and primary health care.

- *Healthy Together* primary health care for ages 12 and older. Provided at CLM Derry in partnership with Lamprey Health Care.
- Integrated Case Management, Illness Management & Recovery & Support for Medical Needs
- Behavioral Health Visiting Nurse
- NEW You (Nutrition, Exercise and Wellness) Program