



Behavioral Health Visiting Nurse and Medication Training and Support (MTS)

Behavioral Health Visiting Nurse (BHAVN) services are community-based Functional Support Services provided by a qualified nurse to address all mental health barriers that impact a client's ability to care for their physical health. All clients in Integrated Care are followed by a BHVN and receive a thorough nursing assessment to identify their areas of need. This service includes tasks such as taking vitals regularly and communicating results with medical providers, education on chronic disease self-management, medication training and support, and internal and external care coordination to improve the whole health of the client. Medication Training and Support is integrated within this service to provide the education, guidance, and care necessary to support clients with understanding and adhering to their medication regimen.



Integrated Illness Management and Recovery

Integrated Illness Management and Recovery (I-IMR) was developed in response to the high rates of medical comorbidity in people who have a serious mental illness. The purpose of the program is to empower consumers with knowledge and skills to better manage their health so that they can work on meaningful life goals. At the start of the program, the concept of recovery is introduced and clients start to explore personally meaningful goals to work on during the program. Those goals are the foundation of the program and where motivation may be harnessed to improve self-management of mental and physical health.



The NEW You Program

The NEW You (Nutrition, Education and Wellness) program supports prevention of chronic disease with a variety of services tailored to meet the client's personal health and wellness goals. Paired with a NEW You Wellness Coach, clients are encouraged to be leaders in making lifestyle changes on their own wellness journey. Wellness Coaches support clients with creating realistic goals, identifying possible barriers and plans to overcome them, and brainstorming the necessary steps to achieve goals. Wellness Coaches and their clients work together to ensure each client has the tools, education, and drive to work towards personal growth both with their coach and on their own.



INTEGRATED CARE

MAIN OFFICE:

10 Tsienneto Road
Derry, NH 03038

BRANCH OFFICES:

10 A Street, Unit 2
Derry, NH 03038

103 Stiles Road
Salem, NH 03079

15 Ermer Road, Suite 212
Salem, NH 03079

24/7 ACUTE CARE SERVICES:
(603) 434-1577 OPTION 1

CenterForLifeManagement.org





Healthy Together Primary Medical Care

Healthy Together, through a partnership between CLM and Lamprey Health Care, provides high quality primary medical care services to individuals age 12 and older. Healthy Together provides a one-stop solution for whole-person care by giving patients the convenience of primary medical care in the same setting as their mental health care. Our primary care providers are part of our Integrated Care team, leading to full wrap-around care with increased collaboration and communication between your mental health and medical care providers. Our Healthy Together primary care clinic is located at CLM's Derry office at 10 Tsienneto Road.



Individual and Group Therapy

The initial goal of individual therapy is building a trusted partnership between you and your therapist. From there, we can assist you with overcoming obstacles, learning skills to handle difficult situations, and making healthy decisions to reach your goals. Group therapy offers individuals a safe and comfortable place where they can process emotional issues, gain insight into their own thoughts and behaviors, and offer suggestions and support to others. Improving interpersonal relationship skills is a benefit of the group therapy experience.



Medication Services

Our medical team specialize in psychopharmacology (specific medication for behavioral health). Our medical team includes Board Certified Psychiatrists, Advanced Registered Nurse Practitioners, and Nurses under the supervision of our Medical Director. Our medical providers work in partnership with the rest of your treatment team to ensure coordination of care.



Integrated Care Case Management

Integrated Care Case Management (ICCM) provides care planning, resource identification, benefit coordination, service monitoring, and wrap around internal and external care coordination with all medical providers and Choices for Independence (long-term Medicaid) and their vendors. ICCM is for clients who have high physical health needs and utilizes community-based counseling support to assist clients with improving symptoms and behaviors that otherwise interfere with daily functioning and wellness goals.

Integrated Care provides whole-person, wrap-around healthcare through services centered around mind-body wellness, enhancing quality of life, and chronic disease prevention and maintenance. All Integrated Care services are available to state eligible adults, while Healthy Together services are open to any individuals age 12 or older regardless of the ability to pay. Any eligible adult with physical health conditions that impact daily functioning could benefit from the various supportive services provided by Integrated Care.

*We focus on
working with you
to address both your
physical and mental
health care needs.*



Functional Support Services and Community Support for Medical Needs

Functional Support Services (FSS) are face-to-face clinical interventions provided in the individual's home or community. The goal of FSS is to assist clients and their family members navigate through the complexities around mental illness. FSS provides education and skill development in areas including acute crisis management, maintaining a medication treatment regimen, family support and education, individualized resiliency training, and pursuit of employment and educational goals. The goal of Community Support for Medical Needs is to problem-solve, develop strategies, and reinforce skills to reduce mental health symptoms and behaviors that hinder a client's success with caring for their physical health. Clients work with the Community Support provider to increase their follow through with attending necessary primary care and specialist appointments, self-advocating in the medical setting, managing mental health symptoms, and completing tasks/ next steps ordered by medical providers (ex. scheduling bloodwork, x-rays or other tests, follow-up on new specialty referrals).