

Acute Care Services

Acute Care Services (ACS) may provide any one or a combination of the following services based on your needs.

24/7 Telephone Crisis Support and Assessment is a short assessment of the crisis and creation of a crisis plan to help an individual remain safe in the community. This support and guidance can be provided to the individual as well as to a friend or family member seeking to assist their loved one in crisis.

Mobile Crisis Response is when a behavioral health crisis team provides an assessment in person or via video while the individual is in the community and during the crisis event when phone support is not decreasing the crisis.

Crisis Center is like “urgent care” for mental health and somewhere to go to avoid hospitalization or an emergency room visit. The Crisis Center is located at our main office in Derry.

- **Walk-in Crisis Assessments** available 7 days a week 7:00 a.m. to 11:00 p.m.
- **“Somewhere to Go”** offers safe, up to a full day of therapeutic care onsite at CLM for individuals who would benefit from additional support for stabilization.
- **All ages are supported;** however, children/youth must be accompanied by a parent/guardian.

Crisis Stabilization is up to 30 days of care management involving peers and clinicians supporting an individual to remain safe in the community; services are provided in office or in the community.

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



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.

Fees & Appointments

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



About Our Mental Health Services

CenterForLifeManagement.org
603-434-1577

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

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



Changing Lives, Saving Lives

Mental Health Services



Child, Adolescent, Family & Young Adult 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 and young adulthood.

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 use, 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, Family & Young Adult 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 Disorder 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 Services

Adult Services provide 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 Services include:

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

Onsite Pharmacy

Located at our main office in Derry, 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.