

Helping to Heal

*Sometimes you can use a hand
dealing with issues relating to:*

- Mind
- Body
- Family
- Life

We believe that good health is achieved
and quality of life improves when all
patient needs are addressed.

Fees and Charges:

- There are no out-of-pocket fees or
co-payments for this service
- Insurance, MaineCare, and Medicare
will be billed accordingly.

DFD Russell Medical Center
180 Church Hill Road, Suite 1
Leeds, ME 04263-3348
(207) 524-3501

DFD Russell Medical Centers
180 Church Hill Road
Leeds, ME 04263-3348

DFD Russell Medical Centers

Integrated Behavioral Health

Treatment for the whole person.



Office locations:

11 Academy Road, **Monmouth**
7 So. Main Street, **Turner**
180 Church Hill Road, **Leeds**

Program Overview

- Patients have the advantage of their medical doctors working closely with our behavioral health consultants as a team.
- Your medical care provider and our behavioral health consultants can assist you with your concerns.
- Patients will become actively involved in their own health and recovery. Our team is dedicated as partners with our patients in the healing process.

"My Doctor referred me to one of DFD's Behavioral Health Consultants, and after a couple of appointments I now have the tools to help put my life back on track."

How to take part:

- Typically the brief assessment of your behavioral needs can take place at the time of your medical appointment, time permitting.
- You may also stop at the reception desk and simply ask to be scheduled to see one of our consultants.

Program Components:

- A Behavioral Health Consultant (BHC) is located at each of our three sites.
- A few brief visits of 15-30 minutes are sufficient to address a particular health concern.
- A full time care-management coordinator works closely with your Primary Care Provider (PCP) and the Behavioral Health Consultants to ensure that you have the support and services that you need to manage your healthcare issues.
- Behavioral Health Consultant visits are part of overall medical care. BHC notes are part of your medical record.

A rural community health center where everyone in our communities has access to, and is provided with, the highest quality primary health care.



Other reasons to see our Behavioral Health Consultants:

- Problem-solving stressful life problems
- Stress reduction skills, such as relaxation techniques
- Parent training
- Help coping with the diagnosis of a chronic disease, such as diabetes or cancer
- Help with changing challenging behaviors, such as tobacco use or problematic alcohol or drug use
- Coaching in developing a healthy lifestyle
- Assistance with behavior changes to help manage chronic problems such as hypertension, obesity, and ADHD
- Tips on preparing for difficult medical procedures
- Techniques for improving sleep
- Skill training to improve marital and parent-child relationships
- Strategies for coping with care of sick or impaired loved one