

# Who We Are & What We Do



**Greater Nashua Mental Health Center**  
*at Community Council*

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### Adult Services

#### Community Support Services

- Case Management
- Functional Support Services
- Psychiatric Treatment
- Individual & Group Therapy
- Illness Management & Recovery
- Supported Employment
- Assertive Community Treatment
- Homeless Outreach Services

#### Assessment & Brief Treatment

- Assessment
- Individual, Couples & Group Therapy
- Psychiatric Treatment
- Psychological Evaluations

#### Older Adult Services

- Individual & Group Therapy
- Case Management
- Functional Support Services
- Illness Management & Recovery
- Psychiatric Treatment

#### Substance Abuse Services

- Evaluations
- Outpatient Treatment
- Intensive Outpatient Programs for Adults
- Outpatient Detoxification Program
- Suboxone Program
- Aftercare Program
- Family Therapy

### Child & Adolescent Services

#### Clinic & Community-Based Services

- Individual, Group & Family Therapy
- Case Management
- Functional Support Services
- Psychiatric Treatment
- Psychiatric Evaluation
- Crisis Stabilization Program

#### Young Adult Program

#### Community Connections for Youth Court Diversion Program

#### Mental Health in Schools Program

#### Supervised Visitation Center

- Supervised Visits
- Monitored Exchanges

#### Children FIRST - Child Impact Seminars for Divorcing Parents

#### Expressive Therapies with Yoga

### Specialized Programs

#### 24-Hour Emergency Services

#### A Place to Live Housing Program

#### Community Connections Mental Health Court

#### Work Opportunities Program

#### Research Department

- Clinical Trials & Studies
- InSHAPE & Healthy Changes, Healthy Choices Programs
- RA1SE

#### Healthy Connections

- Health Screenings
- Integrated Primary & Behavioral Care
- Wellness/Prevention Activities

#### Deaf Services Team

- Assessment
- Individual, Group & Family Therapy – Adults & Children
- Case Management
- Functional Support Services
- Psychiatric Services

#### Batterers' Intervention Program

# FY 2011 Service Statistics

<b>INDIVIDUALS SERVED</b>	<b>#</b>
Children (0-18)	1,170
Adults (18+)	4,208
<b>Total</b>	<b>5,378</b>

<b>RACE</b>	<b>%</b>
American Indian	0.18%
Asian	0.58%
Black	2.20%
Mixed	5.59%
Other	1.64%
White	89.81%

<b>ETHNICITY</b>	<b>%</b>
Hispanic	6.55%
Not-Hispanic	93.45%

<b>LIVING</b>	<b>%</b>
Homeless	2.04%
Institutional	0.13%
Corrections	0.31%
Residential	1.10%
Private Residence	96.41%

<b>MARITAL</b>	<b>%</b>
Single	56.42%
Divorced	15.08%
Married	20.26%
Widowed	2.06%
Separated	6.17%

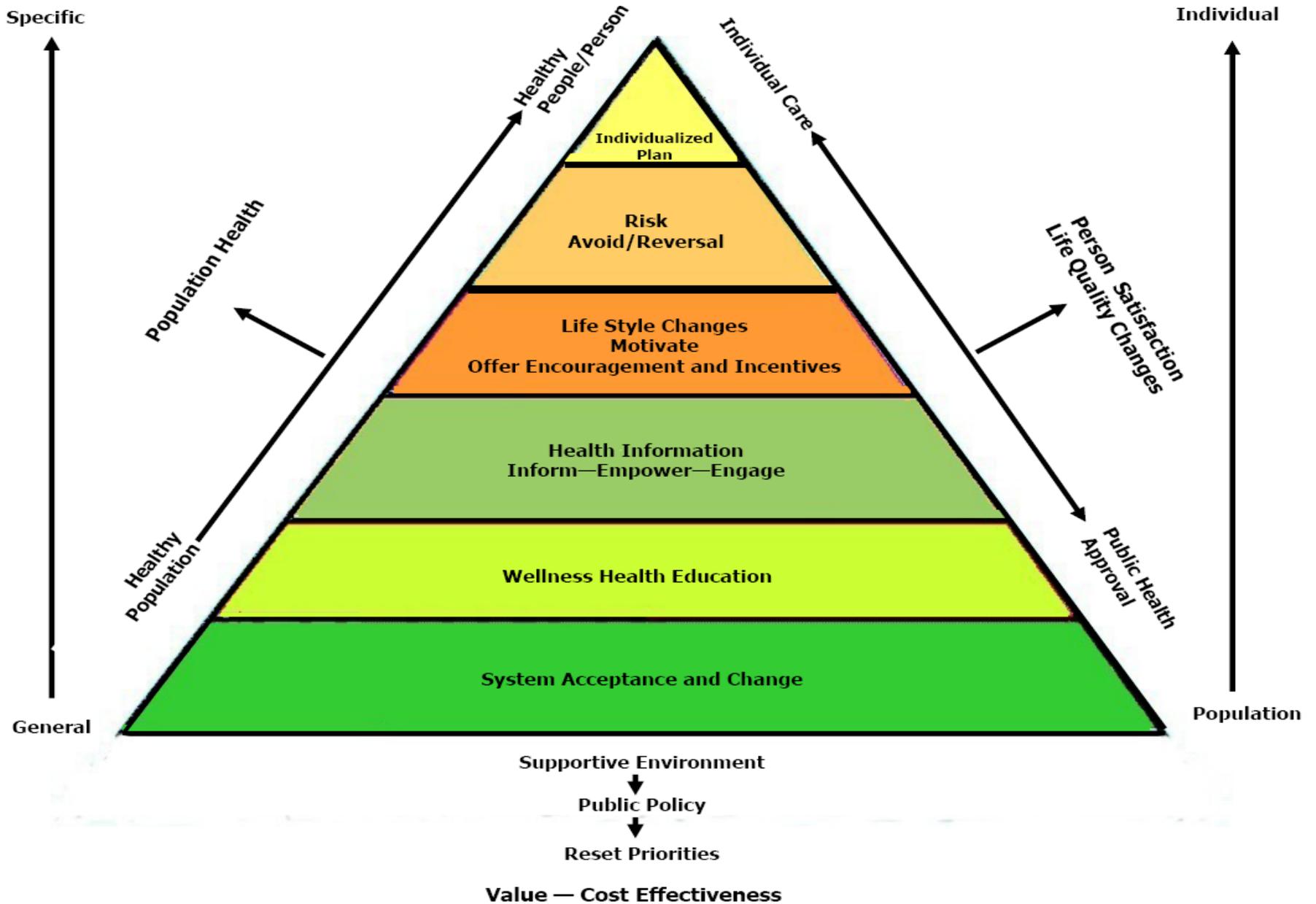
<b>EMPLOYMENT</b>	<b>%</b>
Employed	27.94%
Not in Labor Force	43.83%
Unemployed	28.23%

# PBHCI – Healthy Connections



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# HEALTHY CONNECTIONS

*No Health without Mental Health  
No Mental Health without Physical Health*

## Health Screening and Monitoring Needs Assessment

*Empower ~ Engage  
Inform ~ Motivate*

### Enhance Access to Primary Care

- Co-locate services
- Consultation to PCP
- Urgent/ Routine services
- Appropriate level of care
- Avoid default to higher and more expensive level of care

- Person is central in care delivery
- Knowledge-based decision making
- Integrated health information is basis for collaboration
- Person-driven, shared decision making

REPORT CARD  
Initial & follow-up data

## Wellness *is* Recovery

### Focus on "Health" *A Shift*

- Broaden perspective of system of care
- Educate, motivate staff
- Increase awareness - "right thing to do"
- Population intervention
  - Increase awareness
  - Public Health campaign
  - Wellness is not a luxury
  - Educational material - while you wait

### Healthy Lifestyles *A System Value*

- Wellness groups in each program
- Utilize existing community groups
- Sponsor and facilitate health interventions
  - Walking groups
  - Exercise groups
  - Nutritious health choices
  - Individualized Health Goals

### Targeted Interventions

- Smoking Cessation
- Living Well with Diabetes
- Yoga for Sleep & Anxiety
- Whole Health Action Mgmt.
- Daily Stretching
- Walking Groups
- Gardening
- Promoting Wellness in Latino Women
- Walk With A Doc
- Tai Chi
- Healthy Cooking/Shopping

**GNMHC Treatment Plans  
Person Centered Individualized Goals**

