



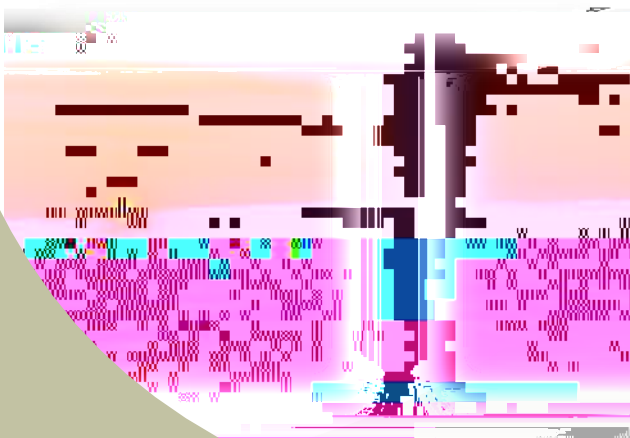




Behavioral Health Services is available to anyone regardless of age, sex, gender identity, sexual orientation, race, creed, color, national origin, disability, family status or marital status. You have a right to request or refuse treatment to the extent provided by law; however, under some circumstances, it may be in your best interest and that of BHS if you are referred elsewhere for services. For example, if the services you need are not available at BHS, we will be more than happy to assist you in seeking services elsewhere. A complete list of your Client Rights will be provided to you annually.

BHS will make every effort to assist with reasonable accommodations, such as an interpreter, or other accessibility needs to assist you.

Our services are reimbursable by Medicaid, health insurances, and Indian Health Services. Norton Sound Health Corporation has benefits specialists hired to help anyone apply for Medicaid. A sliding fee scale is also available. Please contact NSHC Patient Benefits by calling 443- 3323.



At the beginning of your *Assessment* appointment, a Clinical Associate will orient you and talk in detail about BHS services, what you can expect from providers and your rights and responsibilities as a client. A BHS provider will then ask about your goals and talk to you in detail about your personal and family history and what services you want. You will also be asked to complete some questionnaires. Based on the information you give us and other information gathered, a recommendation will be made regarding the level of care needed, if any. If services are indicated, you and the provider will work together to create an initial treatment plan based on your goals, strengths, needs, abilities, and preferences. The *Assessment* will take up to three hours.

The provider who does your *Assessment* may or may not be assigned as your Primary Provider.

Once the *Assessment* is completed and an initial treatment plan is in place, the Clinical Supervisor assigns a Primary Provider to work with you. The Primary Provider's job is to provide and coordinate your services. Your Primary Provider may be a counselor, clinician or clinical associate depending on the following information:

- Your assessed needs, treatment goals and preferences
- Which staff we believe to be the best fit for your needs
- Staff availability
- Language or other special needs
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Providers working with adults use brief, solution-focused approaches based on clients' strengths to teach new skills and encourage change. Individual, couples and family therapies are the preferred methods of intervention for mental health issues. Group therap









Providing quality health services and promoting wellness within our people and environment.