

Services Offered

Our Behavioral Health Team consists of Licensed Mental Health Clinicians and Associates, Recovery Service Specialists, Case Managers, and Psychiatrists.

These services are available for established Golden Valley Health Centers patients. MAT services are provided to patients and non-patients with GVHC.



GOLDEN VALLEY
HEALTH CENTERS



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Licensed Mental Health Clinicians and Associates:

- Conduct a Comprehensive Bio-Psycho-Social Assessments
- Create Individualized Treatment Plans
- Provide Individual Therapy
- Provide Tele-Health
- Crisis Intervention to GVHC Patients



Recovery Service Specialists:

- Provides one on one drug and alcohol counseling
- Provides Medication Assisted Treatment (MAT) counseling for Patients with an Opioid use Disorder in the MAT Program



Case Managers:

- Provides resources and referrals
- Teach skill sets (life skills, coping skills, communication skills etc.)



Psychiatry:

- Behavioral Health Clinicians can refer to psychiatry and or tele-psychiatry for both children and adults for medication assessment and management.

Serving Merced, Stanislaus and San Joaquin Counties

To schedule an appointment at GVHC call or text:

866.682.4842

www.gvhc.org

After Hours Mental Health Resources

If you are in a crisis and need to speak to someone. Please Call:

County Lines

Merced County BHRS
(209) 381-6819

Stanislaus County BHRS
Call: (209) 558-4600

San Joaquin BHRS
(209) 468-8686 (Crisis)
(209) 468-9370 (Helpline)

National Lines

National Domestic Violence Hotline
Phone: (800) 799-SAFE (7233)

Suicide Prevention Lifeline Dial:
1-800-273-TALK (8255)
or dial or text 988
(beginning July 16, 2022)

Youth Crisis Hotline
Call: (800) 843-5200



Behavioral Health Services

YOUR HEALTH IS OUR PRIORITY

Program Description

An individual's health consists of both physical health and mental health. The mind and body work together and are interconnected.

For many individuals life can be stressful and challenging. If you feel like you need support, you are not alone. Millions of individuals seek the assistance of Behavioral Health Services to assist them with living a happier, healthier, and fulfilling life.

Our Goals

At Golden Valley Health Centers our primary goal is to ensure that our Patients have access to managing all aspects of their health, both physical and behavioral.

- Increase access to Integrated Behavioral Health Services
- Provide prevention and early intervention
- Increase Behavioral Health Awareness
- Empower Patients and their families

Benefits Of Counseling

- Healing, Support and Validation
- Safe Place to Talk
- Improved Relationships
- Explore Options
- Improved Self Confidence
- Feeling Heard

The Recovery You Deserve

MEDICATION ASSISTED TREATMENT PROGRAM (MAT) FOR OPIOID USE DISORDER

The MAT Program can help you recover from opioid addiction through a combination of medication and counseling. Our goal is to treat withdrawal, prevent relapse and help you get back to a healthier life. MAT is safe and works well for most people.

You are unique, so your care plan will be built just for you. Some people need this help for short periods of time while other people may need help for years. We are here to be a part of your recovery no matter how long you need care. We are here to help you get the recovery you deserve.

BENEFITS OF THE MAT PROGRAM:

- More likely that you will be successful in your recovery
- Less likely that you will feel the dangerous effects of withdrawal
- Lowers your risk of overdosing
- Lowers your risk of dying from opioid use



Understanding Levels of Mental Health Problems and Treatment

Golden Valley Health Centers provides integrated Behavioral Health Services that include psychoeducation, prevention, and early intervention services. Services are available for patients meeting medical necessity at the Mild to Moderate Level of Care. Patients who meet criteria for services at the higher-end moderate level of care, are referred to their health plan or alternative behavioral health providers in the community. Patients who have the highest level of need for mental health services, or are considered to have a Severe Mental Illness, are referred to their County's Mental Behavioral Health and Recovery Services.

Mild Mental Health Needs:

A person is experiencing a small number of problematic behaviors or symptoms with low intensity and frequency, that have a limited impact on daily functioning but are noticeable enough to interfere with usual activities at home, relationships, employment, socialization, school, or other setting/area important to person.

Moderate Mental Health Needs:

A person is experiencing moderate (more than in mild) number of problematic behaviors or symptoms, with moderate intensity and frequency, that are severe enough to cause problems with daily functioning and may significantly impact activities at home, with relationships, employment, socialization, school, or others setting/area important to person.

High Mental Health Needs or Severe Mental Illness (SMI):

A person may be experiencing serious functional impairment in daily living activities, has many symptoms, with high intensity and frequency, may have self-injurious behavior, paranoia, delusions, hallucinations, psychiatric hospitalizations within the last year, at significant risk of losing employment or education placement due to mental health issues, and persistent homicidal/suicidal ideation or behaviors in the last year. Patients presenting with behavioral health needs needing specialized treatment, such as Eating Disorders or Disorders in the Autism Spectrum are referred outside of GVHC.