

BROOKS BEHAVIORAL HEALTH CENTER NEWSLETTER

VOLUME 1/ ISSUE 2

EMPLOYEE OF THE MONTH

Congratulations to August's employee of the month, Tara Rivera!

Tara has been an instrumental part of our team. From mastering her position as our Enrollment Verification Specialist, to heading our transportation department, Ms. Tara has shown that she is a team player who is willing to assist anyone within our company. Congratulations Tara!



Brooks Behavioral Health Center LLC

Our Mission: Brooks Behavioral Health Center was established with the belief that all children, adolescents and adults should have access to quality mental health treatment.

Our Vision: To promote behavioral and mental wellness within our community by providing individualized mental health services that are accessible to all.

*We are located at 3550 W. Cheyenne #130
Phone (702) 570-5200 Fax (702) 570-5201*

www.brooksbhcnv.com

THERAPY WITH BROOKS BEHAVIORAL HEALTH CENTER

We take pride in the Clinicians that we hire. Within our Clinical staff we are proud to employ a variety of Clinicians including Licensed Clinical Professional Counselors, Licensed Clinical Social Workers, Licensed Marriage and Family Therapists, and Licensed Alcohol and Drug Counselors. Our Clinicians are trained to work with all populations and family dynamics and focus on the following methods;

- Behavioral Modification
- Child Play Therapy
- Client Centered Therapy
- Cognitive Behavioral Therapy
- Couples Therapy
- Maslow's Theory of Self Actualization
- Motivational Interviewing
- Rogerian Therapy
- Solution Focused Therapy
- Substance Abuse

We are excited to announce transportation services are available to all clients who receive services with Brooks!

WHY CHOOSE THERAPY?

Everyone can benefit from therapy in some capacity. Here are 4 reasons why you should try therapy;

1. Therapy can help you handle emotions from problems or stressors, even if they aren't dramatically life-altering or traumatic
2. Therapists can help hold you accountable for your goals
3. Talking with someone can help you find purpose
4. A therapist can help you dissect a problem, then help you figure out how to solve it

*Brooks Currently Accepts the Following Insurance Plans:
Medicaid FFS, Medicare, Mines & Associates, PPO Plans,
Silver Summit and Cash Pay with a Sliding Fee Scale*

JULY 2017 ADULT IOP SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ms. Lori/ Therapist BBQ: Social Skills Building Group	4 Independence Day We will be closed	5 Ms. Lori/ Therapist Women's Group	6 Ms. Ali/ Therapist Family and Support Systems	7 Ms. Lori/ Therapist Problem Solving
10 Ms. Lori/ Therapist Overview of Depression	11 Ms. Lori/ Therapist Problem Solving	12 Ms. Lori/ Therapist Women's Group	13 Ms. Ali/ Therapist Family and Support Systems	14 Ms. Lori/ Therapist Problem Solving
17 Ms. Lori/ Therapist Behavioral Strategies for Managing Depression	18 Ms. Lori/ Therapist Opioids: Effects of Opioids	19 Ms. Lori/ Therapist Women's Group	20 Ms. Ali/ Therapist Family and Support Systems	21 Ms. Lori/ Therapist Opioids: Effects of Opioids
24 Ms. Lori/ Therapist The Thinking Feeling Connection	25 Ms. Lori/ Therapist 12 Step Groups	26 Ms. Lori/ Therapist Women's Group	27 Ms. Ali/ Therapist Family and Support Systems	28 Ms. Lori/ Therapist 12 Step Groups
31 Ms. Lori/ Therapist The ABC Analysis (Thought Diary)				

JULY'S CURRICULUM OVERVIEW

Mental Health IOP: This month in Ms. Lori's group, clients will discuss what causes depression and behavioral activation to manage depression. Clients will begin thought diaries to review their achievements throughout the month.

Substance Abuse IOP: This month in Ms. Lori's group, clients will anonymously share their struggles with the group for discussion as well as discuss the effects of opioids and the pros and cons of 12 step groups.

Women's Group: Women will be given the opportunity to discuss their choice of topics and receive the support from other women.

Mental Health IOP: This month in Ms. Ali's group, clients will discuss finding support systems within the family.