

# behavioral health bulletin

ISSUE 2

## Our Responsibility

by Nicole Bowman, LCSW

"Find your place on the planet. Dig in, and take responsibility from there." - Gary Snyder

As the newest clinician with Behavioral Health and Wellness, I would like to thank each of you for welcoming me into this new family. For the past 10 years, I have worked to promote access to mental health care while decreasing the stigma of seeking services. Finding my way to Community Health Northwest Florida has been the next great step in my journey.

As providers, caring for others is not always easy. The individuals and families we have been called to serve are complex and multifaceted, just like each of us. The barriers in our community can sometimes seem insurmountable. Our task is to care for each patient with the care and dignity they deserve.

Sometimes all we can do is the next right thing. A former supervisor of mine held this as our guiding principle as we cared for people who had experienced tremendous losses in life. We do not have all the answers, but creativity and passion can blossom within that discomfort.



Embracing pain is a necessary part in healing. As we work with our clients, we acknowledge their pain and help them transition from being defined by the pain into having it be part of their story.

Access to care at the right time can change someone's story—that's our role in the Behavioral Health and Wellness department. The integration at Community Health Northwest Florida has made this organization the chosen patient-centered medical home for thousands of lives.



Nicole Bowman, LCSW

Jackson St Main Site  
M-Fr 8-5pm

# Jackson St Workshop and Group Descriptions

Who's appropriate and how  
do they sign up...



## MEDICAID & FOOD STAMP WORKSHOP

Food assistance and/or Medicaid Workshop. Patients will need to call to reserve their spot, computer, and be advised of what documents to bring. This workshop is appropriate for patients who have the ability to apply but need guidance and computer access. Referral not needed, though patients should call so they can bring required documents. 436-4630 ext. 90605



## DISABILITY WORKSHOP

This is a 3-Part Workshop on how to navigate the complex world of applying for SSDI and SSI. Patients often apply with incomplete documentation, and/or make errors during the application process. These mistakes can prolong the amount of time it takes for the patient to receive these benefits, and can sometimes jeopardize their eligibility. Intake not needed, calling preferred. 436-4630 ext. 90605



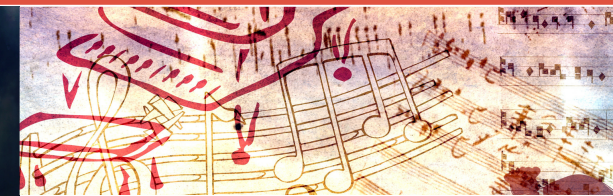
## COPING SKILLS THERAPEUTIC GROUP

This ongoing coping skills group is suited for adults with adjustment to life circumstances, anxiety, or mild to moderate depression. The group will be held in 4 sessions divided into 4 skills classes: Mindfulness, Relationships, Managing Feelings, & Problem Solving. Referral to BH required for sign up. Please note in the referral they would like this group.



## CHANGE YOUR BRAIN THERAPEUTIC GROUP

*This a closed, 7 week group suited for adults with adjustment disorder of depressed mood or mild to moderate depression and/or anxiety. This group follows a Cognitive Behavioral Therapy approach for depression and anxiety. A referral to BH is required, Please note in the referral they would like this group. On hold, Pending referrals for start date.*



## MUSIC, ART, AND MINDFULNESS

This ongoing, open group for adults consist of 8 classes which will focus on increasing mindfulness. Using art, music, and movement as therapy, this group will help clients find new and invigorating coping techniques. Most BH diagnosis appropriate for this group. Referral to BH required, please notate this group in the referral.



## SUBSTANCE ABUSE INSIGHT BUILDING

This ongoing adult psycho-education group will focus on topics such as communication skills, relapse prevention, early recovery, stages of change, denial, grief/loss, and family dynamics. This group will help develop insight into addiction and recovery. Referral Required, please notate in the referral.



# Child Centered Play Therapy

## Our Area's First Community Health Based Registered Play Therapist

Catherine Denham, located at CHNF-Cantonment Pediatrics and Milton location, is our area's first (and only) community-based registered Play Therapist-Supervisor. She is a unique asset to our clinics and we're blessed to have her on our team. Catherine has been providing care to children for 17 years.

Catherine has worked with children and teens diagnosed with a wide variety of mental illness including ADHD, Adjustment Disorder, Autism, Anxiety, and Depression. Catherine is a trained Trauma Focused CBT (Cognitive Behavioral Therapy) therapist, and an adoption competent therapist who has a passion for working with children and families. She provides services at the Cantonment Pediatric Clinic 4 days a week and Milton pediatric clinic on Wednesdays.

Using play therapy, she strives to help children and teens who have experienced difficulties with:

- aggression
- loss/separation/divorced parents
- behavioral problems
- adoption/foster care
- grief/bereavement
- communication
- social skills
- sleeping/eating issues

