

OKCIC Behavioral Health Services

	Peer Recovery Support Services (PRSS)	Medical Family Therapist (MFT)	Outpatient Counseling	Psychiatry
Who we serve:	Anyone! Peer Recovery Support specialist meets with patients at any time in treatment. It may be before someone is ready for therapy or during therapy or even after a person has completed therapy.	We serve patients via their medical provider. Providing medical staff with the behavioral health resources the patient needs to thrive.	Patients who have their basic needs met but are experiencing disruption in mood and thoughts.	Psychiatry is a branch of medicine focused on the diagnosis, treatment and prevention of mental health disorders.
What we do:	A PRSS allows a more personal level of understanding from real life experiences, shares their recovery and helps navigate community resources.	A MFT acts as a behavioral health consultant on the medical team enhancing the providers treatment plan and introducing a bridge in mind and body care.	Counselors help patients identify goals and solutions to problems which cause emotional turmoil; seek to improve communication and coping skills and strengthen self-esteem.	A psychiatrist is a doctor and our psychiatrists help with medication management for patients on an outpatient basis.
Services we provide:	<p>Teach coping skills</p> <p>Walking together through daily struggles</p> <p>Case management including helping complete applications for resources, making calls, and getting what you need together.</p>	<p>Mental health check ins at medical visits</p> <p>Helping patients cope with new diagnoses</p> <p>Providing family based interventions for physical conditions /symptoms at home.</p>	<p>Therapies aimed at enhancing insight and changing behaviors.</p> <p>May include individual therapy, group therapy, substance use counseling and trauma counseling.</p>	Medication management for mental health and substance use disorders.
Who benefits from services:	Anyone! PRSS can help you wherever you are in your journey	Someone who needs help implementing change at home to become healthier. This may be helping navigate family	Someone who is mostly stable in life but continues to experience the same frustrating patterns in thoughts or	Someone who has spoken to their primary care provider about medication and together they decide more specialized care

		lifestyles. This may be someone who cannot or does not want to attend counseling.	relationships.	may be beneficial.
What to expect:	Regular checks in from your PRSS whether in person or over the phone. Sometimes you may speak to your PRSS once a week and sometimes you may need more support and speak to them several times a week.	15-20 minute sessions focused on change you can implement at home. Check ins are focused on how home interventions are going and are infrequent and may occur at medical visits when you go see your doctor or may be a telephone call check in.	Sessions are 45 minutes weekly or every other week. These are on a scheduled basis and may be in person or virtual. Counseling may be needed as life events occur. Most "treatment" periods are 6 months and then discharge.	Initial sessions are approximately 2 hours. After that most patient follow up visits are 30 minutes and scheduled as the doctor sees fit.
Is a referral needed?	No. Just call ext. 610 and ask to speak to a peer recovery support specialist.	No. Just ask for a medical family therapist at your next medical visit.	No. Patients complete a 1 hour screening session and are asked to complete a 5 week cognitive behavioral therapy course prior to individual therapy.	Yes. Please speak to your primary care provider about medication first.
Examples:	Gina is a single mom. Making and keeping appointments is tough as she is juggling work and parenting responsibilities. She is feeling a little down and would like to learn some skills with how to cope in life. A peer recovery support specialist was a great fit for her. Talking on the phones weekly with someone to "check in" was so helpful and not hard to fit in her schedule.	Ron just got diagnosed with diabetes. He knows that he needs to make changes to become healthier but isn't sure where to start. His entire family loves eating out. He doesn't want to miss out and is starting to feel defeated but doesn't know what to do. His medical family therapist helped him create individual and family goals for sustainable life changes.	Bobbie works full time. He finds himself fighting with his partner, getting anxious at work, and just feeling like he has so many thoughts running in his head. He finished his cognitive behavioral course and the skills really helped. Now he is meeting with his therapist every other week to continue the change he started. He wants to reduce his anxiety and communicate better with his wife.	Micah has been speaking to her doctor about medication. The doctor started Micah out on medication but then encouraged her to seek out a psychiatrist, a doctor that specializes in mood medication. Micah's doctor completed a referral for Micah. She has completed therapy before and feels good when she is taking her medication daily.

You can reach OKCIC's Behavioral Health department at (405) 948-4900 ext. 610.