

Some of what we can help with...

Stress

Anxiety/fear

Depression

Anger

Emotional Difficulties

Crisis support/suicide risk assessment

Coping techniques

Self-care techniques

Relationship/family problems

Parenting concerns

Grief/bereavement

Chronic pain

Healthy lifestyle choices

Harmful habits

Sleep problems

Drug/Alcohol issues

Diet Concerns

Chronic mental illness management

Caregiver stress/support

Community referrals

Assistance finding resources



Social Services

What is a social worker/therapist:

- ❖ They can assist when habits, behaviors, stress, worry or emotional concerns about physical or other life problems are interfering with a patient's daily life and/or overall health.
- ❖ They work with your primary care provider to evaluate the mind-body-behavior connection and provide brief, solution-focused interventions, working towards lifestyle changes.
- ❖ We all work together to develop behavioral change plans that take into consideration the physical, emotional, and emotional aspects of your concerns and help to determine a course of action that will work best for you.

Services provided by a social worker/therapist:

- ❖ Brief or short term counseling
- ❖ Assessments, behavioral treatment planning & recommendations
- ❖ Referrals: other mental health agencies, resources (Housing, medication assistance, transportation etc...)
- ❖ Appointments can vary from about 15 to 60 minute

Nurses and medical assistants:

- ❖ They play many roles on your primary care team
- ❖ They could be the first person you talk to when you have health concerns
- ❖ They work closely with your primary care provider and the social worker/therapist
- ❖ They can assist with making referrals

How to make referrals to a social worker/therapist:

- ❖ Through your primary care provider
- ❖ Self-referrals by calling the clinic
- ❖ Schedule an appointment by calling the front desk at your clinic

Contact the social worker/therapist at your clinic with any questions.

Beaverton Clinic – Jenna Fahlander, LPC, 503-520-2803

Canby Clinic – Melanie Reasoner, MSW, 503-723-4662

North Portland Clinic – Jenna Fahlander, LPC, 503-520-2803

Oregon City Clinic – Melanie Reasoner, MSW, 503-723-4662

Tigard Clinic – Cintia Mason, LPC, 503-598-2050