

The CN Guidance and Counseling Integrated Wellness Program offers Care Coordination, Behavioral Health Care, and Physical Health Care all under one roof. You will become involved with an integrated care team who knows you and who is dedicated to helping you reach your goals.

By participating in the CN Guidance and Counseling Integrated Wellness Program you can expect to:

- ✓ Improve your health conditions
- ✓ Be part of a supportive care team working on your behalf
- ✓ Receive individualized attention for your specific needs
- ✓ Have access to additional wellness centered groups
- ✓ Gain knowledge about your conditions and how to better manage them
- ✓ Become better able to take charge of your health and your life



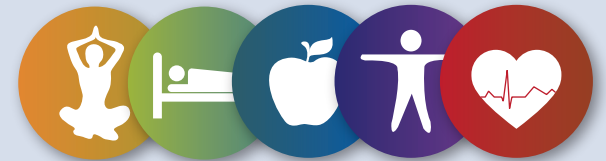
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Visit us on the web:
www.cnguidance.org

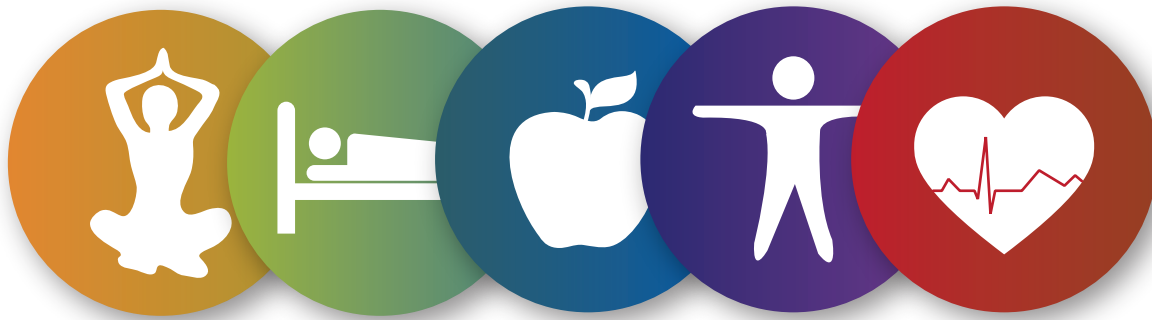
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Integrated Wellness Program



- ✓ Helping you get healthy
- ✓ Helping you stay healthy
- ✓ Helping you reach your goals





What is involved?

The CN Guidance and Counseling Integrated Wellness Program provides care coordination, physical health, mental health, substance abuse screening and treatment in one place. You will work with a team who knows you and who is working towards your overall wellness.

Care Coordination

- Education of various community resources
- Advocacy with obtaining and maintaining benefits
- Get linked with additional health care and behavioral health services
- Receive housing support

Behavioral Health Care

- Supportive, person-centered staff
- Therapy services for mental health and/or substance abuse needs
- Medication management and support

Physical Health Care

- Onsite primary care doctor
- Onsite registered nurse
- Specialty care referrals

Integrated Wellness

- Learn more about how your condition impacts your body, your mind, and your daily life
- Onsite recreation classes
- Peer support services



What is Wellness Coaching?

Meet with our nurse to:

- ✓ Set and track your health goals
- ✓ Assure that you have access to the tools you need to get healthy, and stay healthy
- ✓ Learn about new strategies to make your treatment work better for you
- ✓ Get more information about managing your physical and behavioral health conditions

Contact Us...

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