

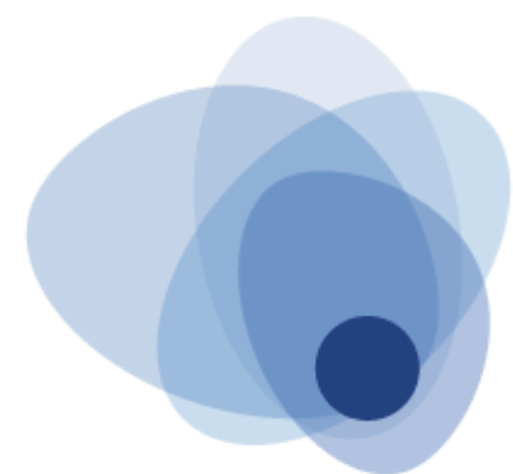
Providence

Mental Health

General Introduction and
Overview

What will be shared today:

- Mission and Values that define PMH
- Model - our unique approach
- Insurances accepted and Sliding Fee Scale
- The Team
- How to Refer
- Questions, Comments and Contact Info



Providence
Mental Health

Our Mission

Improving family member relationship connections to transform future generations.

Our Vision

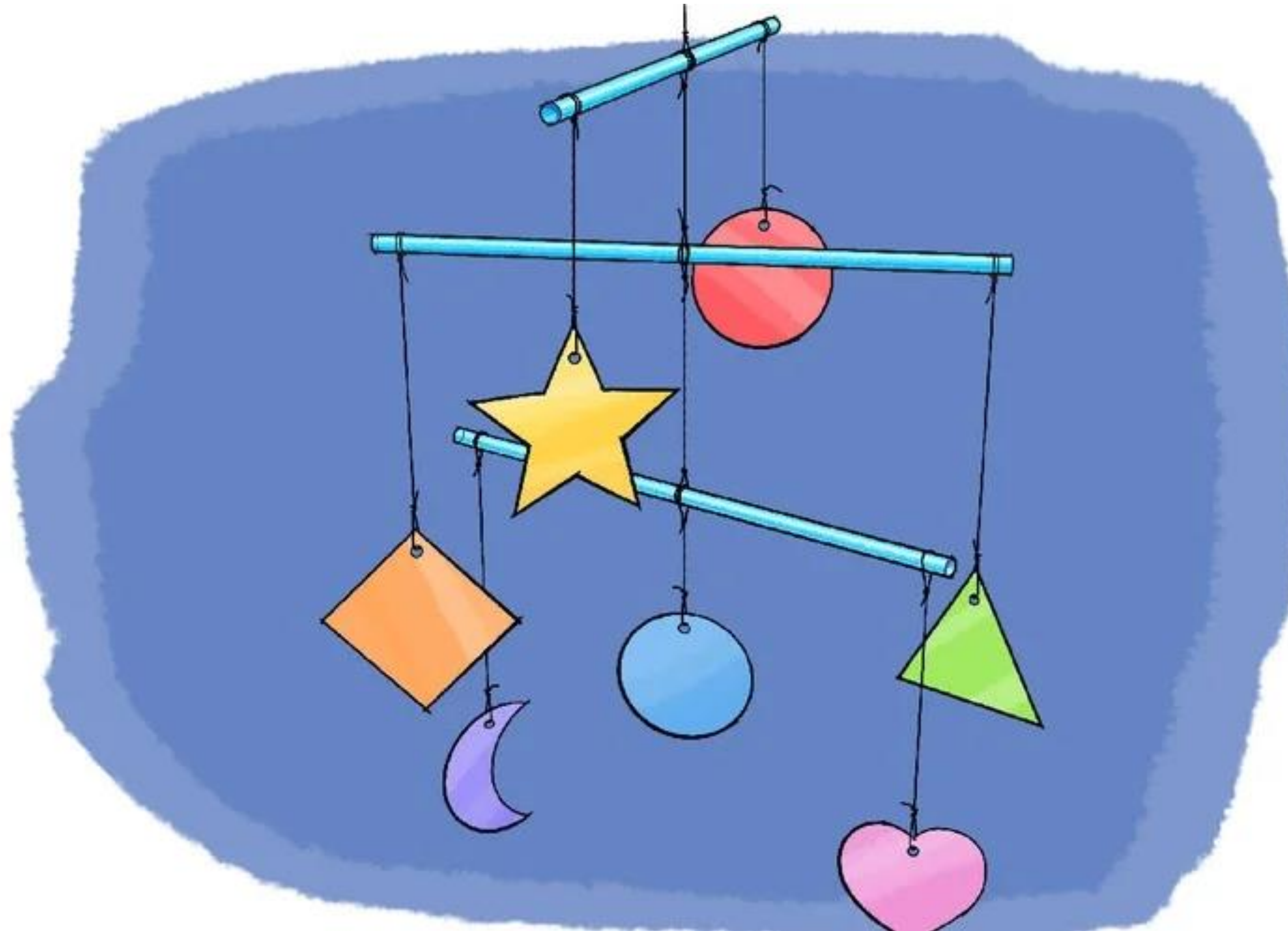
To develop and provide services that attend to clients/families delivering trauma-informed and strengths-based practices. To destigmatize mental health care and change the way mental health services are delivered for the entire family/system. Through this vision we believe generational change in our community will improve individual, family and community experiences that promote safety and support at every level.

Our Model

Each client, whether individual, as a couple, or within a family system receives their own clinician within a treatment team to encourage individual work that informs long term, sustainable change for both the individual and the system they are in. The clinical team collaborates, or Loops as we say, to support clients (while maintaining individual confidentiality) to work towards the dissolving of barriers towards quality of life goals and towards improving relationships.

We combine strengths-based, trauma-informed, and family systems treatment models to help clients identify and overcome barriers effectively, safely, and sustainably.

In other words...



Who do we serve?

Although we do serve individual clients, we focus on and prioritize couples/family systems to maintain fidelity to our mission and model. We currently serve Montana as a whole via telehealth and have in person options for Gallatin, Park and Missoula Counties, as well as the Bitterroot Valley.

How are services paid for?

We accept most insurances, including Medicaid, Medicare and TriCare. We also offer a generous sliding fee scale that focuses on eliminating financial barriers to receiving care.

- **Medicaid**
- **Medicare**
- **Income Based Sliding Fee Scale**
 - **\$100 w/ a 5%-100% scale based on client's reported income**
- **JPO, CPS, P & P, etc**

Creative approach to other obstacles

We work hard to be collaborative partners with other community programs, which allows us to utilize spaces and relationships to meet the client where they are whenever possible to remove obstacles such as transportation, time management, etc

With more than 15 clinicians that are part of the PMH team as a whole and with telehealth and in person options, we pride ourselves in being able to provide diverse personality, perspective and skills to any system we serve. Our current Missoula team available for in person is:

Terran Brown SWLC

Terran is uniquely talented in working with children (6+), adolescents and young adults who are processing and working to change generational trauma patterns, anxiety/depression symptoms, grief and emotional regulation (including emotion identification). Terran has a special interest in CBT, DBT and trauma-informed care that promotes reunification of families in a variety of ways. Terran also has experience with and passion for working with Indigenous youth in Montana. Terran also has two amazing cats that will sometimes participate in telehealth sessions, is enjoying experiencing the Missoula community and loves spending time with friends and family.

Valerie Coulter LCSW

Valerie has extensive training and experience working with survivors of domestic violence, sexual violence, childhood trauma and adolescents who have experienced complex trauma. Valerie is passionate and experienced about serving and providing support education for BIPOC and LGBTQ+ clients, as well. Valerie utilizes DBT, MI and CBT approaches to support client's healing and building a life they love. Valerie's dog P. Rainy might make an appearance in session and as a long time Missoula community member, is committed to being a collaborative community partner in true Missoula fashion.

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