

Mental Health Center

B & T Health, LLC provides support to individuals diagnosed with mental health conditions helping them reintegrate into society through therapy.

The agency specializes in providing evidenced based treatment to help individuals suffering from or needing assistance with:

1. Trauma/ PTSD
2. Depression
3. Anxiety Disorders
4. Bi-Polar Disorder
5. Couples/ Marriage Counseling
6. Gender/Sexuality
7. Crisis Intervention

*Christian counseling available upon request.



Scan Me !

Visit the B & T Health website

Contact Us

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visit our website!

www.bthealth.org

B & T Health, LLC

Helping you reach...
... your full potential.



Services Offered

- Individual and Family Therapy
- Couples Counseling
- Psychiatric Evaluations
- Medication Management
- Targeted Case Management



Case Managers

- At B & T our case managers will support you and link you to community resources available within the community.
- They are trained consistently to stay on top of the new resources available in the community to ensure they avoid placing their clients on wait lists for services needing immediate attention.
- We work to reduce the risk on hospitalization through effective care coordination and communication with additional support staff involved in our clients' care.

Mental Health Services

Our Mental health program includes a variety of services such as Individual & Family Therapy, Group Therapy, Psychiatric Evaluations, Medication Management, Couples Counseling, among others. These services are provided to recipients with mental health and co-occurring mental health disorders for the maximum reduction of the recipient's disability and restoration to the best possible functional level.



Unleash Yourself:

- Life skills training.
- Community awareness.
- Relaxation training.
- Self esteem.
- Communication skills.
- Problem solving
- Decision making.
- Social skills.
- Social support.
- Emotional resilience.
- Stress management.
- Healthy living.
- Coping skills.
- Health management.
- Anger management.
- Current events.
- Goal setting.



Services Objectives

1. **Community Integration:** Develop relationships within the community to ensure our clients are being linked to the best resources available.
2. **Crisis Intervention:** Provide stabilization through intervention.
3. **Mental Health Treatment:** provide individualized care to improve one's emotional health.
4. **Personal Growth:** assist with personal growth through specific interventions designed to help illicit change within our clientele.



Case Manager Services Include:

- Help obtain Medicare & Medicaid Insurance, Food Stamp Assistance and Section 8 housing.
- Coordinate Home Health services with local providers.
- Provide Guidance and Education with Government Paperwork (Social Security Office, Driver's License Services, etc.).
- Complete and Re-certify Department of Children's Services (DCS) Applications.
- Link clients with donations (food pantries) to help with financial hardships.