

# Quality Behavioral Health

March 2020



75 Lambert Lind Highway in Warwick

To Schedule an Appointment Please Call

401-681-4274

Intake Ext 177 (Regina) or Coordination of Care Ext 183 (Beverly)

Visit Our Website

[qbhri.com](http://qbhri.com)

## Specialties

Enhanced Behavioral Health Services for QBH Compact Partners

Quality Behavioral Health has been providing outpatient behavioral health services to medical practices and community agencies for many years.

These services have included clinical assessment of behavioral health disorders, medical management, psychotherapy and counseling, mindfulness-based wellness and comprehensive coordination of patient care.

To support these services Genoa Pharmacy is conveniently located within our office.

In order to improve upon the services currently offered to our partners we have added to staff, improved upon existing programs, and developed new services that treat a wider and more comprehensive range of behavioral health conditions. Increasing emphasis is placed upon treating the whole person within the context of social, family, and environmental factors that influence healthy outcomes for all involved in treatment. A **Certified Care Coordinator** is available to address the many social determinants that affect wellbeing and to connect patients with relevant medical and social resources in the community.

### Improved Access to Psychiatry and Behavioral Health Services

A staff of eleven prescribing board-certified psychiatrists and psychiatric nurse practitioners provide timely assessment and medical management for a complete range of behavioral health symptoms.

### Psychotherapy and Counseling

Licensed Mental Health and Social Workers provide psychotherapy and counseling using evidence-based modalities such as Cognitive Behavioral Therapy and Motivational Interviewing, while incorporating various theories and techniques from other contemporary sources.

\*Nutritionist is on premises for nutritional consult.

### Specialty Medical and Therapeutic Concentrations

- Developmental Pediatrics
- Adult Psychiatry
- Geriatrics
- Addiction Psychiatry for Dual Diagnosis Patients
- EMDR: Eye Movement Desensitization and Reprocessing for treatment of Post-Traumatic Stress Disorder

### Screening and Interventions for Adolescent Substance Use

Therapists, trained by the RI-SBIRT Resource Center, are available to provide screening and ongoing interventions for adolescents at risk for substance use.

### Care Management Program

A patient-centered program for patients recently discharged from a hospital or who have recently or in the past have attempted self-harm or suicide. Patients accepted into the program will receive more extensive and carefully managed and overseen treatment.

### Academic Stress, College Counseling Services

In a recent study using Qualtrics, an online survey tool, six common factors were noted in student reluctance to seek counseling at student counseling services. The factors identified were stigma, gender, culture, fear and accessibility, and experience and knowledge. In order to address these student concerns, and to support academic counseling efforts on campuses, trained therapists and counselors at Quality Behavioral Health provide counseling to students who are experiencing depression, anxiety, and mood disorders related to the demands and stresses of academic life.

A program emphasizing the development of Executive Functioning Skills in academic settings, in addition to addressing

### NEW THERAPEUTIC PROGRAMS

#### ADHD and Executive Functioning

A highly differentiated, state-of-the-art approach to the treatment of attentional disorders. The program recognizes ADHD as a developmental disorder of the cognitive management system of the brain, a disorder of executive functioning. Physicians and therapists at Quality Behavioral Health focus on the cognitive skills that effect learning and behaviors. A customized educational program is developed to help patients increase their self-awareness, of the

way they learn, and to participate more actively in the learning process. Students at all educational levels, from elementary to post-secondary, have significantly improved academic and behavioral performance in areas such as *Working Memory, Emotional Regulation, Self-Awareness, Planning and Problem Solving, and Time Management.*

Medical management is available

when indicated.

An on-line assessment for Executive Functioning ability is available at [www.kandcenter.com](http://www.kandcenter.com).

### Anxiety in Children and Adolescents

The child and adolescent anxiety program at Quality Behavioral Health includes treatment for a range of disorders including general anxiety disorder, social phobia, and separation anxiety disorder. The overall approach is cognitive behavioral, emphasizing exposure techniques, relaxation training, role play activities, practice and reward. The goal is to teach children to recognize the signs of unwanted anxious arousal and to use these signs as signals to the child to apply learned anxiety reducing strategies.

An effective screening tool for assessing child anxiety can be found at [www.midss.org](http://www.midss.org). Enter "scared" into the search box to access the instrument and click on "child version".

