

BEHAVIORAL HEALTH RESOURCES

Available to **Sheridan County** residents

Listing provided by Sheridan County Behavioral Health Coalition

Sheridan County Behavioral Health Coalition

*Promoting individual, family,
and community behavioral health
awareness and wellness*



The coalition strives to:

- identify and educate the public about behavioral health resources
- collaborate and partner with local service providers and community partners
- engage Sheridan County communities in addressing behavioral health issues
- advocate for resolution of unmet behavioral health needs in Sheridan County.
- assist in strengthening behavioral health services in Sheridan County.

The coalition is not a support group or a provider of behavioral health services, but we are able to provide information, to assist, and give direction. Current and future projects are driven by individual/ community involvement, interest and needs. We are aware there are many areas of unmet behavioral health needs in Sheridan County. It will take time, persistence, and hands-on work of motivated individuals and communities to create forward progress. Sheridan County Behavioral Health Coalition serves as a community development group. Therefore, it is important that the coalition represent all those in Sheridan County communities that are *interested in or impacted* by depression, anxiety, substance use, or other serious behavioral/ mental health problems. Individuals with lived experience and their families provide unique perspective. Your involvement at the coalition's monthly meetings and activities can make a difference in our communities, in the lives of those you care about, and in your own life.

View resources on our web page @ scbhcoalition.org. *(website is currently being updated)*

Meetings are held the 2nd Thursday of each month, Jubilee Room, Sheridan County courthouse.

Meeting reminders will be broadcast on KATQ, published in the papers, and posted on local Facebook pages, including Sheridan County Behavioral Health Coalition Facebook page.

Inquiries, questions, and suggestions can be e-mailed to scbhcoalition@nemont.net or messaged via the website or Facebook page.

GENERAL INFORMATION

Behavioral Health Definition

Behavioral Health encompasses all facets of mental wellness, including stress, depression, anxiety, relationship problems, grief, addiction, mood disorders, or other psychological concerns.

Insurance / MT Dept of Health and Human Services 888-706-1535

Regional SOAR Provider, Teresa Carmen, Daniels County Resource Center 406-487-2055

If you are needing to set up counseling with a provider, call the provider to check what payment options are available and check with your insurance carrier for coverage information. If you do not currently have health insurance, you may qualify for Medicaid or health insurance assistance and tax credits through the federal Health Insurance Marketplace. Apply for Health Coverage Assistance and/or find out more about the programs at apply.mt.gov (includes applications for food and cash assistance) and/ or contact the Daniels County Resource Center for assistance in completing applications at 406-487-2055 or e-mail: teresa@crcdc2019.com

More Information about SOAR (SSI/SSDI OUTREACH, ACCESS, AND RECOVERY)

Regional SOAR Provider, Teresa Carmen, Daniels County Resource Center 406-487-2055

SOAR is a national program run by SAMHSA (Substance Abuse and Mental Health Services Administration) with trained advocates who assist with the application process for Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) income supports. SSI/SSDI are disability income benefits that also provide Medicaid and/or Medicare insurance. The application for benefits is complicated, yet accessing these benefits is an important step on the road towards well-being and recovery. SOAR providers are able to submit a complete application and all the required backup documentation, which significantly speeds up the review and approval process. Who is eligible? Adults who are experiencing hardship and have a mental illness, medical impairment, and /or a co-occurring substance use disorder, Veterans, and Widows and Widowers over the age of 59 ½.

Telehealth explained

Telehealth is the use of mobile technology including video doctor visits and remote patient monitoring tools to extend the reach of physicians and healthcare providers beyond traditional clinical settings.

Access to Technology

Having little or no access to technology can be a barrier to getting help or continuing progress. The SCBHC and the SC Library have resources to help. Tablets, mobile hot spots (a portable device used to connect a smart phone, tablet or laptop to the internet), laptops and resources rooms are available when needed. Check with your behavioral health care provider or the SCBHC for more details.

24/7 CRISIS CONTACTS and HOTLINES

Emergency 911

Call if you can, text if you can't. The best way to reach 911 is with a phone call. However, if you are in an area with low cell phone coverage or in a situation where you are unsafe or unable to talk, you can send a text message to 911. To text: open a new text message, in "recipient" space enter 911, type out the text, including the location of the emergency. Keep the message window active to answer questions until the Dispatcher ends the conversation. 911 cannot receive pictures.

Sheriff's Office 406-765-1200

Sheridan County Sheriff's Office personnel have training to help manage crisis situations, including mental health and substance use related crisis.

Montana Crisis Text Line Text MT to 741741. Available via text 24/7 about *any crisis situation or painful emotion for which you need support*. Counselors listen without judgement and helps you move from a hot moment to a cool calm. After 2 automated responses, you'll connect with a live trained volunteer Crisis Counselor (usually less than 5 min).

crisistextline.org

National Suicide Prevention Lifeline 800-273-TALK (8255)

Lifeline is free, confidential, and always available. A skilled crisis worker who works at the Lifeline network will provide emotional support to talk through any thoughts, feelings or any issue for which you need support (substance use, economic worries, relationships, sexual identity, physical or emotional abuse, depression, anxiety, mental and physical illness, and loneliness). **Talking with someone about your thoughts and feelings can save your life.**

suicidepreventionlifeline.org

National Domestic Violence Hotline 800-799-7233

Confidential service for survivors, victims and those affected by domestic violence, intimate partner violence and relationship abuse. thehotline.org

National Sexual Assault Hotline 800-656-4673

Anyone affected by sexual assault, whether it happened to you or someone you care about, can find support on the National Sexual Assault Hotline. You can also visit online.rainn.org to receive support via confidential online chat.

Veteran Crisis Line 800-273-8255

If you are a Veteran in crisis, or concerned about one, call Veteran Crisis Line. The crisis line is free, confidential resource available to anyone.

OTHER ASSISTANCE, available during hours as listed

Montana Crisis Recovery Line 1-877-503-0833

Specific to COVID-related support issues, the Recovery Line offers free, confidential counseling services from trained crisis counselors Monday through Friday from 10 a.m. to 10 p.m. The service is meant to help people navigate feelings of isolation, loss, fear, uncertainty, depression, and anxiety they are experiencing during the pandemic. Counselors listen without judgement, offer emotional support, and provide additional community resources.

Montana Recovery Warm Line 1-877-688-3377

Mental Health America of Montana

Warmline is available Monday to Friday, 8 a.m. to 9 p.m. and Saturday, noon to 9 p.m.

Responders cannot call you back, so please keep trying and do not leave a message. The Recovery Line is for people with a mental illness who want to talk to others who have common life experiences about issues they are facing in their lives or with their treatment. It provides a friendly and understanding person for those who just need someone to talk to.

PROVIDERS

Grief Counseling 406-765-3708

Grief counseling at Sheridan Memorial Hospice is provided at no charge. Please call Sandra Overgaard, MSW, 406-765-3708, with questions and for more information. Grief counseling is available if you need a little extra help to cope or if your grief gets worse over time. With professional help, you can re-establish a sense of control and direction in your life and return to the path toward healing.

Eastern Montana Community Mental Health Center 406-765-2550 or 800-597-6608

After hour calls are transferred to an on-call counselor, available to everyone, not just existing clients. Provides quality, professional, comprehensive mental health and substance abuse treatment services that respect the dignity of our citizens throughout 17 counties in eastern Montana. EMCMHC accepts private insurance, Medicaid, Medicare, VA, and limited income clients may qualify for HELP Program or sliding payment scale.

Turning Leaf Counseling 406-765-1277

Provides outpatient Mental Health Counseling to the residents of Sheridan County and the surrounding area. Counseling services for adults, children, couples and families. Turning Leaf Counseling accepts private insurance, Medicaid, VA, and private pay clients.

Sheridan Memorial Clinic 406-765-3718

Kristin McColly is a board certified psychiatric mental health nurse practitioner specializing in psychiatric evaluation, psychopharmacology psychiatric evaluation, psychotherapy, genetic testing, and addictions treatment.

Prairie Hills Recovery Center 406-488-3001

Outpatient Addiction Counseling for substance use in Sidney and the surrounding areas. Offers telehealth services and in person counseling along with individual and group therapy and behavioral health information classes. Provide Evaluations, individual counseling, group therapy, Minor in Possession Classes, DUI Classes, Batterer Intervention Classes (Partner Family Member Assault Classes for men and women), Women's Trauma Group, and Marijuana Education Classes. Services are for teens and adults. PHRC accepts private insurance, Medicaid, and offer a lower self-pay scale for qualified individuals.

VETERAN SERVICES

Plentywood VA Clinic 406-765-3719

The Plentywood VA Telehealth Clinic is here to help and support our local Veterans in need. The VA Clinic offers a variety of mental health resources, information, connection to behavioral health specialists, treatment options and much more- all accessible to our local Veterans. If you are a Veteran interested in getting enrolled in the MT VA Healthcare System, please call our clinic for further questions on the enrollment process.

Veteran's Advocate 406-229-3555

A Warrior's transition from the battlefield / active military is not an easy task. Each Warrior experiences a degree of loss of self-worth (rank), loss of sense-of-purpose (occupational specialty), loss of community (unit). The greatest loss is that of a brother or sister in arms and the mere sense of still being alive can be an overwhelming challenge as well. Lawrence Rhone is a member of the National Organization of Veterans' Advocates, Inc. See also rhonesfarmretreat.com and/ or e-mail Lawrence at advocaterhone62@gmail.com

WELLNESS SERVICES

Caregivers Respite Services 406-765-3412, Council on Aging

In Sheridan County, when either the caregiver *or* the loved one is over age 60, the Council on Aging provides some Respite Services. When the caregiver lives with the person in need of care, In Home Personal Care services may be helpful. In addition, we can offer limited overnight stays at the Sheridan Memorial Nursing Home at a reduced cost. When the pandemic ends, we will return to offering limited Adult Day Care and Overnight Care at La Casa Personal Care Home as well, again at reduced costs.

Integrated Wellness

Providing Personalized Integrated Wellness education, and services, in person and through remote/ distance platforms. Services are for anyone seeking to increase their personal level of wellness, reduce the negative impact of stress, enhance their fitness routine, or increase resiliency. In person sessions can be scheduled at the Body Building Wellness Center in Scobey: 406-487-5555. Tele-wellness sessions can be scheduled through the Community Resource Center, Scobey: 406-487-2055.

Therapy Dog Rain 406-765-7683

Tracy Petersen and her Llewellyn Setter, Rain, have been a registered therapy dog team with the Alliance of Therapy Dogs since 2018. Interacting with a therapy dog has been clinically proven to lift spirits and lessen depression, decrease feelings of isolation and alienation, encourage communication, decrease anxiety, help kids overcome emotional disorders, and creates motivation for clients to recover faster. The team is covered by liability insurance, privacy rules are always followed, visits are free and best of all, Rain loves people. If you have questions or would like to schedule a visit, please text 406-765-7683 or call that number and leave a message.

Thrive Montana

Free online help is here for Montanans. *Thrive* by Waypoint Health, a leader in digital behavioral health, is a confidential online program for people who want to take charge of their emotional well-being to lead happier, more satisfying lives. Thrive Montana teaches skills that help you communicate more confidently, think more constructively, and do more activities that make you feel good. Montana Department of Public Health and Human Resources bought over a thousand slots to distribute Thrive for Montana in the state. There still are slots available and they are free. When one signs up, it's totally anonymous and they can work with Thrive on their own time. The randomized control trials in the state regarding Thrive have shown that it has worked very well. thriveformontana.com

Volunteers in Action MT/RSVP

At Volunteers in Action MT/RSVP we bring together communities, generations, perspectives, and personalities to not just extend lives but to enrich them. We partner with area nonprofit organizations to identify community needs and engage volunteers to help them in their efforts to address those needs. In the northeast region of Montana we have volunteers helping organizations address issues such as nutrition & food security, mental health & companionship, health response & education, veteran support & services, and many more. Volunteers bring unique skill sets and experiences to our communities. Volunteers in Action MT/RSVP works to find volunteers the right service opportunity that they are passionate about and increase an organization's capacity to serve the community. Find out more: volunteersinactionmt.com, like us on Facebook @volunteersinactionmt, or give one of our Volunteer Coordinators a call: Scobey Office 406-478-0025, Sidney Office 406-433-2207.

SUPPORT GROUPS

Alcoholics Anonymous

The purpose of all A.A. group meetings, as the Preamble states, is for A.A. members to “share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.” Closed meetings are held Wednesdays, 6:00 pm and Saturdays, 10:00 am, Jubilee Room (downstairs from the library), Sheridan County Courthouse, Plentywood. Closed Meetings are for A.A. members only, or for those who have a drinking problem and “have a desire to stop drinking.” Though there are no Open Meetings (for anyone/ nonalcoholics who are interested in A.A.) family and friends are welcome to contact Joe at 406-580-1567 or jsinmontana@gmail.com

WEB BASED INFORMATION

It is easy to get lost and overwhelmed with “information overload” when searching the internet. These websites are trusted sources, used by and referred by behavioral health advocates.

Alzheimer’s Association alz.org 24/7 Helpline 800-272-3900

The Alzheimer’s Association was founded in 1980 by a group of family caregivers and individuals who recognized the need for an organization that would unite caregivers, provide support to those facing Alzheimer’s and advance research into the disease,

Mental Health America mhanational.org

Founded in 1909, Mental Health America (MHA) is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health for all. Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition: screening.mhanational.org/screening-tools. Mental health conditions, such as depression or anxiety, are real, common, and treatable. And recovery is possible.

Montana Coalition Against Domestic and Sexual Violence madvsv.com

Domestic Violence is not just physical violence. It is any behavior that is used to exert power and control over an intimate partner. Domestic violence is a pattern of controlling acts. Types of abuse include physical, emotional, and economical abuse, stalking and harassment.

Parenting Montana parentingmontana.org

Provides easy-to-use tools to support your child’s success from kindergarten through the teen years. Covers bullying, anger, stress, and more.

NAMI National Alliance for Mental Illness nami.org

NAMI started as a small group of families gathered around a kitchen table in 1979 and has blossomed into the nation's leading voice on mental health. Today, we are an association of more than 500 local affiliates who work to raise awareness and provide support and education that was not previously available to those in need. NAMI works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

SAMHSA - Substance Abuse and Mental Health Services Administration samhsa.gov

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Congress established the Substance Abuse and Mental Health Services Administration (SAMHSA) in 1992 to make substance use and mental disorder information, services, and research more accessible.

“Talking about mental health and addiction can give us freedom to seek help, find people who can relate, and move toward well-being. Let’s continue the conversation. Together, we can work to stop the stigma surrounding issues many of us face!” Unknown