



Providence
Connections

At **Connections**, we apply a unique treatment team model -- a proven "Collaborative Family-Systems Model." Each client, whether an individual, part of a couple, or a member of a family system, receives their own clinician within a treatment team. These team members collaborate to assist family members while maintaining individual confidentiality. This model speeds the healing processes, helping us and our loved ones dissolve barriers and improve our most important relationships.

Healthier and happier lives are led by healing the shame-based narratives within our daily thoughts. Too often the negative "shaming soundtrack" is the result of unhealthy relationships from our past. With this model, we rediscover our core strengths and build ourselves up, so that we, in turn, can uplift those around us.

Strengths-Based Approach

Our Strengths-Based Approach emphasizes and identifies a person's strengths and allows for self-determination, doing away with barriers to healing based in fear and a lack of confidence. It is a philosophy and a way of viewing clients as resourceful and resilient in the face of adversity.

Trauma-Informed Care

Trauma-informed care recognizes the role trauma plays in the lives of patients and seeks to shift the clinical perspective from "what's wrong with you" to "what happened to you" by recognizing and accepting symptoms and difficult behaviors as strategies developed to cope with childhood trauma. Trauma-informed care is mindful of a patient's trauma and aims at reducing it in a manner considerate of the past trauma of the client.

**HELPING FAMILY SYSTEMS
FOR GENERATIONAL CHANGE**



Providence
Mental Health

YOU ARE NOT ALONE

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Providence

WELLNESS PROGRAMS

PROVIDING COMMUNITY CARE





The **Her Providence** mission is to deliver wellness and improved peace of mind for women. We understand the many important roles women play in life and want to help. We also recognize their value as individuals who are attempting to strengthen areas that may need healing and support. We celebrate their accomplishments and are honored to share in their journey.

This program is run by therapists educated and focused on women's concerns and today's pressures. Providence therapists meet women where they are, when help is needed, to reduce the effects of traumatic experiences. Her Providence is a program, tailor-made for women, that will support the complex lives they live today.



The **Kids First** Program from Providence provides in-school therapy and behavioral health services to students, including family collaborations. As a state-licensed Comprehensive School and Community Treatment (CSCT) program, Providence partners with the Belgrade School District to place Kids First teams in each school.

The **Kids First** program works with students who struggle with past trauma, emotional regulation, peer and relationship challenges, and everyday behaviors that make it difficult to focus on school. Therapists and behavior specialists help students understand and express emotions while learning new skills to help them perform their best academically. Kids First students also learn social skills that help develop strong, meaningful friendships that contribute to an overall sense of well-being and improved self-image.



A COMMUNITY & SCHOOL BASED PROGRAM

The **Strengths** program brings the elements of trauma informed clinical care, emotional regulation skills, and life skills training to the youth and young adults of the Gallatin Valley. By creating self confidence and independence via education and clinical care, **Strengths** enables the healing necessary to fortify family systems and improve the community health of Southwest Montana.

THE PROGRAM WILL STRENGTHEN SKILLS IN:

- Education
- Employment
- Relationships
- Daily Living
- Knowledge of Local Resources
- Housing
- Sexual Health and Responsibility
- Healthcare
- Self-Advocacy
- Social Skills

THE CLINICAL CARE PROVIDED INCLUDES:

- Crisis Prevention
- Crisis Intervention
- Family Therapy Interventions
- Harm Reduction
- Mindfulness Techniques
- Connection to Nature
- Psychiatric assessments
- Multi-modality trauma treatment
- Dialectical Behavioral Therapy
- Therapeutic interventions including alternative activities and environment changes to create safe spaces for clients to address unmet needs.

The combination of Life Skills education and clinical support will provide tools for youth and young adults that will help build self-esteem, as well as social, academic, and professional strength.



LOCAL WELLNESS & TELEPSYCHIATRY

Frontier Telepsychiatry was created in 2019 by passionate psychiatrists who believe that every community deserves access to great psychiatric care.

We feel that Montana's rural communities are often overlooked by mental health service providers. We know that one-size-fits-all wellness does not work. Every individual deserves focused, individualized care to address their well-being.

To provide services to those in need of help in local and remote communities, or with transportation challenges, we partnered with Frontier Telepsychiatry. Together, we collaborate with healthcare organizations and local partners to assess and overcome barriers to care.

This partnership will provide the telepsychiatry services necessary to care for Montana communities where services are not readily available. While currently adding locations, please contact Providence at 406-579-4984, to suggest locations wherever these needs have been identified.

