



### Why you've made a great choice with Park Nicollet Behavioral Health

- Variety of treatment options all in one department
- Individualized treatment plans to best meet your needs
- Clinicians with a wide variety of expertise and specialties
- Ability to easily communicate with your other Park Nicollet providers

Behavioral Health clinicians are available at many locations throughout Park Nicollet. To make an appointment, talk to your primary care doctor or call **952-993-3307**.

### Insurance

Services will be billed to your health plan. Copays and deductibles may apply. Please check with your insurance carrier about your behavioral health coverage.

### Appointments

952-993-3307

[parknicollet.com/clinics](http://parknicollet.com/clinics)



TOGETHER, WE CARE FOR YOU

## Park Nicollet Behavioral Health

Behavioral Health is a medical specialty with a focus on mental and emotional health. Our clinicians work with adults, adolescents and children.



## Typical concerns

Patients meet with our providers for a variety of reasons. Some of the most common concerns are:

- Depression and anxiety
- Stress
- Relationship concerns/marital problems
- Trauma
- Problems with work or school
- Anger and emotional outbursts
- Attention and concentration
- Autism spectrum disorders
- Substance use
- Grief and loss
- Concerns about your child's development
- Learning difficulties
- Speech and language concerns

Our clinicians are committed to partnering with you to develop the right treatment plan for your individual needs. We also work closely with other Park Nicollet providers to coordinate your care.

## Types of clinicians

**Psychiatrists & Psychiatric Advanced Practice Nurses** specialize in medications that help people with their symptoms. They work with each patient to find the medication that works best for them.

**Adult Psychologists/Therapists** do talk therapy. They meet regularly with patients to discuss their concerns, develop goals and problem solve to help the patient move towards those goals.

**Child and Family Psychologists/Therapists** provide a variety of therapeutic services (i.e., talk therapy, play therapy, family therapy and parent guidance). During regular meetings with their therapist, children, adolescents and families discuss their concerns, identify individualized goals and develop skills needed to reach those goals. Child and Family Psychologists also conduct psychological evaluations to clarify diagnoses and develop treatment recommendations.

**Developmental Behavioral Pediatricians** diagnose, treat and monitor complex developmental and behavioral problems. Treatments may include medication management as well as support and guidance.

**Pediatric Speech/Language Pathologists** conduct evaluations and therapy to address a child or adolescent's speech, language, and social communication concerns. They also conduct therapy with children and adolescents to improve speech/language abilities.

## Appointment information

Before your **first** appointment, you will be asked to complete a set of background questionnaires. This gives your behavioral health clinician helpful information so your appointment can be focused on what is most important to you.

During your **first** appointment, your clinician will ask you a variety of questions to help understand your concerns. Recommendations on different treatments will be discussed to create a care plan that works for you.

If you meet with a **psychiatrist, advance practice nurse or developmental behavioral pediatrician** and a medication is recommended, you will discuss when to come back to talk about how the medication is helping with your concerns.

If you meet with a **psychologist/therapist**, you will discuss how often to schedule follow-up visits. Patients benefit most when seen regularly for therapy, (typically 1 to 4 times per month depending on your concerns). Appointments are usually 30-50 minutes in length.

If you meet with a **speech/language pathologist** and treatment is recommended, you will discuss how often to schedule follow-up appointments (typically 1 to 2 times per week).

**Recommendations may include medication, therapy or both.**

