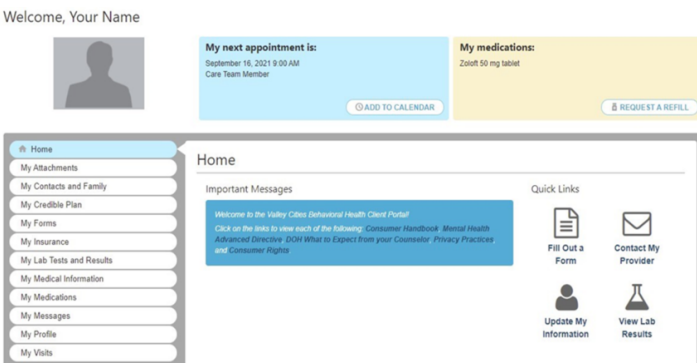


# CLIENT PORTAL

- Request refills of medication
- Request new or cancel/reschedule visits
- Fill out and submit forms
- View upcoming appointments
- View your current medications
- View tests/lab results
- Proxy access for parents/ guardians
- View family contacts



Ask your Care Team Member how to sign up today!

<https://www.credibleportal.com/v2>

# 11 PRINCIPLES OF RECOVERY

1. Self-Direction: You direct the path that leads to your dreams and goals.
2. Person-Centered: Your recovery is all about you.
3. Empowerment: You have a voice and a choice in your recovery.
4. Holistic: Recovery encompasses your whole life, including mind, body, spirit, and community.
5. Non-Linear: Recovery is an ongoing process that takes a variety of directions and paths to get you where you want to be.
6. Strengths-Based: You have personal and unique strengths that can help you in your recovery.
7. Peer Support: Recovery involves a community of like-minded people to assist you as you meet your goals.
8. Respect: Everybody deserves to treat themselves with respect and to be treated with respect by others.
9. Responsibility: Recovery is not passive. It takes effort and accountability on your part as well as working with your care team.
10. Hope: The path to a healthier future requires hope and perseverance.
11. Resiliency: Through your struggles and adversities, you will be stronger by building resiliency to keep moving forward.

253.833.7444

[www.valleycities.org](http://www.valleycities.org)

# VALLEY | CITIES

Behavioral Health Care

## Mental Health Program

### Team-Based Care

At Valley Cities, we use a team-based model of care. There are different types of professionals that can meet with you and help you on your recovery goals.



Recovery:

*"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."*

-SAMHSA definition

## CARE TEAM

### CASE MANAGERS:

Provide connections and referrals to other providers and agencies, help you access various benefits and resources, and provide coaching with managing money, maintaining housing, and managing health and wellness.

### THERAPISTS/CLINICIANS:

Provide therapy services and help you learn about mental health conditions and techniques for decreasing or managing symptoms.

### PEER SUPPORT

#### SPECIALIST/PARENT PARTNERS:

Have lived experience with mental health/substance use themselves and/or have children with mental health challenges. Peers hold hope by sharing their lived experience that recovery is possible.

#### PSYCHIATRY PROVIDERS:

Help with establishing mental health diagnoses when there are questions, and provide medication treatment to reduce mental health symptoms and to treat substance use disorders.

We also have substance use counselors, employment specialists, and some other specialty programs at Valley Cities. Please ask about our additional programs if you are interested!

## GROUPS, CLASSES, AND ACTIVITIES



### SUPPORT GROUPS:

Bring together people who are sharing a similar experience or challenge, so they can learn from each other and support each other.

Examples: grief and loss, African American women's support group, LGBTQ+, Employment, among others.

### CLASSES:

Teach you about mental health conditions and how to manage them.

Examples: depression, anxiety, coping skills, and healthy relationships, among others.

### ACTIVITY GROUPS:

Bring people together to learn and practice healthy or helpful activities, such as art, meditation, yoga or walking.

## CARE PACKAGES

For many clients, King County has assigned a High, Medium, or Low Level of Care.

Your Level of Care then determines the amount of services that you are able to access.

(Please note, the following does not apply to crisis or urgent situations.)

### HIGH LEVEL OF CARE:

- Individual meetings with therapist/clinician, case manager, and/or peer support specialist for 1.5 hours per week (on average), based on clinical recommendations
- Psychiatry services
- Unlimited groups, classes, and activities

### MEDIUM LEVEL OF CARE:

- Individual meetings with therapist/clinician, case manager, and/or peer support specialist once a week for 30 minutes or twice per month for one hour, based on clinical recommendations
- Psychiatry services
- Unlimited groups, classes, and activities

### LOW LEVEL OF CARE:

- Individual meetings with therapist/clinician, case manager, and/or peer support specialist twice a month for 30 minutes or once per month for 1 hour, based on clinical recommendations
- Psychiatry services
- Unlimited groups, classes, and activities