

RiverStone Health Connections



Connecting you to a better life®

As spring begins to blossom around us, we are reminded of the importance of nurturing the seeds of wellness within ourselves and our communities. May is Mental Health Awareness Month, a time dedicated to fostering understanding, compassion and support for mental health.

To grow this connection, take a moment to explore the invaluable services we offer and the incredible work one of our community partners offers.

Together, we are shaping a community that cares, supports and uplifts each other. Thank you for being a crucial part of this journey.

RiverStone Health Service Spotlight



Behavioral health services can be billed to private insurance, Medicaid or Healthy Montana Kids.

Our sliding fee scale allows us to adjust charges based on family size and income.

Our Behavioral Health Services include:

- Support during a mental health crisis, including development of a safety plan
- Short-term therapy for issues related to substance use, mental health concerns, grief and stress
- Connecting you to community resources
- Assistance in managing chronic illness in partnership with your provider
- Help with transition to long-term behavioral healthcare when needed

Our behavioral health services are available through your RiverStone Health provider.

How can we help you?

Counseling (8-10 sessions) for couples and/or families.
No session limits for children.

Counseling (8-10 sessions) for all ages for depression, anxiety and grief.
No session limits for children.

Counseling (8-10 sessions) during pregnancy and post-partum.

Quitting tobacco

Help with substance use issue

Help with sleep issue

Chronic illness management (diabetes, hypertension, IBS, heart disease, asthma, COPD)

Management of pain, stress or weight loss

Medication for Opioid Use Disorder (MOUD)

Our Integrated Behavioral Health services are available to all RiverStone Health patients, and provided in all locations including Healthcare for the Homeless, Orchard Elementary & Medicine Crow Middle School. Contact RiverStone Health Integrated Behavioral Health at 406.247.3350.

Visit our
Website

Join us for our Positive Approach to Care (PAC) Approved Dementia Training

This training is an exceptional resource for anyone who has been affected by dementia in their personal lives, work lives, or just want to learn more about this diverse illness and how to cope.

Our next dementia workshop will be **Saturday, June 1st from 8:30 – 4:30** with an hour for lunch and plenty of breaks throughout the day. This training is funded by the Geriatric Workforce Enhancement Program (GWEP) which allows us to offer this training for free to anyone in our region. Because this is an all-day event, we do ask for a \$15.00 registration fee to cover the cost of snacks and beverages throughout the day to keep everyone nourished.

Register
Today

Partner Spotlight: NAMI Billings



NAMI's Mission is to provide education, support, advocacy, and public awareness so that all individuals and families affected by mental health conditions can build better lives.

NAMI Billings is on the lookout for new volunteers! We are searching for individuals who have a strong understanding of mental health and willingness to support those facing mental health difficulties.

To register for summer classes, go to namibillings.org. If you're interested in being a volunteer, call Michelle at 406-256-2001 for further information.

Learn
more

Since 1996, **NAMI Billings** has been dedicated to providing mental health support and education. Presently, we conduct weekly support groups tailored for individuals with mental health issues, as well as for the family members supporting them.

In 2023, our support groups convened a total attendance of 950 individuals, with 78 participants successfully completing our education classes. Our presence in the community is steadily expanding, enabling us to reach those seeking genuine and non-judgmental acceptance.

What's happening at NAMI Billings this summer:

- Peer-to-Peer: A FREE 8-week recovery-based class for individuals with mental health conditions. June 10 – July 29.
- NAMI Basics: A FREE 6-week class for parents/caregivers of children, adolescents, and young adults experiencing mental health symptoms. June 12 – July 17.

At RiverStone Health, you are at the center of everything we do with a focus on improving life, health and safety of our community. Serving the Yellowstone County community and south-central Montana for nearly 50 years, we are an essential provider of personal and public health services. Health, Education, Leadership and Protection – HELP is what we do.

We offer medical, dental and behavioral health; home care and hospice; public health services like immunizations, WIC, health promotion and restaurant inspections; and educate the next generation of health professionals. Our expertise spans all ages and stages of life.

If you would like to be a future partner spotlight, or learn more about RiverStone Health's work in the community please reach out to our Communications team at Communications@RiverStoneHealth.org or 406.247.3387.



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