

What are

# BEHAVIORAL INDICATORS

that may benefit from counseling?

- Anxiety/ excessive worrying or unusual fears
- Irritability/ anger/ disruptive behaviors
- Chronic sadness/ unprovoked crying spells
- Frequent absences from work or school
- Disrupted interpersonal relationships
- Changes in appetite and/or weight
- Difficulty concentrating and completing task/ Hyperactivity
- Drop in school or work performance
- Disturbed sleeping patterns or chronic fatigue
- Suicidal thoughts or attempts
- Homicidal thoughts or attempts
- Feelings of helplessness, worthlessness, or hopelessness
- Changes in behavior or personality
- Decrease in participating in enjoyable, social activities
- Alcohol and/or substance use
- Lack of motivation or apathetic mood
- Recent involvement with law enforcement

## ABOUT US:

Established in 2002, Morehouse Community Medical Centers, Inc. (MCMC) is a not-for-profit Community Health Center (CHC) with locations in Morehouse, Ouachita, and Union Parishes.

MCMC offers services to all patients regardless of language, gender, socio-economic status, sexual orientation, physical and mental capacity, age, religion, housing status, and the ability to pay. Particular attention, however, is directed at reaching the low income, uninsured, underinsured, Medicaid, Medicare, and vulnerable populations.

## MISSION STATEMENT:

*To provide access to affordable, quality healthcare services.*

## OUR VALUES ARE:

In our service and in our care, we commit ourselves to these values:

- Always put the patient first
- Be an employer of choice
- Be a good steward of limited resources
- Provide timely access to culturally appropriate healthcare services
- Treat each person with loyalty, dignity, and respect



## VISION STATEMENT:

*To make a difference by providing superior healthcare services and exceeding patient expectations by doing the right thing every day to improve lives in the community.*

## COUNSELING SERVICES



## LOCATIONS:

**KACEY TUBBS, LPC**  
Morehouse Junior High School-Based Health Center

**LISA R. BRAZZEL, LPC, LMFT**  
Riser Middle School- Based Health Center

**BETH FULLER, LPC, LMFT**  
West Monroe High School- Based Health Center

**CYNTHIA POLK, LCSW**  
Bastrop High School-Based Health Center

**KRISTAL ATKINS-HAYMAN, LPC-S, NCC**  
Primary Care Clinics: Bastrop, Mer Rouge, & Marion

**BASTROP** 518 Durham Street • (318) 283-8887  
Main Clinic Hours: Mon-Thurs: 8am - 8pm  
Friday: 8am - 5pm

**MER ROUGE** 108 North 16th Street • (318) 239-8010  
Clinic Hours: Mon, Tues, Thurs,  
Fri: 8am- 5pm, Wed: 8am – noon

**MARION** 3150 Taylor Street • (318) 292-2795  
Clinic Hours: Mon-Thurs: 8am - 8pm  
Friday: 8am - 5pm

**SCHOOL BASED** Morehouse Jr. High School, Bastrop High School, West Monroe High School, Riser Middle School  
Health Centers (Serving Junior High and High School Students only)

MCMCinc.org



## WHAT IS COUNSELING?

Professional counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals (American Counseling Association).

## WHAT SERVICES ARE OFFERED?

- Individual, family, and group counseling for children, adolescents, and adults for behavioral health, relational issues, and substance abuse.
- For those eligible, transportation may be provided to the clinic for counseling sessions.

## WHAT TO EXPECT ON THE FIRST VISIT?

- All counseling services are provided by pre-scheduled appointment.
- The first session will last around an hour. All other scheduled sessions will range from 45-60 minutes.
- If taking any medication, the patient is expected to bring the medications to the first session.
- Patient is required to provide a current state-issued photo id and insurance card upon intake.
- Come with an open mind to discuss current life presenting issues and concerns that are negatively affecting the patient's quality of life. This discussion will be held in a non-judgmental, safe, and confidential environment.

## IS MY COUNSELING CONFIDENTIAL?

Information revealed in counseling sessions will remain strictly confidential as protected by state and federal laws (HIPAA). However, exceptions that would warrant disclosure in accordance with State law are as follows:

- Patient signs a written release of information indicating their desire for certain information to be released to a specific individual, organization, or agency.
- Patient expresses intent of life-threatening harm to self or others.
- There is reasonable suspicion of abuse/neglect against a minor child, older adult (60 years or older), or a dependent adult.
- A court order is received directing the disclosure of specific information to which only specified information is released upon a judge's order.

## COUNSELING SERVICES AVAILABLE HOURS

Generally, counseling services are provided 8:00 am - 3:30 pm. Under special circumstances, other arrangements may be made with the therapist.

## WHAT IS THE COST OF COUNSELING SERVICES?

- Medicaid, Medicare, and most private insurance is accepted for counseling services. In the event an individual does not have healthcare coverage, reduced fees are available for low-income patients. Certain documentation requirements apply.
- All charges are the patient's responsibility and are expected to be paid at the time services are rendered. Cash, check, debit, and major credit cards are accepted.

## WHO ARE THE COUNSELING STAFF?

All counseling staff are licensed professionals who have received education and training in accordance with state licensure boards and national accrediting organizations.