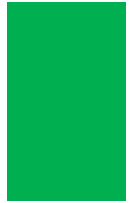# Valley View Health Centers

FLASH PHIPPS, PHD, PCC-S, NCC.

Wellness Program - SOR 3

- The goal for this program is to create an atmosphere of wellness and healing.

- The Wellness Program is completely grant funded, which means that no bills will be sent to an insurance or the patient.

- All supplies for activities will be provided along with a Wellness Care Package.

Valley View Health Centers - Wellness Program

Admission Criteria:

▶ Have an Opioid or Stimulant misuse diagnoses/disorder.

▶ 18 or older (12-18 may soon be eligible)

▶ Limited Gas cards for those consumers in need

Valley View Health Center - Wellness Program Activities

▶ Majority of the Wellness Activities will be at the Pike County YMCA

Activities include, but not limited to:

▶ Yoga/Mindfulness classes

▶ Aerobics & Weight classes

▶ Volleyball, Softball, Soccer, Basketball, gym time

▶ Art & Cooking classes (supplies included)

▶ Canoeing trips

▶ SUD/MAT services for those with no insurance

Valley View Health Center - Wellness Program Special Events

▶ Canoeing trips to Water's Edge or other local places

▶ Cooking classes (food included) …

▶ Art Therapy Class (Art Supplies included)…

▶ Other special events on occasion

Limited Free Medication Assisted Treatment

▶ SUD/MAT may be provided for consumers participating in the Wellness Program that have no insurance (as scheduled by MAT Coordinator).

▶ MAT is the use of medication, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders.

Wellness Care Packages

- Wellness care Packages will be provided to those participating in Valley Health Center Wellness Program (includes stress balls, recovery books, agency information/flyers, hygiene items, etc.)

Valley View Behavioral Health & Wellness Staff

- ▶ Wellness Coordinator- Kimberly Riffle

- ▶ GPRA Surveyor- Cheyenne Mullins

- ▶ Behavioral Health Director- Flash Phipps PhD/PCC-S/NCC

Questions?