

# Mental Health Care

## *Mental Health Services for Children, Adolescents, Adults and Families*

### Who We Are

Adapt Integrated Health Care is an Oregon leader in primary care, addiction treatment, mental health care and prevention services since 1971. We are dedicated to providing the highest quality and most affordable care to communities throughout southern Oregon.

Helping people achieve lasting health and recovery is our number one goal. Our skilled medical and behavioral health providers rely on evidence-based treatment practices and are committed to excellence and world-class patient care.

### Affordable Care

We are a preferred provider for most major health insurance plans, and we welcome Oregon Health Plan and Medicare. Our experienced staff will work with you to determine what your insurance will cover to make sure you get the care you need.

For those who are uninsured, we offer a sliding fee discount based upon family/household size and net income. No one is turned away due to inability to pay.

*Recovery is possible. If you or a loved one struggle with an emotional or mental health concern, we're here to help you on your path to recovery.*



### Our Commitment

It's said that a thousand-mile journey starts with the first step. Our skilled professional team of psychiatrists, psychiatric nurse practitioners, nurses and licensed mental health professionals will work with you to achieve stability and attain the skills and resources needed to be successful at home, work and in the community.

As the Community Mental Health Program and a mental health service provider for Douglas County, we are committed to improving access to the highest quality treatment and support services for children, adolescents, adults and families.

### Who Should Seek Treatment

Living with an emotional or mental health condition can be tough, but the right treatment can help guide the way to health, wellness, and recovery.

Anyone who is concerned about their own mental health or that of a family member or friend should speak with a mental health professional. Crisis support is available 24 hours a day, 7 days a week to assist you. All calls are confidential.

*Our services build upon the strengths and needs of each individual to help maintain a sense of identity, dignity and self-esteem.*



## Comprehensive Care

When it comes to mental health and well-being, one size does not fit all. We offer an array of evidence-based treatment approaches and services to support healing, personal growth, and recovery.

## What We Offer

- 24-hour crisis intervention
- Outpatient counseling and support
- Individual, group and family therapy
- Age-specific services for children, adolescents, and adults, including services for families and older adults
- Medication management
- Strength-based case management
- Skills training and peer support services
- Forensic mental health services for individuals involved in the criminal justice system
- School-based counseling services
- Community support services

## Open Access to Mental Health Care

With the right treatment, people living with mental health conditions can realize their full potential. The primary access point to Mental Health Services is through Open Access. Open Access is a walk-in model that allows for same day access to establish mental health care.

### Open Access Availability

**9:00 am–3:00 pm**

**Monday–Friday, except major holidays  
621 W Madrone, 3rd Floor, Roseburg**

If you have questions or need additional information about Open Access, please contact our office at 541-440-3532.

*Take the first step to health and recovery. Contact us at 541-440-3532 or 800-866-9780 today.*

## Call Us Today

Contact us for additional information or to make a referral.

**Monday–Friday, 8:00 am–5:00 pm  
541-440-3532**

### 24-Hour Crisis Care

Our professional Crisis Services Team is available by phone or walk-in during regular working hours, or by phone on weekends and after hours.

**1-800-866-9780**