



Healthy Minds, Healthy Bodies

12 week structured group therapy

Initial Group ages 27-40. Insurances: Medicaid, BCBS, Allegiance, GEHA, Cigna, Aetna
Group therapy led by Barbara DeBree, LCSW and Sam Martin, Client Care Coordinator, from Healing Mountain Mental Health. LGBTQIA2+ friendly, educated on intersectionality (broad lens encompassing issues of people from diverse groups and awareness of systemic oppression).

The focus of this group is on not simply “weight loss” but a variety of cognitions, emotions and behaviors that lead to poor body image, disordered eating patterns, lack of motivation to change and more. It will be a small, 10 person group therapy to provide social support/social interaction with others who share similar struggles in finding a balance to their physical and mental health. Initial groups will be via Zoom to minimize complications with child care and transportation. This clinic will add more group options if this group is well received by the community.

Types of evidence-based therapy applied in this group therapy:

Psychoeducation: each week will include education and vocabulary for patients to increase their understanding and control of their health behaviors and environment.

CBT - Cognitive Behavioral Therapy: How we think influences our emotions and behaviors

ACT - Acceptance/Commitment Therapy: Accepting who we are/avoidance of shame techniques while still pursuing our goals in life.

Behavioral Modification techniques - Why using intrinsic reinforcement works a lot, external reinforcements work only a little and punitive systems create anxiety, depression and “hiding/sneaking” behaviors.

Mindfulness- Finding awareness in a world full of distraction

Systems Theory - Object Relations and social support: Using our human skill of connection is one of the most powerful tools to promote sustained healthy patterns of behavior.

Family/Childhood traumas and ACE scores in relation to current perceptions and behaviors.

To sign up:

- 1) Preference is referral by health or mental health provider.
- 2) Referral form attached, please fax to 406-306-7934
- 3) Simple screening will be performed prior to admittance into the group - individuals with active SUD, untreated SED/Personality disorders, recent traumas will be encouraged to attend at a later time after treatment of priority mental health symptoms.
- 3) Commitment by clients to attend 12 weeks - full 12 week attendance clients will earn a \$100 gift certificate to selection of local or franchise businesses (Lucca’s, Montana Book and Toy, General Mercantile, Amazon, Target, Walmart, others.). Participants who attend 8-11 sessions will earn a \$50 gift certificate. 1-7 sessions will earn a \$25 gift certificate.

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HEALTHY MINDS/HEALTHY BODIES REFERRAL FORM
FAX TO HEALING MOUNTAIN MENTAL HEALTH 406-306-7934

Name of Health Provider: _____
Phone number of Provider: _____
Address of Provider: _____

Name of Patient: _____
Pronouns/gender identity: _____
Residential Address of Patient: _____
Mailing Address of Patient: _____
Day time phone number: _____
Evening phone number: _____
Email of patient: _____
Preference of contact (circle): email text evening call daytime call ok to leave message
Mental Health Diagnostic Code (if known): _____
DOB: _____
Insurance Name: _____
Insurance number: _____
Group Number (if applicable): _____

Reason for referral: _____

Commitment for 12 weeks confirmed: yes no

Please attach ROI for your practice if you would like Healing Mountain Mental Health to coordinate treatment or update provider on progress.