

Mental Health Clinic Orientation



**Starting January 11, 2023
Every Wednesday at 8:00AM**

Omaha VA Medical Center 8th Floor/ Room# 8613

This Orientation group is for:

- You are new to the outpatient Mental Health Clinic
- You have recently discharged from an inpatient or residential VA program or community program
- Continued management of mental health symptoms and therapy
- Continuation of medication adherence
- Continuation of support in substance use related concerns and triggers
- Continuation of mental health therapy which could include reducing risks of self-harm or harm to others

The period following a discharge, or a new referral, is a crucial time for Veteran's in recovery. During this period, Veteran's in recovery are at increased risk for psychiatric readmission, ER visits, poorer care management and suicide. This engagement today is designed to assess treatment needs, educate you, and encourage follow-up care participation to increase your successful recovery to a quality life. To ensure that Veterans receive the best possible care. Orientation will cover who is on the Mental Health Clinic teams called (BHIP) Behavior health interdisciplinary Team. What are the different type of Evidenced Based Psychotherapies offered. What to expect in Psychotherapy and questions to ask yourself before starting.



U.S. Department of Veterans Affairs

Veterans Health Administration:
Nebraska-Western Iowa Health Care System