

Behavioral health needs are growing in our small rural communities. In fact, this need was reflected in the 2018 county-wide Community Health Needs Assessment. Response to mental health illnesses and prevention tactics for behavioral health has been a priority for Nemaha County for many years.

Nemaha Valley Community Hospital has approached behavioral health needs in multiple ways. Front lines staff members have attended Mental Health First Aide Certification Classes including a class specifically focused on youth. They have access to crisis intervention via telepsych services in the emergency room. They are also working with 16 area peer organizations on a Health Resources and Services Administration (HRSA) grant to provide more inpatient and outpatient resources to the region.

“The gap in the plan is in our rural health clinic. There is a growing need to be able to address behavioral health issues in the primary care setting first,” said Kiley Floyd, NVCH CEO. “Treatment should start with patients with new chronic disease diagnosis or patients in a mental health crisis at the time of their primary care appointment. We cannot wait until these issues become emergent.”

We are excited to announce the addition of Mental Health Therapy to Seneca Family Practice. Kailey Patton, LCMFT, LCAC is providing therapy to patients of Seneca Family Practice.

In today’s managed care environment, clinical mental health providers are uniquely qualified to meet the challenges of providing high quality care in a cost-effective manner.

Talking with a therapist or counselor can help you deal with thoughts, behaviors, symptoms, stresses, goals, past experiences, and other areas that can promote your recovery. Of course, talking with a therapist about personal issues can be tough, but it can help you come to grips with problems in your life. It can also offer an emotional release and a sense of really being heard, understood and supported.

Therapy Services offered in the clinic include: Individual, Couple and Family. A referral is recommended. Please contact your SFP physician at 785-336-6107 for additional information.

NVCH is pleased to share that Dr. Angie Stueve is currently enrolled in the UC Irvine/UC Davis Train New Trainers Primary Care Psychiatry Fellowship. The fellowship is a year-long clinical education program for primary care-oriented

trainees and providers who wish to receive advanced training in primary care psychiatry. Primary care psychiatry is targeted at the most frequently encountered mental health-related disorders and treatments. Primary care providers are trained to:

- Recognize symptoms of common mild to moderate psychiatric conditions
- Complete a quick and targeted assessment
- Provide evidence-based treatment using cognitive therapy techniques, motivational interviewing and appropriate medications

UC Davis launched the fellowship in 2016, enrolling 35 fellows from around California. In 2018 the program was moved to UC Irvine, and since then has grown to the current 2020 cohort of 235 fellows from all over the United States.

“As a family practitioner with more than eleven years of clinical experience, it was becoming increasingly evident in day-to-day practice that a large number of our patients need mental health support. Knowing the limitations of a rural practice in accessing psychiatric care and therapy services I was excited to discover an opportunity for further education through the University of California-Irvine. Through live conferences, twice monthly webinars and monthly one-on-one discussions with clinical psychiatrists I am receiving advanced training in psychiatry. Targeted areas include identification and treatment of common issues such as depression, anxiety and substance misuse. I have found the course to be extremely relevant in light of the current pandemic. I’m eager to use the information I’m learning to help patients that are struggling and may not otherwise have access to mental health services. In addition, I hope to be able to share this knowledge with my colleagues in family medicine. ” –Dr. Angela Stueve

Dr. Stueve will complete the yearlong course at the end of 2020.