



For Immediate Release
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IU HEALTH MORGAN AND CATHOLIC CHARITIES INDIANAPOLIS INC. WORK TOGETHER TO PROVIDE MORE MENTAL HEALTH SERVICES IN MORGAN COUNTY

Morgan County, IN – IU Health Morgan and Catholic Charities Indianapolis Inc. have formed a collaborative partnership to provide the best mental health services for both adults and children referred by physicians at Riley Hospital for Children or Southern Indiana Physicians. Thanks to the generous financial support from the Kendrick Foundation, the purpose of this integrated healthcare partnership will increase options for counseling services available at IU Health/Southern Indiana Physicians, located at 2209 John R. Wooden Drive, Martinsville.

Additionally, it will provide a critical referral resource for local physicians to connect their patients to timely consultation, assessment and treatment of mental health needs. The overall goal is to provide an improved continuum of health care for Morgan County residents, regardless of their ability to pay.

Operating from an integrated health care model, often referred to as interdisciplinary health care, this partnership allows the sharing of resources, ideas and best practices related to patient care as well as establishing comprehensive treatment plans to address physical, psychological, and emotional needs of individuals and families. It takes the collaboration of physicians, therapists, nurse practitioners, and a psychiatrist working together to address the mental health needs of their patients and the community.

The benefits of an integrated health care approach extend beyond patients, caregivers, and providers to a larger health care system. Research indicates integrated health care is effective in reducing childhood depressive symptoms, academic difficulties, and trauma. Further evidence suggests coordinated care, which integrates mental health providers within primary care, can enhance access to services; improve quality of care; and lower overall health care expenditures.

Other benefits and services as a result of integrated health care include:

- Mental health assessment and short-term treatment providing individuals with skills necessary to effectively manage problem areas.
- Diagnosis and treatment of mental and behavioral health problems such as depression, suicide risk, anxiety disorders, addictions, insomnia, etc.
- Consultation and recommendations for family members, individuals, and health care providers.
- Responsive interventions designed specifically for individual and family issues contributing to health care problems.
- Medication management referrals to local psychiatrists.
- Substance abuse assessment, education and treatment referrals.

Indiana University (IU) Health is the largest network of physicians in Indiana. A unique partnership with Indiana University School of Medicine, one of the nation's leading medical schools, gives patients access to leading-edge medicine and treatment options available first, and often only, at IU Health.

Catholic Charities Indianapolis, Inc. was founded in 1919 to serve the poor and hurting of the Indianapolis and surrounding communities. These programs provide quality services in counseling, individual and family support, eldercare, crisis relief and shelter, and pregnancy and adoption services.

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Indiana University Health