

Mat- Su Health Services, Inc
1363 W. Spruce Ave, Wasilla , AK 99654
Tel: 907-376-2411

What is the patient's role?

You are the most **Important** person on the team.

What is your primary care provider's role?

The Primary Care Provider oversees all aspects of your care at the clinic. She works closely with the other members of the healthcare team to make sure you get the best care possible.

What is the care manager's role?

The CM (care manager) works closely with you and the primary care provider to apply a care plan. The CM answers questions about your treatment. He will check-in with you to keep track of your treatment progress.

What is the psychiatric consultant's role?

The psychiatric consult is an expert who is available to advise your care team about diagnostic questions or treatment options, especially if you don't improve with the initial plan. The CM meets regularly with the consultant to talk about progress of your care.

What is the therapist's role?

The role of the therapist is to help the person develop good coping strategies for dealing with everyday stressors. It can give you a new perspective on problems with family, friends, or co-workers. You learn ways to talk to other people about your condition. It helps catch early signs that your depression maybe getting worse.

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Your Collaborative
Care Team

You
Primary Care Provider
Care Manager
Therapists
Psychiatric Consult

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Impact Program

IMPACT (Improving Mood--
Promoting Access to
Collaborative Treatment)



Improving Treatment
Of Depression

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IMPACT Program

IMPACT (Improving Mood--Promoting Access to Collaborative Treatment).

Mat-Su Health Services offers a **Collaborative Care** team that provides treatment for depression and other common mental disorders.

IMPACT intervention provides wrap around services for depression, quality of life, and over all wellness of the individual.

OUR MISSION

Helping to Improve the Health of Our Community, One Person at a Time-- Through affordable medical and behavioral health care.



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Mat- Su Health Services IMPACT Care Team



Susie Dillion, MD
Susie loves dogs.



Donna Newkirk, ANP
Donna loves gardening.



Laina Winters
Therapist

Laina loves to read a great book



Mike Solano
Care Manager

Mike Loves snowboarding



Natalie Velasquez, MD
Psychiatric Consultant

Dr. V loves baking & arts and crafts.



Carlin Evanoff, PAC
Carlin loves to sing.



Ellen Linsley
Therapist

Ellen loves to ski.

We are here to serve you!!

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PATIENT HEALTH QUESTIONNAIRE

PHQ-9

Over the last **2 weeks**, how often have you been bothered by any of the following problems ?

- 1) Little interest or pleasure in doing thing 0. 1. 2. 3.
- 2) Feeling down , depressed, or hopeless 0. 1. 2. 3.
- 3) Trouble falling or staying asleep, or sleeping too much 0. 1. 2. 3.
- 4) Feeling tired or having little energy 0. 1. 2. 3.
- 5) Poor appetite or overeating 0. 1. 2. 3.
- 6) Feeling bad about yourself - or that you are a failure or have let yourself or your family down 0. 1. 2. 3.
- 7) Trouble concentrating on things, such as reading the newspaper or watching television 0. 1. 2. 3.
- 8) Moving or speaking slowly that other people could have noticed. Or the opposite - being fidgety or restless that you have been moving around more than usual 0. 1. 2. 3.
- 9) Thoughts that you would be better off dead, or of hurting yourself in some way
- 10) If you checked off any problems, how *difficult* have these problems made it for you to do your work, take care of things at home or get along with other people?

- ___ Not difficult at all
___ Somewhat difficult
___ Very difficult
___ Extremely difficult

Scoring Index:

- 0) Not all**
- 1) Several days**
- 2) More than half the days**
- 3) Nearly every day**