

# Community First Program

## **For: Chelan Valley Community Members**

The COVID 19 outbreak and stay at home orders have impacted people in our community in many ways. In the atmosphere of uncertainty and stress which has resulted, many have experienced a range of emotional concerns including anxiety, ongoing worry, and depressed mood. Lake Chelan Community Hospital hopes to assist those impacted. We are offering behavioral health services to those in our Lake Chelan Valley community who are experiencing the emotional impact associated with the coronavirus. These services apply to family and household members 16 years of age and older.

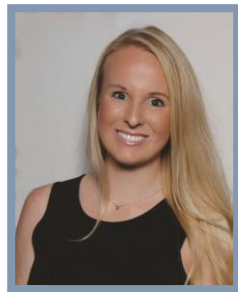
Our services will include an initial evaluation, consultation for medication management as well as follow up counseling sessions. The overall goal will be to help people get through this uncertain and challenging time. Our team includes two psychiatric mental health nurse practitioners and a psychologist. We are part of the Lake Chelan community and look forward to assisting you. Services will be provided without charge. We will also be offering informational groups on coping with the impact of the coronavirus on people's lives. For further information or to schedule an appointment, call 509-682-6134.



Kathy Hevly  
MSN, PMHNP-BC



John Arnold  
Psychologist Ph.D.



Lindsay Richerson  
DNP, PMHNP-BC