

Need to talk?  
Is the COVID-19 pandemic  
causing family or job stress?  
**\*\*FREE counseling\*\***  
by phone is available!



**FREE!**

## CGH Ways to Wellness

Effective treatment/counseling for individuals and families with **emotional** and/or **behavioral** health needs.

The **CGH Ways to Wellness** program works with youth, families and adults.

### WHO BENEFITS?

- Individuals who are **patients of CGH Medical Center.**
- Individuals with a medical concern and any mental health symptoms or substance use, as well as anyone who might benefit from the services listed at right.



**Lakyn Waldschmidt,**  
**BS, MHP**  
CGH Ways to Wellness  
Coordinator



*Medical providers and Sinnissippi Centers are working together to assist you and your family in managing the complexities of your medical and behavioral health needs.*

*The Ways to Wellness Coordinator will work with the individual's CGH provider to insure quality care to meet the needs of the patients and provide whole healing of their mind, body and spirit.*

*This program is funded by the CGH Health Foundation.*



### Services Provided

- **Screening** for mental health/substance use concerns.
- **Assistance** in obtaining insurance coverage.
- **Assistance** in locating a medical provider.
- **Emotional support.**
- **Basic needs** such as housing, nutrition assistance (food pantry), TANF, and employment.
- **Connection** to support groups.
- **Counseling** services provided.
- **Other services** as needed.

Ways to Wellness provides expert **assessment, brief targeted intervention, and individual therapy** for social, emotional and environmental issues that impact client/family ability to optimally benefit from care.

**Questions/Referrals?** Contact Lakyn Waldschmidt, BS, MHP, Ways to Wellness Coordinator and Sinnissippi Centers mental health professional, at **(815) 677-6172** or email her at **Lakyn.Waldschmidt@cghmc.com.**



For more  
information on  
other services