



**ViaQuest**  
Solutions for Independence

## Psychiatric & Behavioral Solutions



ViaQuest Psychiatric & Behavioral Solutions offers comprehensive, community based therapeutic services to children, adolescents, and adults with mental health and behavioral needs. Treatment needs may involve past trauma, anxiety, depression, anger, problems related to self-image, delinquency, sexual offenses, workplace behaviors or other concerns that detract from the quality of life.

### ASSESSMENT

- > Comprehensive diagnostic assessment to gather historical information, clarify diagnosis, identify strengths and assist the individual/family in developing goals based on their stated needs.

### COUNSELING SERVICES

- > Individual and group therapy services are provided by licensed staff and can be provided in the nursing or assisted living facility, our office, workplace, home or community setting.
- > Development of comprehensive treatment plan incorporating all services provided to treat mental health symptoms and behavioral concerns.
- > Session frequency is based on individual needs identified in the assessment.
- > Groups available are based on need but can include anger management, self-concept, social skills, and trauma, and communication skills.

### PSYCHIATRIC SERVICES (MEDICATION MANAGEMENT)

- > Only provided to individuals with intellectual & developmental disabilities, contracted facilities, and individuals/families in our deaf services program. If interested in contracting for psychiatry services, please contact Kayla Bell at [Kayla.Bell@ViaQuestinc.com](mailto:Kayla.Bell@ViaQuestinc.com).

### THERAPEUTIC BEHAVIORAL SUPPORT (TBS)

- > Traditionally referred to as mental health case management, our TBS specialists work on day to day behavioral skills in the present and can serve as an advocate for clients who are unable to advocate for themselves.
- > Provided individually or in a group setting by staff trained to work with individuals experiencing mental health symptoms.
- > Focuses on symptom management, life skills, and coping mechanisms.
- > Coordination with community services (nursing facilities, county boards, day programs, residential services, primary care).
- > Skill building including social, emotional, stress management, anger management, communication and interpersonal relationships.
- > Crisis intervention and prevention.
- > Monitor symptoms and progress towards goals.
- > Training of support systems including direct staff on specific client triggers, deescalation techniques, and interventions in client specific mental health treatment plan.

### WHAT IS PHARMACOGENETICS?

- > Through ViaQuest's Pharmacogenetics testing, a simple, noninvasive swab of the mouth, we are able to assess an individual's metabolism and ability to process medications to determine which medications work best based on their genetic makeup. This allows us to eliminate unnecessary medications as we're only prescribing the most effective medications for each client. *(Individuals must be enrolled in our psychiatric services to be eligible for pharmacogenetic testing.)*

For more information or to schedule an appointment call 855.289.1722