

# Watauga Behavioral Health Services



## Outpatient Services

Our outpatient services help you address mental health, co-occurring and substance abuse issues including depression, anxiety, mood disorders, and problems with alcohol or drug use. Our qualified clinicians offer individual, group or family counseling services.

## Psychiatric Services

We offer evaluation and monitoring for those who may need medication as part of their comprehensive treatment plan. These services are provided by highly skilled psychiatrists and advanced practice nurses.

## Case Management

Our case managers help link you to other services you may need on your road to recovery. Case managers help monitor your progress and advocate for your needs.

## Other Community-Based Services

Frontier Health believes in connecting you with needed support including:

- Psychiatric Rehabilitation
- Recovery Education
- Peer Wellness and Support
- Job readiness
- Employment Programs
- Housing
- Community Justice Services

**24 hr Crisis Hotline**  
**(877) 928-9062**



**Frontier Health®**

*Where* People Are Important

## **Mother-Child Connection**

Since 1994, Frontier Health has provided substance abuse services for women who are pregnant, new mothers or women with minor children.

Mother-Child Connection offers treatment that helps you deal with the unique problems and treatment barriers you face in recovery. Women's recovery helps empower you to begin and maintain recovery and helps you build a healthier family.

## **Intensive Outpatient Program (IOP)**

We offer an alcohol and drug treatment program in a three-hour group format four days a week.

IOP helps provide education and relapse prevention techniques and helps you learn ways to change behavior to promote your recovery. This program also helps address the mental health issues you may have.

## **Watauga Health Services**

109 W. Watauga Ave.

Johnson City, TN 37601

Tel: (423) 232-2600 • Fax: (423) 232-2646



## **Commission on Accreditation of Rehabilitation Facilities**

Frontier Health outpatient and case management programs are accredited by CARF.

This division receives funding from the Tennessee Department of Mental Health and Substance Abuse Services.



Department of  
**Mental Health &  
Substance Abuse Services**