



**WAIMĀNALO**  
HEALTH CENTER

## **Behavioral Health Services Frequently Asked Questions**

### **What is behavioral health?**

Behavioral health is often used to describe the connection between behaviors and the health and well-being of body, mind, emotions and spirit. Behavioral health at Waimanalo Health Center includes a team of providers trained in psychology that provide counseling services in scientifically proven ways to help people develop healthier, more effective behaviors. We provide you with a supportive environment that allows you to talk openly with someone who's objective, neutral, non-judgmental and most of all, supportive. Together we'll identify and change the thought and behavior patterns that prevent you from being your best.

### **Do only “crazy” people see behavioral health?**

No. According to the National Institute of Mental Health, 1 in 4 people have a diagnosable mental health condition. Unfortunately, many of these people do not seek behavioral health services that they could benefit from because of the perceived stigma. Today, many people living normal lives see behavioral health because the stress of everyday problems can become overwhelming at times. Even celebrities like Halle Berry and Catherine Zeta-Jones have seen behavioral health to seek help.

### **What can I expect when I first meet with behavioral health?**

We strive to provide you with a safe, respectful and comfortable environment. We'll talk story for about 45 minutes about what your concerns, strengths, and personal goals for talking with us are, and come up with a plan together to make things a little easier. At the end, we'll decide about how often we would meet in the future depending on your concerns and goals. We'll ask for feedback about how this meeting went, as we want to make sure we're providing the best service possible to help you.

### **Does therapy really help?**

Over 30 years of research shows that therapy works! Study after study show that people that seek therapy often do better than those that don't. To make sure we're helping, we'll seek your feedback on how therapy is going for you. We realize that it does take some courage to talk about your life to a complete stranger; and often this is the first courageous step to leading the life you want to.

### **How long will I need to be in treatment for?**

The length of treatment depends on several factors, particularly the complexity of problems that you present with. Treatment could be a couple sessions to several months of treatment. Our team works efficiently and effectively and will continuously assess with you about how treatment is progressing to make sure you're receiving benefit.

### **How long are appointments?**

The first appointments are usually 60 minutes and follow-up appointments are 45 minutes long.

### **What if I need medications to help me with my problems?**

At Waimanalo Health Center, we aim to be your patient centered medical home. Therefore, we work closely with your primary care physician to prescribe medications that have the best chance of reducing symptoms and helping you feel better.