



## Integrated Care and Prevention (ICP)

Centerstone's Integrated Care and Prevention provides services for adults (18+) in Tennessee's Montgomery and Stewart Counties who have a mental illness and/or substance use disorder. Evidence shows that integrating behavioral and physical healthcare and prevention services through care coordination can lead to better outcomes.

Mental illness, when combined with chronic physical health conditions like HIV/AIDS and hepatitis, affects all areas of a person's life and may result in complex challenges to overcome. In such instances, Integrated Care and Prevention uses proven treatment methods to help individuals improve overall health and maintain active and fulfilling lives.

### Features

Integrated Care and Prevention services include:

- Individual and group psychoeducation
- Wellness coaching
- HIV testing for individuals
- Case management and care coordination
- Referrals to and coordination with physical health services, including HIV/AIDS and hepatitis, as needed
- Individual and group therapy

### Evidence-Based Treatment

Participants have the opportunity to receive several evidence-based treatments, including:

- *The Community-Friendly Healthy Recovery Program*—helps clients identify risky behaviors and harm reduction techniques associated with HIV and Hepatitis
- *DIMENSIONS: Tobacco Free Program*—provides adults who want to quit smoking with tools and support to achieve their goals
- *Nutrition and Exercise for Wellness, and Recovery*—addresses how to make behavioral changes in nutrition and physical activity
- *Chronic Disease Self-Management Program; Integrated Illness Management and Recovery*—both build participants' confidence in managing their health and maintaining active and fulfilling lives

### Cost of Services

Funding for Integrated Care and Prevention is provided by a grant from Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS).

*ICP helped me know more about health conditions like HIV. If I had the information sooner, it would have been life changing. I have enjoyed what I get out of my sessions at Centerstone.*

—Antonia P.

**Contact Us Today in Clarksville at (931) 920-7278**

#### About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance abuse treatment, education and support to communities in Florida, Georgia, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Centerstone's Research Institute improves behavioral healthcare through research and technology. Centerstone's Foundation secures philanthropic resources to support our work. For more information, visit [centerstone.org](http://centerstone.org).