



# Family mental health care—without the wait.

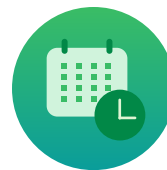


From coaching to therapy and psychiatry, Bend Health takes a whole-person, whole-family™ approach to behavioral care. We support kids and teens ages 1 to 17.

## Bend Health can help with:

Bend Health has specific care plans designed for general concerns and specific conditions.

- Parenting concerns
- LGBTQIA+ supportive care
- Sibling rivalry
- Stress
- Sleep issues
- Social media and technology addiction
- Anger issues
- Worries and anxiety
- Depression
- Trauma
- Executive functioning concerns
- ADHD
- OCD
- Substance use (if mild-moderate and no detox is needed)



### APPOINTMENTS AVAILABLE IN DAYS

(Compared to typical wait times of 6-12 months.)



### ONLINE AND LICENSED IN EVERY STATE

Insurance accepted!



**Signing up takes 10 minutes at [bendhealth.com/covered](https://bendhealth.com/covered)**

01

#### Create an account

And add your child's information.

02

#### Assess your child's symptoms

Comprehensive, clinically validated.

03

#### Meet your care team

Get a personalized care plan and your first appointment in days.

# Bend Health offers 4 types of care.

Practitioners work as collaborative teams designed around the unique needs of each kid, teen and their family. All teams are clinician-supervised.

## COACHING

- Comprehensive evaluation and treatment plan within days
- One-on-one live video sessions with coach and unlimited messaging with care team between sessions
- Collaboration with primary care physician (medical behavioral integration)
- Parent skills training plus kid and teen cognitive and behavioral techniques clinically proven to help
- Access to learning resources to help build skills and learn to overcome challenges
- Utilizing measurement-based care with objective assessments, progress reports, and real-time video updates with care team
- Dedicated behavioral care manager

## COACHING + THERAPY

Everything offered in our Coaching Care Program, plus:

- One-on-one live video sessions with therapist (in addition to coaching sessions)

## COACHING + THERAPY + MEDICATIONS

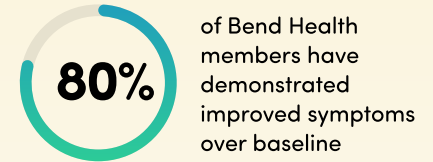
Everything offered in our Coaching + Therapy Care Program, plus:

- Comprehensive evaluation and treatment plan by a child and adolescent psychiatric provider within days
- Monthly evaluation and updates with psychiatrist, including medication management (if necessary)

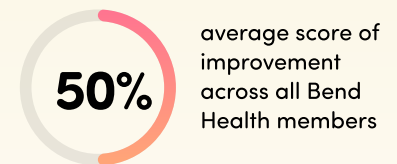
## COACHING + MEDICATIONS MAINTENANCE

- Monthly check-ins with coach
- Psychiatric provider check-ins every 3 months

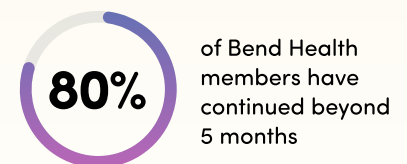
## Results that speak for themselves:



**“My daughter is better, it seems to be working!”**



**“[I was surprised] how quickly the treatment plan started and how quickly it worked.”**



**“I have already referred [people to] Bend Health, and they are using you now.”**

## Bend Health works in care teams

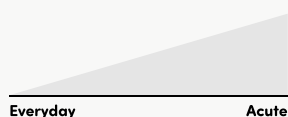
### Behavioral Care Manager

#### PSYCHOLOGY-RELATED DEGREE

Guides patients and coordinates care with internal and external care teams.

#### SYMPTOM SEVERITY:

N/A



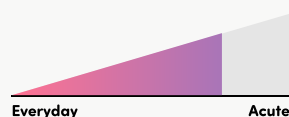
### Mental Health Coach

#### MASTER-LEVEL OR CERTIFIED COACH

Teaches skills and the application of those skills to reach goals and make every day a little better.

#### SYMPTOM SEVERITY:

None to moderate.



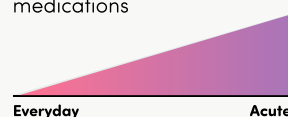
### Therapist

#### LICENSED THERAPIST

Diagnoses patients, provides therapy with focus on past experiences, supervises teams.

#### SYMPTOM SEVERITY:

Symptoms not requiring medications



### Psychiatric Provider

#### PSYCHIATRISTS & NURSE PRACTITIONERS

Diagnoses patients, prescribes meds, supervises teams.

#### SYMPTOM SEVERITY:

Symptoms benefiting from medications

