

# BENEFITS OF CHAPLAINCY BEHAVIORAL HEALTH

Working through life's challenges can be easier when you have help managing change and navigating uncertainty. The experienced team of counselors from Chaplaincy Behavioral Health can help you restore lost connections, transform trauma, regain control and find new strength. You can receive expert guidance by meeting with one of our professional counselors in our office, or if you are homebound we can come to you.

- Licensed therapists offer evidence-based treatments that have proven results.
- Services emphasize improving the two things that matter most - quality of life and relationships.
- Counseling is for individuals, couples, children or families and is culturally sensitive and bi-lingual.

*We can help you right now.  
Call (509) 783-7417  
se habla espanol (509) 460-5804*

## CHAPLAINCY HEALTH CARE'S MISSION

The team at Chaplaincy Health Care focuses on the entire person - their physical, emotional, and spiritual needs. We guide, comfort and care for people experiencing serious illness, end of life, behavioral health issues, personal crisis and loss.

### Chaplaincy Health Care offers the following programs and services:

- Hospice Care
- Palliative Care
- Grief Care
- Cork's Place - grief care for children and teens
- Contract Chaplain Services
- Behavioral Health Therapy



Expert Guidance  
During Life's  
Challenges



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KENNEWICK, WA 99336  
(509) 783-7417  
CHAPLAINCYHEALTHCARE.ORG



## WHAT TYPES OF LIFE CHALLENGES CAN BE ADDRESSED?

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Chaplaincy Behavioral Health focuses on the two things that matter most – quality of life and relationships. We can help you work through many different challenges including:

- Trauma
- Painful past experiences
- Depression
- Anxiety
- Parenting concerns and raising respectful, resilient kids
- Loss
- Life-changing illness
- Marriage/relationship issues
- And more...

Our professional counselors are trained in many different evidence-based treatments such as:

- Gottman Method of Couples Therapy
- Emotion Focused Therapy
- Trauma Focused CBT
- Lifespan Integration
- Triple P Parenting, Emotion Coaching and parent education
- Narrative Therapy
- CISM (Critical Incident Stress Management)

## GETTING STARTED

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If you'd like to learn more about Chaplaincy Behavioral Health give us a call to schedule a free initial consult with one of our counselors.

- Counseling can be provided in English or Spanish.
- Therapy is typically covered by your insurance with your usual co-pay. We accept Medicare, Medicaid and most private insurances.
- Our fees are flexible. We offer scholarships for adolescents and low fees or no fees for individuals needing financial aid.

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## WHO ARE YOUR COUNSELORS?

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Our licensed behavioral health counselors each have specialized training and experience in various areas to help you with whatever challenge you may be facing.



**Tom Adams, LMFT, M.Div**

Tom Adams has been a registered mental health specialist since 1993 and a licensed Marriage, Family and Child Therapist since 2008. He specializes in helping make relationships work better and helping people who have suffered a major health crisis regain emotional balance, meaning and purpose.



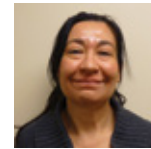
**Julie Schmidt, MSW, LICSW**

Julie has nearly 20 years of experience working with people dealing with chronic and acute medical and mental health issues, grief and loss. She's worked in a variety of settings including community mental health, hospitals, palliative care and hospice programs.



**Joshua Long, LMHC**

Josh works with individuals, couples, children and families who want to strengthen their relationships and is specially trained to work with survivors of traumatic experiences. He is one of only two counselors in the Tri-Cities certified in Triple-P Parenting and provides counseling in both English and Spanish.



**Teresa Avalos, LMHC**

Teresa has practiced counseling in the Tri-Cities for almost 20 years. She is bilingual and bicultural and provides services in English and Spanish. She treats an array of mental health conditions, behavioral problems, life, and work issues. She specializes in the treatment of trauma and anxiety disorders.



**Natalie Lockhart, LMHC, CMHS**

Natalie Lockhart has been Registered Mental Health specialist since 1997, a Licensed Mental Health counselor since 2005, and a Child Mental Health Specialist since 2006. She incorporates a strength-based approach in her counseling and believes that building on individual strengths is a necessary part of the therapeutic process.