

JOIN US

CHR is pursuing a variety of ways to help its clients obtain quality primary care and wellness services. In addition, CHR is partnering with primary care practices to bring vital behavioral healthcare services to more people in our region. We recognize that primary care is not always “one size fits all,” especially when helping men and women with multiple and complex health needs.

To learn more about partnering with CHR for the benefit of your patients, please contact Heather Gates, President and CEO at hgates@chrhealth.org.

CHR was recently voted as the number-one **TOP Work Place** among large employers in the region.



www.chrhealth.org

What does integrated care look like?



REAL LIFE. REAL HOPE.

Amy is a grandmother in her early 60's who had to resign from her job when her behavioral health challenges, including major depressive disorder and anxiety, became overwhelming. She also suffers from diabetes, thyroid problems, hypertension, migraines and sleep apnea.

At the suggestion of her therapist at CHR, Amy joined CHR's integrated care program in Manchester. Now, her care is coordinated by a team of professionals who help her manage all of her medications, advocate for her, and continue to encourage her to participate in wellness programs including nutritional groups, mindfulness meditation and disease management groups. Plus, she is now getting her primary care at CHR.

Brian is a middle-aged man living with severe PTSD, bi-polar disorder, social anxiety, a history of substance abuse and multiple chronic health conditions including diabetes, severe asthma, sleep apnea and hypertension.

A longstanding client at CHR, Brian inquired about joining one of the newly formed wellness groups offered through CHR's integrated care program in Manchester last year. His therapist quickly helped to make this happen.

A few months later, Brian's insurance changed and he needed to find a new PCP so he joined the primary care practice at CHR. He's extremely happy with his new doctor who continues to encourage him to participate in all of the wellness programs and has helped him navigate some challenges associated with both his behavioral health and physical health needs.

While she is still trying to lose weight, her eating habits and exercise patterns have improved and her blood pressure is now in a healthy, normal range. Amy is on the road to better health, thanks to an integrated approach to care.



In one year, he has lost more than 20 pounds, experienced fewer hospitalizations, dramatically improved his blood pressure and has gained a circle of supportive peers through the wellness groups. By all measures, Brian's health has improved because of integrated care.

