



## Contact Information

### *By Phone:*

**(360) 261-6930 or (855) 303-4834**

### *Fax:*

**(360) 748-4480**

### *Office Locations*

#### ***Cowlitz County***

1128 Broadway Street  
Longview, WA 98632

#### ***Lewis County***

1707 Cooks Hill Rd  
Centralia, WA 98531

## General Outpatient Services

Community Integrated Health Services (CIHS) now provides regular outpatient therapy services in all counties. Services include individual therapy and group therapy, and medication management.

Serving Cowlitz, Grays Harbor, Lewis,  
Pacific & Wahkiakum Counties

*"Behavioral health means the promotion of mental health, resilience and wellbeing; the treatment of mental and substance use disorders; and the support of those who experience and/or are in recovery from these conditions, along with their families and communities." (www.samhsa.gov, 2018)*



[www.cihealthservices.com](http://www.cihealthservices.com)

## Behavioral health for the whole you

CIHS offers services for individuals and families who are in need of behavioral health support. You're not alone – we are here to help you. We offer many options for people with emotional, mental, and addiction problems. We will work with you, get to know you, your beliefs, your background, your life history to develop a treatment plan that works to meet your recovery goals.

Everything about you is interconnected: mind, body, spirit. Struggles with mental or emotional issues such as depression, anxiety, addiction can get in the way of your relationships, your work, and other areas of your daily life. We can help you.



## What is CIHS?

Community Integrated Health Services (CIHS) is a state-licensed community behavioral health agency. Our team of mental health therapists, substance use professionals, psychiatric advanced registered nurse practitioners, and psychiatrists work to provide quality, individualized services. Our staff receive in-depth training on evidence-based practices to ensure we provide the best tools to help our clients lead healthy lives.



## Who is eligible?

We serve clients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. If needed, we work with credentialed interpreters to help us better serve culturally diverse communities. Our providers use multidisciplinary practices to develop and maintain your personalized treatment goals. Clients are encouraged to include their families and members of their social support system in their treatment. CIHS accepts Medicaid, other state insurance coverage, private contracts, and self-pay.

## How does it Work?

Call us. We will set up an appointment for an assessment, where you'll talk about what you're experiencing, why you're seeking care, things you can do now to support your behavioral health, and what you hope to achieve through treatment.

Our professional and caring staff can:

- Help you overcome challenges
- Work with you to create a treatment plan based on your unique needs, challenges, and goals.
- Collaborate and provide integrated care with your primary medical care team.
- Assist with Managed Care Organization (MCO)

We are here to help you. Call us now.

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OR

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**COMMUNITY  
INTEGRATED**  
Health Services