

# BEHAVIORAL HEALTH SERVICES THROUGH THE EMPLOYEE HEALTH CENTERS

Adams County is happy to announce expanded services through the employee health centers. CareHere has partnered with MINES and Associates to provide behavior health services to eligible Adams County employees and their dependents. Adams County realizes that getting access to convenient mental health services can be difficult and this is a way to bring more services to our employees.

Until further notice, all appointments will be virtual. You'll have the opportunity to choose either a telephonic appointment or a video appointment with the therapist.

**Virtual-only (phone or video) appointments available starting July 13, 2020**

**Tuesdays: 8:00 AM - Noon & 1:00 PM - 5:00 PM**

**Wednesdays: 8:00 AM - Noon & 1:00 PM - 5:00 PM**

## Making an appointment is easy.

Call MINES at **303.832.1068** or **800.873.7168**, tell them you are with Adams County and would like to schedule an appointment for therapy. The staff will ask you some questions, set up your patient record and schedule an appointment.

### COST

- **Free:** Employees and their dependents who are enrolled in the Kaiser, United Healthcare EPO or United Healthcare Doctor's Plan medical plan
- **\$35 Co-Pay:** Employees and their dependents who are enrolled in the United Healthcare High Deductible Healthplan.
- **\$35 Co-Pay:** Benefit-eligible employees who have waived medical coverage.

### SERVICES

No matter what you are experiencing, you can get an assessment for your mental health and substance use disorder needs. If it is severe enough to warrant more than outpatient treatment (just like on the medical side), MINES will help you access services at a higher level of care through your insurance. Over 80% of the problems people may have can be treated in five sessions or less. If you need more, you and the therapist will discuss the treatment plan and implement more sessions.

**Crisis Counseling:** MINES provides 24/7 crisis back-up for the on-site therapist.