



About Us:

We are a private, nonprofit organization that serves 4,000 patients each year. As the state-designated Community Mental Health Center (CMHC) serving Belknap and Southern Grafton Counties, we serve residents of the 24 towns of: Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Thornton, Tilton, and Wentworth.

We work in partnership with other healthcare providers, area hospitals, law enforcement, corrections, courts, school districts, public health officials, and other community agencies to provide a continuum of care for our patients and improve the quality of life in the Lakes Region.

LRMHC accepts most major medical insurances, Medicaid and Medicare, and offers a sliding scale for patients who meet financial guidelines. We offer help with completing application forms. Co-pays are expected at the time of service.

Mission: To provide integrated mental and physical health services for people with mental illness, while creating wellness and understanding in our communities.

Vision: We are the community leader providing quality, accessible, and integrated mental and physical health services, delivered with dedication and compassion.

Diversity: We are dedicated to providing a welcoming, inclusive atmosphere, for everyone, where all voices are heard and diversity is celebrated.



Phone Number

603-524-1100



Website

www.lrmhc.org



Our Locations

40 Beacon St. E. Laconia, NH 03246
81 Highland St. Plymouth, NH 03264

LRMHC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, religion or sex (including pregnancy, sexual orientation, and gender identity). LRMHC does not exclude people or treat them differently because of race, color, national origin, age, disability, religion, or sex (including pregnancy, sexual orientation, and gender identity). LMRHC provides free aids and services to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic formats, other formats), language services to people whose primary language is not English. If you need these services, contact us at the number above.



Lakes Region Mental Health Center

Promoting Healthy Minds Since 1966

Child & Family Services



Respect | Advocacy | Integrity | Stewardship | Excellence | Diversity

Services*

TREATMENT PLANNING

Each child's treatment plan is designed to meet their unique needs. You and your child help determine the treatment goals. Remember, every child is different. While some children may only need a few counseling sessions, others may face challenges that require more services.

INDIVIDUAL THERAPY

This one-on-one service helps decrease distress, reduce symptoms, and improve positive behaviors. Play is often a part of the therapeutic process - it is the language of childhood and a less threatening way for children to express their inner world.

FAMILY THERAPY

Family members work together to develop more effective strategies for functioning and communication.

GROUP THERAPY

With the guidance of a therapist, participants learn new ways to manage problems and learn skills to improve their problem-solving skills.

ACUTE CARE SERVICES

Available 24 hours a day, our emergency services staff is prepared to respond to anyone experiencing a mental health crisis. Services are offered in person, over the phone or via telehealth. Call 833-710-6477.

**Services may be dependent on insurance coverage.*

MEDICAL SERVICES

This service includes psychiatric assessment, medication needs, and ongoing medication follow-up. The medical team works in partnership with the child's treatment team.

FUNCTIONAL SUPPORT SERVICES

Functional Support Services are provided in the community, at home, in school, or in other daily settings. This community-based service helps the child learn and practice skills where they live, learn and play. FSS provides caregivers with the skills and resources they need to better support the child.

CARE MANAGEMENT

Care Managers fill an important role by helping children and their families gain access to a variety of community-based services. They work with the child and family to provide referrals to medical, social, and educational resources, and collaborates with schools and any other agencies the child or family is with.

PROJECT RENEW

Resilience, Empowerment, and Natural supports for **E**ducation and **W**ork is a youth-directed individualized wraparound process for youth with emotional and behavioral challenges as they transition from school to adult life.



EVIDENCE-BASED PRACTICES

Our therapists are trained in a variety of practices including:

- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- EMDR Therapy
- MATCH
- Dialectic Behavioral Therapy (DBT)
- Art Therapy
- Substance Misuse Treatment
- Child Parent Psychotherapy (CPP)

