

Champion State of Mind

Mental Health Solutions Focused on You

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To the Members of the CSM community,

We at Champion State of Mind have been closely monitoring the continuous changes happening in our communities regarding the Coronavirus (COVID-19). Up to this point all our offices have been operating as normal, however, with the disease now established in the US, we are intensifying our institutional response.

Your physical and emotional health are our greatest focus. Based on public health recommendations of social distancing, Champion State of Mind will be moving to Telehealth services within the next 72 hours to ensure you continue to have access to care, but that you do not have to be concerned about possible exposure in waiting rooms, offices, etc. All therapy sessions through Champion State of Mind will be performed via Telehealth through April 17th, 2020 unless further public health recommendations are made which may extend this deadline. While your provider has not been exposed, we are taking the utmost care and implementing a proactive approach for everyone's protection.

Due to this recommendation, within the next 24 to 72 hours, you will be contacted directly by either your provider or a support staff member to discuss your upcoming therapy sessions for the next four (4) weeks. During this contact, information related to scheduling, contact information and Telehealth instructions will be discussed. We are also happy to answer any questions that you might have regarding the current situation.

Attached, please find a handout on Telehealth therapy as well as instructions on how to attend your Telehealth session. For young children, we will be meeting with parents in lieu of child or play therapy to give you strategies to practice with your child during this unique time.

Please do not hesitate to contact our offices at 1-800-592-0180 and choose from the listed extensions to reach your nearest office location. As well, you can also email us at info@championmind.org with any questions or concerns.

As always, your health and safety are our top priority as well as providing exceptional healthcare services. We will continue to work together throughout the next weeks in response to the unfolding events surrounding the Coronavirus (COVID-19).

We appreciate your patience and commitment,



MS. LMHC, NCC

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