

Holston Counseling Center



Adult Services

Frontier Health Strives to meet the needs of each individual; we understand that circumstances and life changes have different challenges.

- **Therapy Services:** Therapy services involve therapists assisting individuals with a variety of behavioral problems to include depression, anxiety, mood and thought disorders and substance abuse issues. This can be through individual, group or family therapy.
- **Psychiatric Services:** Psychiatrist and Nurse Practitioners are available to provide medication evaluation and monitoring for those who need medication as part of their treatment plan.
- **Care Management:** Care managers help link the individual with resources to support their mental health and medical needs and goals. This is often completed in the community or in the home.
- **Community - Based Services:** Based on need, some individuals may access other community-based services such as vocational services, housing referrals, and psychosocial rehabilitation.
- **Specialized Substance Abuse Services:** Trained substance abuse professionals assist individuals in addressing abuse and addiction issues.

Frontier Health accepts most private insurances, EAPs, and TennCare. Frontier Health also offers a variety of grants for those who might be eligible.



Service Listing - Adult Services

- Individual Therapy
 - Couples/Family Therapy
 - Alcohol and Drug Evaluations
 - Mental Health Evaluations
 - Relapse Prevention Group
 - Anger Management Classes
 - Intensive Outpatient Group for Substance Abuse and Co-Occurring Disorders
 - Substance Abuse Counseling
 - Psychiatric Medication Services
 - Criminal Justice/Mental Health Liaison
 - Adult Case Management
 - Peer Support
 - Other Community Based Services
-



Holston Counseling Center

1570 Waverly Road

Kingsport, TN 37664

Tel: 423-224-1300 • **Fax:** 423-224-1375

24 hr Crisis Hotline
(877) 928-9062 or 988

This division receives funding from the Tennessee Department of Mental Health and Substance Abuse Services.

