

NOW

New Opportunities for Wellness

Welcome!

The New Opportunities for Wellness (NOW) Clinic provides rapid access to behavioral health treatment for adults in Bexar County. Our providers partner with you to create an individualized treatment plan that helps you achieve your personal goals for wellness.

The NOW provides five kinds of services:

- Medication management—provided by a doctor or advance practice nurse practitioner.
- Counseling—individual, couples/family, and group therapy are available.
- Care coordination—provided by a case manager or social worker, who helps you access the services you may need such as insurance, prescription benefits, and connections with providers in the community.
- Crisis support—during business hours (M–F, 8 AM–4 PM), you may come to the Living Room at the clinic for help with mental health crises instead of going to the emergency room—no appointment needed.
- Peer support—you may connect with a certified Peer Specialist who has lived experience of mental health recovery for support and guidance about other aspects of your treatment and personal goal achievement.

Important Information

Scheduled and Missed Appointments

- Cancellation policy: If you need to cancel or reschedule an appointment at the NOW, please call 210-450-7222 **24 hours in advance**.
- You will be discharged from the NOW Clinic if **you no-show three appointments** with any provider in a 12-month period. A no-show constitutes missing or canceling an appointment an hour or less before the scheduled time.
 - If you are discharged, a case manager will help you find long-term care, if needed

Emergencies

For ANY physical health emergency, please call 911 or go to the nearest emergency room. In case of a mental health emergency outside of business hours, options include

- Calling 911
- Going to the nearest emergency room
- Calling the Mobile Crisis Outreach Team (MCOT) at 210-223-7233
- Calling 210-450-7222 for on-call physician services

Parking

Patient parking is in front and on the sides of the building. There is no charge for parking.

Bus Lines

501, 609, 604, 607

Location: 5788 Eckhert Road, San Antonio, TX 78240
Phone Number: 210-450-7222



Welcome to the NOW Clinic!

We offer rapid access to behavioral health treatment for adults in Bexar County. Our providers partner with you to create an individualized treatment plan that helps you achieve your personal goals for wellness.

Plan

- ✓ Collaborate with your NOW providers to develop a short-term plan that targets your most distressing and disruptive symptoms.

Treatment

- ✓ Treatment may include short-term psychotherapy (individual or group), skills training, and/or medication management.

Long-Term Goal

- ✓ Develop a plan with your providers to use self-management strategies.
- ✓ Collaborate with NOW providers to determine when/if you need more intensive treatment.
- ✓ Connect with community resources with help from NOW staff.

Call 210-450-7222 to schedule an appointment
Monday–Friday, 8 AM–5 PM

Services We Offer

Evidence-based Psychotherapies

Individual Therapy

- Cognitive Behavioral Therapy (CBT) for depression and anxiety
- CBT for psychotic symptoms
- Cognitive Processing Therapy (CPT) for trauma-related experiences
- Dialectic Behavioral Therapy (DBT) for emotion management

Group Therapy

- DBT Skills Training Groups
- Therapist-led support groups
- Peer-led groups

Medication Management

Case Management

Peer Support

Therapy Dogs



NOW Clinic
UT Health San Antonio
Behavioral Health and Wellness Center

5788 Eckhert Road
San Antonio, TX 78240



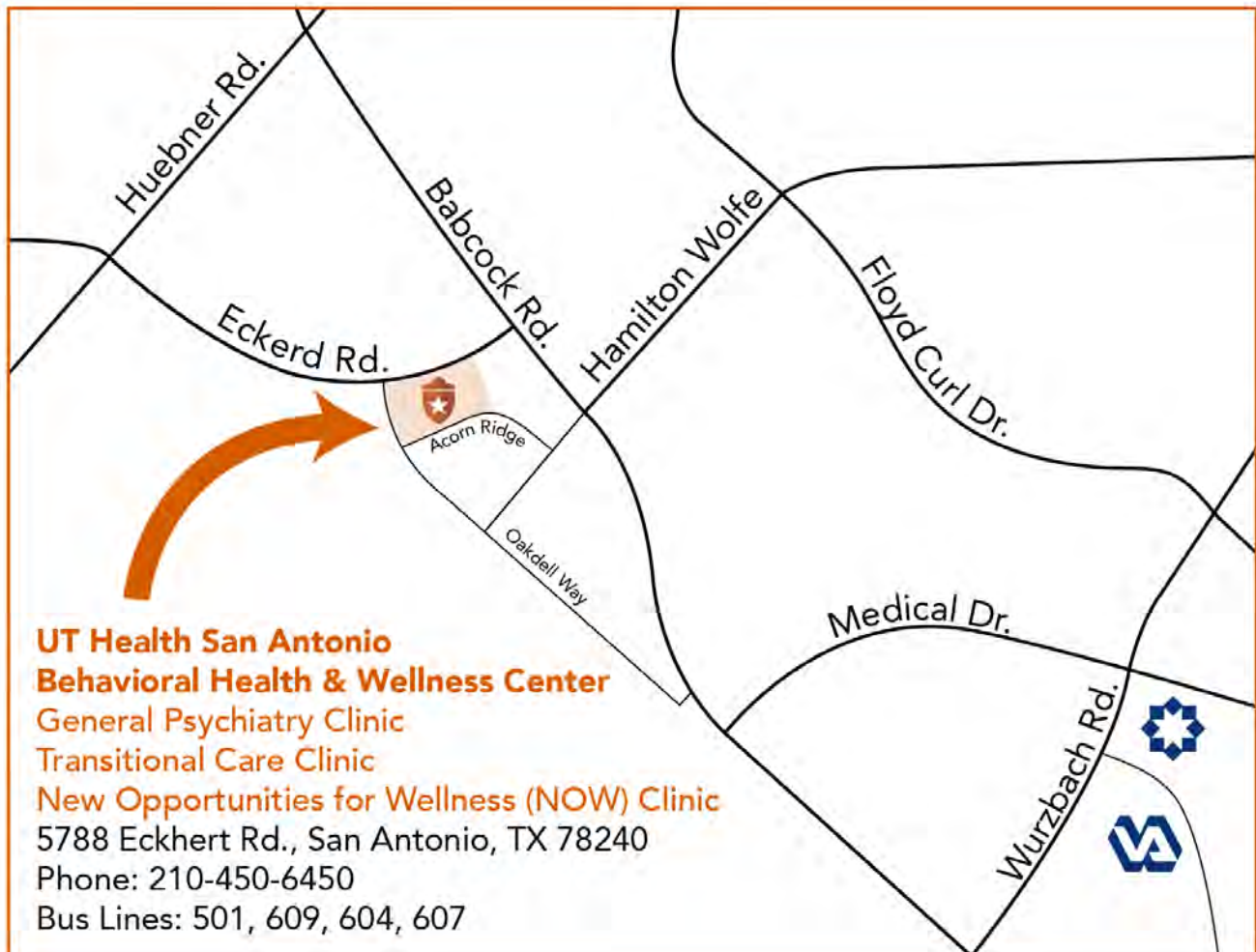
*Referral to more intensive services if needed.

†Return to your therapist sooner if you find yourself in a crisis.

NOW Clinic Location, Therapy Groups, & the Living Room

As of October 2023, the UT Health San Antonio Behavioral Health and Wellness Center holds all adult Psychiatry Clinics. These clinics share some patient resources, such as groups and the Living Room.

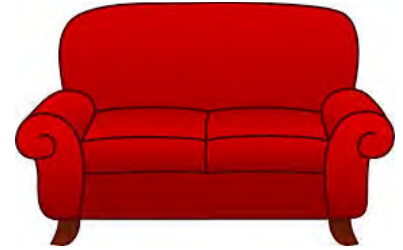
- To use the Living Room, go to the Behavioral Health and Wellness Center between the hours of 8 AM-4 PM, Monday-Friday. At the front desk, please ask to use the Living Room, and staff will assist you.
- If you attend one of our therapy groups, please ask where the group will be held.





The Living Room

Urgent Support for Clients in Distress



The Living Room is open from 8 AM to 4 PM, Monday–Friday.

If you need support outside these hours, go to the nearest ER.

The Living Room is an area at the UT Health San Antonio Behavioral Health and Wellness Center that provides urgent counseling for people who are experiencing high mental or emotional distress. Signs of distress include a big increase in your stress, mental health symptoms, anger, irritability, or an urge to do something that could have bad consequences, such as hurting yourself. The goal of the Living Room is to help you use skills and resources to make it through that time and to help you avoid going to the hospital.

The Living Room is not for medication issues.

How to use the Living Room

1. Call the Psychiatry Department at 210-450-7222 and tell the staff you need to use the Living Room.
2. You may also come to the Behavioral Health and Wellness Center between 8 AM and 4 PM, Monday through Friday, and tell the front desk you need to use the Living Room.

When you arrive

1. You will meet with a counselor or Peer Support Specialist in the Living Room. They will try to alert your clinician(s) so they can check in with you while you are here if they are available.
2. The counselor will talk with you about your distress and how they can be helpful; Peers will draw on their lived experience with mental health symptoms to help support you.
3. The counselor can help you
 - make, review, use, or update a Crisis Response Plan.
 - use coping skills, such as deep breathing or checking your thoughts.
 - talk through your stress and emotions.

Leaving the Living Room

1. The counselor will work with you for up to several hours to help you cope.
2. Before you leave, a supervising clinician may talk with you to make sure it is safe for you to leave. It is our goal to help you stay out of the hospital, but sometimes people need to go to the hospital after using the Living Room.
3. The clinic closes at 5 PM each day. If you are in the Living Room after 4 PM, we will work with you to decide where you will go when you leave.

Do **NOT** come to the Living Room if

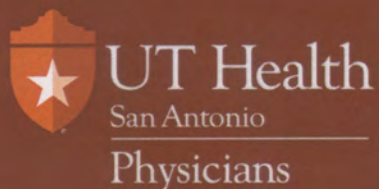
1. You do not have high emotional distress or are not a UT Health patient.
2. You are having a medical crisis or medication issue.
3. You think you might harm Living Room staff or other patients.
4. It is not between 8 AM and 4 PM, Monday through Friday.

The MyChart App



Online. Anytime!

Complimentary, secure access to your health information online, anytime, anywhere.



UT Health now offers MyChart

EASY, SECURE, MANAGEABLE

The MyChart tool can be used to request appointments, view test results and conduct routine communication with your provider and practice. It is not intended to replace office visits with your provider.

YOUR HEALTH INFORMATION ANYTIME, ANYWHERE



ACCESS HEALTH RECORDS

No more waiting for a phone call or letter — view your results and your doctor's comments within days



SEND SECURE MESSAGES TO YOUR PROVIDERS

Get answers to your medical questions from the comfort of your own home



VIEW MOST LAB & X-RAY RESULTS

Check lab results and graph your trends



REQUEST REFILLS

Send a refill request for any of your refillable medications

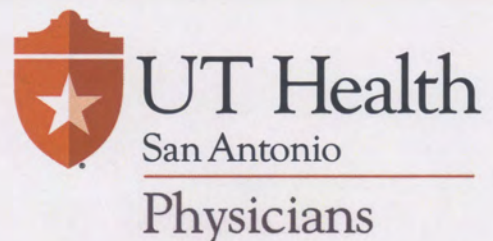


VIEW & REQUEST APPOINTMENTS

Schedule your next appointment, or view details of your past and upcoming appointments

Sign up for MyChart at:

UTHealthCare.org/MyChart



Being Active When You Have Depression and Anxiety

Exercise is Medicine®

AMERICAN COLLEGE of SPORTS MEDICINE®

Do you want to feel better, move better and sleep better? Experts now say that any physical activity counts toward better health – even just a few minutes!

Studies show that physical activity can reduce symptoms of depression and anxiety as effectively as medication—and without unwanted side effects. Even a little bit of lower-intensity activity can help. Greater amounts of more vigorous exercise have an even bigger effect. Exercise also decreases symptoms of anxiety, both overall and in the moment.

Both aerobic activity and strength training can be used to manage depression and anxiety alone or with other treatments like medication and therapy. Talk with your health care provider about what may work best for you.

Start where you are. Use what you have. Do what you can.

Getting Started

Start Small

If you have trouble working up the energy or motivation to exercise, find an activity you'll enjoy and set small, realistic goals. Begin with short periods (like 5, 10 or 15 minutes, or set a goal to walk around the block). Gradually progress.



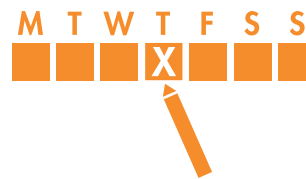
Reach out

Being active with others can improve your mood and help you get out of a sad or anxious frame of mind. Join an activity club, sports team or online activity group. Find an activity buddy and meet regularly doing something you both enjoy.



Motivation

What will help you stick with an activity plan? Some people find it helpful to schedule activity at a certain time of day. Others give themselves a fitness challenge.



Be Active Outside

You'll benefit from being active outdoors or in nature, particularly if you have Seasonal Affective Disorder (SAD). Bundle up in winter to benefit from this natural form of light therapy!



To stay safe and injury free:

- Start with light to medium effort.
- Gradually increase your pace and time spent being active. Start low and go slow!
- Warm up and cool down (easy pace) before and after exercise.

Aerobic Activity



Aerobic activity increases your heart rate and breathing. Build up from doing at least 150 minutes/week of moderate-intensity activity (like a brisk walk, light cycling or water exercise) to a vigorous activity (like jogging, singles tennis or hiking hills).

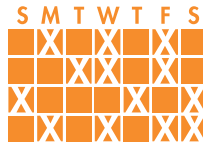
What?

Any rhythmic activity



How often?

3-5 days/week



How hard?

Fairly light to somewhat hard



How much?

Start with a few minutes. Gradually build up to 30-60 minutes over the day.



Remember: Fit in 5 or 10 minutes here and there. Or go for 20-30 minutes. Be active however and wherever you can. To lose weight, do twice as much activity.

Aerobic Activity Cautions

- Some psychotropic medications can cause dizziness, slower movement and coordination problems, especially when you first start taking them or change your dosage. Check with your health care provider about these effects.
- Drink plenty of fluids before, during and after exercise.

Strength Training



Strength training, for example working with weights or resistance bands, makes you stronger and improves your overall health. Plus, strength training can make daily activities like lifting laundry baskets or yardwork easier and safer.

What?

Hand weights, resistance bands, weight machines or your own body (for example, kitchen counter push-ups or chair squats)



How often?

2-3 Days/week
*Rest day in between



How hard?

Start with light effort. Build up to medium or hard effort.



How much?

10-15 repetitions to start (for each major muscle group). Build up to 8-12 reps of challenging effort. Repeat 2-4 times.



Remember: If you need it, get help from a certified exercise professional. They can teach you the right way to do exercises and how to breathe properly.

Other Types of Physical Activity

Yoga, Pilates and tai chi can improve your mood and have been shown to help many people with depression or anxiety. To improve flexibility, stretch a muscle to the point of feeling tightness for 10-30 seconds (30-60 seconds for older adults).

How will I get started **this week?** _____

Nutrition and Mental Health

What we eat matters for every aspect of our health,
especially our mental health.

“A dietary pattern characterized by a **high intake of fruit, vegetables, whole grain, fish, olive oil, low-fat dairy**, and antioxidants and low intakes of animal foods was apparently associated with a **decreased risk of depression**. A dietary pattern characterized by a **high consumption of red and/or processed meat, refined grains, sweets, high-fat dairy products, butter, potatoes, and high-fat gravy** and low intakes of fruits and vegetables is associated with an **increased risk of depression**.”

-Ye, et al. “Dietary patterns and depression risk: A meta-analysis,” Psychiatry Research, Vol. 253, 2017 (pp.373–382)

1. **Eat lots of vegetables.**
2. **Change the way you think about meat.** If you eat meat, have smaller amounts.
3. **Enjoy some dairy products.** Eat plain yogurt and try smaller amounts of cheeses.
4. **Eat seafood.** Fish such as tuna, salmon, and sardines are rich in omega-3 fatty acids and benefit brain and heart health. If you don’t like seafood, you can take an omega-3 fatty acid supplement.
5. **Cook a vegetarian meal one night a week.** Build meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. Down the road, try two nights per week.
6. **Use good fats.** Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.
7. **Switch to whole grains.** Whole grains are naturally rich in many important nutrients; their fuller, nuttier taste and extra fiber keep you satisfied for hours.
8. **For dessert, eat fresh fruit.** Choose from a wide range of delicious fresh fruits such as blueberries, oranges, and apples.

Ask to talk with a NOW Clinic case
manager about additional resources!

Mediterranean Diet Pyramid



Illustration by George Middleton

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www.oldwayspt.org

GOT NALOXONE? WE DO!

Ask us for more information if you take opioid medication



**KEEP
CALM
AND
CARRY
NALOXONE**