

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Madison Welcomes Catherine Colby, Clinical Social Worker



WATERVILLE – Catherine Colby, LCSW will be joining Madison Area Health Center this winter as we expand behavioral health services at the health center. Patients have been pleased to access on-site assistance with handling issues that affect their overall wellness. These may include coping with chronic conditions, emotional challenges or a new diagnosis. Catherine brings expertise in Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Motivational Interviewing, Mindfulness and Narrative Therapy. She earned a master's in social work degree at University of Maine, Orono in 2011 and an undergraduate degree in social work at University of Southern Maine in 1999.

Catherine recently shared, “Madison Area Health Center attracted me by the commitment of the team approach of creating a warm, supportive environment for patients to create and maintain the change they want in their lives.” She continued, “When stressed or overwhelmed our coping strategies can eventually break down. My goal is to help restore the fundamentals that we all have within and introduce new strategies where they may fit for patients to overcome symptoms impeding growth and success. Through my positive energy yet caring, and relaxed nature, I work collaboratively to genuinely connect with people to promote resilience, build on their strengths, and increase their sense of well-being and self-management. I have always felt honored to walk with clients down difficult paths that they may encounter in their lives. I strive to meet clients where they are and to build bridges that lead to increased hope, validated feelings, and positive change.”

Catherine will be joining family nurse practitioners - Melissa Covenant, JoHanna Davis and Jeanne Stokes, psychiatric mental health nurse practitioner - Kelly Bell Bragg and clinical social worker - Danna Lee who offer medical and integrated behavioral health services to people of all ages.

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Madison Area Health Center is part of HealthReach Community Health Centers, a network of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace.

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