

## YOUR BEHAVIORAL HEALTH CONSULTANT



**KANESHA L. MOORE, PhD**  
Psychology Postdoctoral Fellow

Dr. Kaneshia L. Moore is a psychology postdoctoral fellow from Memphis, TN. She received her Ph.D. from the University of Memphis in Counseling Psychology, her Master of Science degree in Clinical Mental Health Counseling from the University of Memphis, and her BA in Psychology/Pre-Med from Spelman College. Dr. Moore has experience addressing mental concerns including anxiety, depression, trauma, career development, issues with self-worth and confidence, and interpersonal relationship concerns. She has provided psychological services in a variety of settings which include: university counseling centers, integrated health care clinics, a college career center, and a private practice. She has also taught college undergraduate level courses and worked with the Memphis Shelby County School district for five years, where she taught 7th grade science. In her spare time, Dr. Moore works with her mother in the greater Memphis community as the coach and choreographer for their dance team, BJ Danz Starz.

### MSCS Family Care Centers

130 Flicker St.                      8071 Winchester Rd.  
Memphis, TN 38104                  Memphis, TN 38125

To make an appointment at either location,  
please call **901.416.6079**.



## Integrated Behavioral Health



## Comprehensive Care for Memphis-Shelby County Schools Employees



## BEHAVIORAL HEALTH

Methodist Medical Group knows that quality healthcare involves more than caring for a person's physical body alone. Quality healthcare is caring for the whole person – body, mind and spirit. In order to provide a more comprehensive healthcare experience, integrated behavioral health is now available at your Methodist Medical Group – Primary Care practice.

## BEHAVIORAL HEALTH CONSULTANT

A behavioral health consultant is an individual who has been trained either as a psychologist or clinical social worker. They are a part of your medical team and will work alongside your primary care provider to determine a comprehensive treatment plan tailored to your specific needs in order to improve your overall health and quality of life.

## BEHAVIORAL HEALTH CONSULTANT SERVICES

Examples of services your behavioral health consultant is able to provide include:

- Stress reduction and relaxation techniques
- Relieving symptoms of depression
- Assessment of cognitive concerns such as memory loss and training in compensatory strategies
- Skills for coping with chronic pain or chronic diseases such as cancer or diabetes
- Help overcoming habits such as using tobacco, alcohol misuse or drug use
- Assistance in developing a healthy lifestyle
- Promoting behavior changes to help manage chronic problems such as hypertension, obesity and ADHD
- Techniques for improving sleep
- Strategies for coping with care of a sick or impaired loved one

### What to Expect

- Consultations are typically 15 to 30 minutes in length.
- Appointments are usually available on the same day as your primary care visit, but you may schedule a different time to come in, separate from your primary care visit, if that is more convenient for you.
- Services are free for active MSCS employees with a badge. Dependents that carry Cigna insurance with MSCS will be responsible for their co-pay.

### Let your primary care provider know if you would like to:

- Quit smoking
- Lose weight
- Sleep better
- Cope with stress and/or pain
- Improve your mood
- Cope with grief and/or loss

## Your behavioral health consultant is happy to help you!

