

Expanding Access to Mental Health Care from Pregnancy to Preschool



**NORTHEAST TN
GROWSS**

NE TN GROWSS:

Growing Resilience & Optimal Wellness through Strong Starts

Through the HealthySteps model, NE TN GROWSS integrates trusted mental health support into OB and pediatric practices across rural Northeast Tennessee.



One-on-one therapy
(for adults and kids)



Medication management
(if needed)



Parent-child therapy to
strengthen relationships



Help Me Grow resource
connections



Perinatal & Postpartum IOP
(Intensive Outpatient Program)



Support for NAS-impacted
families

All services are evidence-based, trauma-informed, and accessible by telehealth.

Better Support for Families — Right From Your Office

NE TN GROWSS is a regional care integration initiative powered by ABHS, focused on:

- Tele-behavioral health services for parents and young children
- Community Health Workers (CHW) embedded in local OB and pediatric practices
- Help Me Grow resource navigation to link families with community supports



How it Works

Partnering with ABHS for NE TN GROWSS means better outcomes with less burden. We provide the behavioral health workforce — you stay focused on your patients.

- Use simple referral form or speak directly with CHW
- No additional staffing or licensing required
- We handle billing, scheduling, and documentation
- Real-time communication and follow-up with your team



Who You Can Refer

- Pregnant and postpartum parents (any trimester)
- Parents and caregivers raising young children (birth–5 yrs)
- Families experiencing trauma, anxiety, depression, parenting stress, or substance-related challenges
- Grandparents or relatives caring for young children



Local, Friendly Helpers

Our Community Health Workers are trusted members of your community who help families navigate care with ease.

- They offer seamless referrals to licensed therapists who specialize in perinatal and early childhood mental health
- Services are free or low-cost for most families
- Most insurance accepted — including TennCare & Medicare
- In-person therapeutic appointments available in Jefferson City
- Telehealth services available to families across Northeast TN

For more information, contact :

Allied Behavioral Health Solutions [ABHS]



222 E Broadway Blvd | Jefferson City, TN



865.999.0601



www.alliedbehavior.com/NE-TNGROWSS

Now Supporting Families in:
Claiborne, Cocke, and Jefferson Counties

