

## **VMG Shared Medical Appointments and Group Visits**

**Lisa Appleton and Whitney Robinson and Marjorie Sobil**

### **Healthy Living/Weight Loss: 1.5 hours**

This program consists of 10 weekly group appointments with a nurse practitioner, nutritionist, and therapist who cover many aspects of weight management. • Learn new tools to help you achieve and maintain a healthy weight • Discuss nutrition, exercise, and sustainable lifestyle changes • Sample foods that may be new to you • Topics include emotional eating, food addiction, inflammation, calorie density, meal planning, intermittent fasting, and more • Weight loss can help patients with high blood pressure, heart disease, diabetes, joint pain, back pain, and other health issues

**Send patient case to Lisa Appleton**

**Rachel Wasserman and Marjorie Sobil and Audra Winn**

### **Pre-Diabetes**

Shared Medical Appointment at VMG, a six session weekly series in Easthampton for patients with **prediabetes**. I will lead it with Marjorie Sobil in nutrition, and Pam Brigham in behavioral health. We will take a holistic, practical approach for diabetes prevention. We will be covering topics such as intuitive eating, eating during the holidays, physical activity, chronic stress management, and healthy sleep habits.

**Send case to Rachel Wasserman**

**Laura Duffy, Robin McKeon, Scott Meyers**

### **Persistent Pain:**

We have room for more patients to join this interdisciplinary approach to assisting patients in their quest to live better with Persistent Pain, and we welcome new participants even after the first session. We meet weekly on Thursdays over zoom from 1:30-3 PM, so patients from all four health centers who have zoom access are invited to participate. The group is facilitated by Laura Duffy in family practice, Scott Meyers in behavioral health, and myself in physical therapy. We present educational information on a variety of topics pertaining to living with persistent pain including but not limited to acute vs chronic pain, neuroplasticity, CBT, addiction vs dependency, kinesiophobia/movement exploration, nutrition, sleep, medications, adverse childhood experiences as they relate to persistent pain, safe movement, etc.

**Send case to Laura Duffy**

**Audra Winn and Lisa Rivera**

### **Persistent Pain Spanish:**

Meets every two weeks and provides ongoing insights and support for patients living with chronic pain.

**Send Case to Audra Winn or Lisa Rivera**

**Stuart Chipkin and Julio Mallonga**

**Osteoporosis SMA** meets for 2 sessions (as needed per demand) First Session reviews Osteoporosis basics and medication options. 2nd session is a follow up on how medications are working etc.

**Send case to Stuart Chipkin Staff box.**

**Tim Sweeney****Tobacco cessation-Weekly**

Brave folks who are ready to talk about changing their relationship with tobacco can attend our free weekly QuittersWin group (now meeting on Zoom) every Wednesday at 4:00 pm. Zero pressure and lots of support from people who understand.

**Send Case to Tim or patient can call to register. (413) 800-2334**

**Diabetes Classes:**

To refer for Diabetes Education classes, please send a referral for Diabetes Education indicating the patient's interest in group classes, or contact Sarah Anderson or Marjorie Sobil via patient case.

**Diabetes Support Group:**

The Diabetes Support Group is currently meeting every other month.

Please contact Marjorie Sobil if the patient is interested in the Diabetes Support Group. She will add the patient to the email list.

Rebecca Craven and Sasha Reed

CBT-I for insomnia

**CBT-i**-Alexandra Reed and Rebecca Craven

Our PCBH team has started a group focused on Cognitive Behavioral Therapy for Insomnia.

**Send Case to Rebecca or Sasha**

**Bridgette Sacco-Laurens****Valley Medical Depression Group**

Lead by: Bridgette Sacco-Laurens, MA., Psy.D.

Meeting Times:

Wednesday @ 1:00 (Zoom).

Friday @ 4:00 (In Person Visit/Amherst Medical Center).

Referral Process:

Open to VMG patients only.

Any VMG provider can refer via patient case directly to Bridgette.

New members are scheduled and then a phone screening is done by Bridgette before the first meeting.

New members are scheduled a week apart to give the group time to adjust.

**Audra Winn****Group therapy for people living with Chronic Illness- runs weekly, 1 hour, Tuesdays at 1pm, virtual zoom link**

The aim of this group is to provide *empowering and supportive treatment to patients whose chronic conditions intersect with, and often cause, anxiety, depression, and other grief like reactions to the reality of living with changed routines, limited abilities, and a lot of frustration behind the diagnoses.*

This has been running for 18 months already and is highly attended.

Pt case is only need for referral to me.

**John Novo/Open Access Behavioral Health Group: Act For Health-weekly**

Who: Not diagnosis specific, adult Valley Medical Group struggling with depression, anxiety, loss, trauma, chronic health conditions, stage of life adjustments, etc

**Send case to John Novo or have BH reception book patient for group. OK for PCP to leave message on voice mail: 413-282-3862**

