

What is Depression?



Depression is a medical condition that affects a person's:

- **Mood**
- **Thoughts**
- **Behavior**
- **Body**

It is more complex than the temporary sadness people feel when unpleasant or stressful things happen in their lives. When a person has depression, these feelings are more intense and long-lasting. Things that used to be easy or enjoyable, like spending time with family or friends, take great effort. In later life, people face many losses and physical discomforts. Many people also fear their depression is somehow their fault. Depression is not a weakness or a character flaw.

Depression is a medical problem.

When it comes to your health,
we're in this together.

IMPACT program services are offered to Medicare or Medicaid patients who are age sixty or older. Because the program is grant-funded, the work of the IMPACT Care Manager is provided to eligible patients without fees or charges.

If you have questions about the IMPACT Program, or think you may be experiencing symptoms of depression, please talk with your Family Doctor.

The Family Health Centers

Downtown Asheville
206 Asheland Avenue
Asheville, NC 28801

Arden
2151 Hendersonville Road
Arden, NC 28704

Hominy Valley (Candler)
1219 Smokey Park Highway
Asheville, NC 28715



ASHEVILLE | ARDEN | HOMINY VALLEY

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Introducing the **IMPACT Program** Improving Mood and Promoting Access to Collaborative Treatment



IMPACT provides services for depression, quality of life, and the overall wellness of our patients. The program is supported by a two-year grant from the Kate B. Reynolds Charitable Trust and is offered to you in partnership by:



Community Care
of Western North Carolina





As your **Patient-Centered Medical Home**, The Family Health Centers is committed to improving quality of life for our patients over the age of sixty who experience symptoms of depression.

If you are over the age of sixty, we may ask you to complete a short survey about your emotional health. Based on the feedback from this survey, your family doctor may recommend working with the IMPACT Program to implement a treatment plan that is right for you.



Introducing Our IMPACT Care Manager, Debra Moon, LCSW-A

Debra earned a BA in Women's Studies from San Francisco State University, and a Master's degree in Social Work from UNC-Chapel Hill in 2012. She has more than 15 years of experience including working with breast cancer patients, those experiencing grief as a Hospice Bereavement Counselor, and with medically complex patients and their families at Mission Health. Her current role is one of Impact Care Manager, providing support for older adults with depression. Debra enjoys being an involved parent and is an avid swimmer and bicyclist.



Collaborative care is the cornerstone of the IMPACT Program. How it works:

- You will be the center of your care team and will work with the team to co-manage your path to health.
- Your care team includes your family doctor and the IMPACT Care Manager. A consulting psychiatrist advises the team throughout the course of your treatment.
- Your care team works together to develop and implement a plan that is right for you. This may include medications and/or Problem-Solving Treatment.

