

# HealthReach Community Health Centers



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## **Sheepscot Valley Health Center welcomes Lynn Murphy, LCSW**

COOPERS MILLS—Lynn Murphy, LCSW will be joining the medical staff at Sheepscot Valley Health Center this December. She obtained a MSW at University of Maine, Orono in 2008 and an undergraduate social work degree at University of Southern Maine in 1988. She has been providing a variety of social work services in home and community based programs, schools, and outpatient integrated pediatric settings in Maine for a number of years. Her areas of expertise include: the treatment of anxiety and depression, trauma and recovery, geriatric and intergenerational family/medical challenges, and adjustments to many life events as one proceeds through the lifespan.



Lynn recently shared that she is looking forward to returning to an integrated model of care and to being part of a team again. She feels that the body and mind connections are very strong and that one must be in balance with the other to feel at our best. This can be difficult with the stressors many of us face in our day-to-day lives or physical conditions that may bring limitations. Lynn's philosophy is to build a partnership with her clients and their medical providers to reach the goals they have identified for themselves. Supportive care can bring many positive results and she feels that the clients are the experts in knowing what will and will not fit into their lives to make positive changes that will last.

Lynn will be joining physician - Kathryn Wistar, podiatrist - Henry Scheuller, physician assistants - Zachary Wissman and Rachel Moore, family nurse practitioners - Natalie Ledue and Amber Shepherd, and psychiatric nurse practitioner - Marta Hall.

Sheepscot Valley Health Center is part of HealthReach Community Health Centers, a group 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 to 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.

A private, non-profit with a 44-year history, HealthReach is funded by patient fees, grants and by the Health Resources and Services Administration (HRS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$4,053,390 with 82.5 percent financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor are an endorsement by, the HRSA, HHS or the U.S. Government.

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