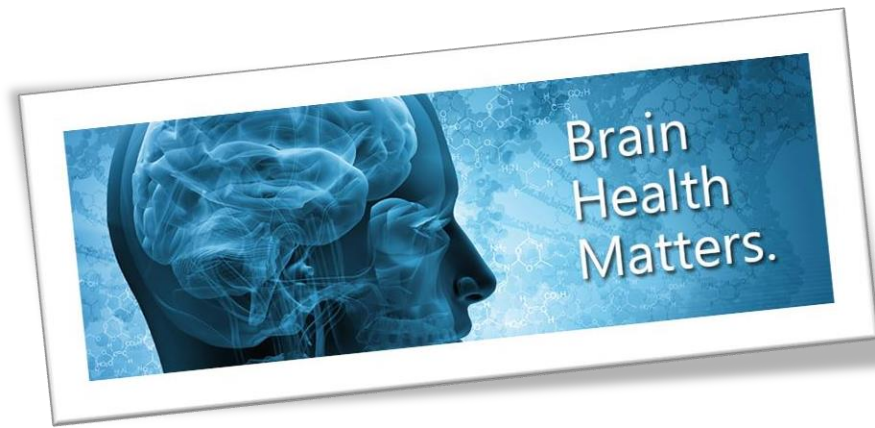


# Brain Health Matters

## Mental Health Program

The RTFM Ministry Mental Health and Wellness Program is uniquely designed to meet each individual's mental health needs. The Mental Health Matters program has a unique approach to mental health that includes a faith-based approach to addictions, anxiety, depression, autism, behavioral problems, memory problems and dementia, obsessive compulsive disorders, PTSD, sleep problems, marital conflict, weight loss and nutrition. Our program offers you an approach that will identify your unique need and help you discover proven ways to live life to the fullest. A specific treatment plan will be designed to address the root causes, symptoms, coping mechanisms, and how to achieve a successful recovery. One of the main treatment modalities used in this program is cognitive behavioral therapy, also known as CBT. In this treatment modality we focus on how your thoughts and behaviors contribute to your mental instability. You will learn ways to react to your emotions, challenges, and personal issues that impact the overall quality of your life. You will also set goals with the help of your counselor and/or Brain Health Coach, in order to achieve the change, you desire. We also use interpersonal therapy, which focuses on practical issues and how your relationships with others play a role in your illness. You will learn how to spot unhealthy behaviors patterns and change them. These treatment modalities are encased in Biblical principles for those who desire to enhance their therapeutic experience. The RTFM Program is designed to equip you with long-term solutions. It is also intended to promote and improve your mental wellbeing and functioning

**Can't come to us? Call for our at home virtual programs that can benefit you!**



throughout the rest of your life. Call or email us today to learn more about our 5- and 11-day mental health program.

The 5 and 11 day program will include:

- One on one support with a Counselor and Brain Health Coach
- An understanding of your lab work results and mental health
- An understanding of the mind body connection of mental health
- Nutrition and mental health education and planning for the future
- Detoxification for improved mental health
- A personalized exercise plan
- H2O Therapy Training
- Room and Board

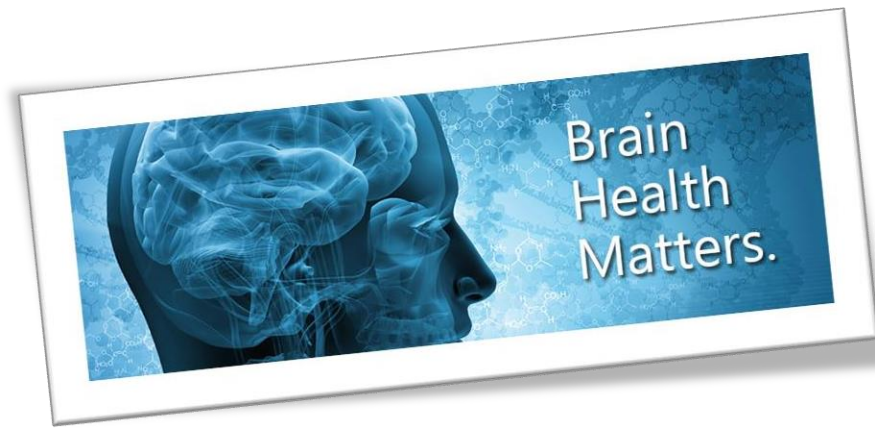
Contact:

(715) 310-2196

Email:

[ndhealthcoach7@gmail.com](mailto:ndhealthcoach7@gmail.com)

**Can't come to us? Call for our at home virtual programs that can benefit you!**



All programs are on a suggested donation basis.  
We are a donation supported ministry

Each plan comes with a 1 week, 60 day and 90-day 1 hour health coach follow up calls to help keep your progress going.

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