

Grand Forks VA Community Based Outpatient Clinic (CBOC)

Office Phone Number

- (701) 335-4380

Street Address

- 3221 32nd Ave S.



Hours

- Monday-Friday 8:00 a.m. - 4:30 p.m. Excluding Federal Holidays

Features

- Primary care services for veterans in the Grand Forks area.
- Behavioral Health services.
- Handicapped Accessible: full and easy access for all veterans.
- Personal Care: Highly qualified primary care providers, specialty care referrals to the Fargo VA Medical Center.
- Laboratory: Blood drawing services available.
- Prescriptions: Routine prescriptions processed through the mail, MyHealtheVet, or by telephone.

Building Location

- The VA Community Based Outpatient Clinic is located in the small mall area in front of Kohl's retail store. This strip mall area also contains Verizon Wireless, Sports Clips and Five Guys (Burgers & Fries); just south of the Grand Forks Mall and the Olive Garden restaurant.

Parking

- Free on premises
- There are limited handicapped spaces available

In addition to outstanding Medical Care the Grand Forks VA Community Based Out-Patient Clinic (CBOC) provides the following services:

Transition and Care Management and Primary Care Case Manager

The Transition and Care Management (TCM, formerly OEF/OIF/OND CM) and Primary Care Case Managers role is to assist veterans with enrolling, establishing and navigating the VA Healthcare System. The Primary Care Case Manager is available to assist with a variety of concerns, including:

- VA benefits information
- Advanced care planning
- Caregiver support
- Community resource referrals
- Lack of stable living situation
- Coping with a new diagnosis or chronic illness
- Catastrophic illness or injury
- Financial instability
- Inability to adherence to treatment plan due to barriers
- Frequent hospitalization & Emergency Room visits
- Need of guardianship or conservator
- Nursing home or Respite placement
- Terminal illness

The Point of Contact is Identified Below:

Paula Lundgren, LICSW
USAF Retired
OEF/OIF and Primary Care Social Worker
Grand Forks CBOC
701-335-4389
paula.lundgren@va.gov

Mental Health Services

The Mental Health Social Worker role at the Grand Forks CBOC is to provide assessment, diagnosis, and clinical treatment using a wide range of evidence-based therapies. As much as possible, these duties are accomplished directly or indirectly through ongoing collaboration with other members of a veteran's mental health and/or primary care interdisciplinary treatment team. Major duties include:

- Initial mental health screening and assessment, developed in collaboration with the veteran in order to frame the presenting issue leading to the veteran seeking or being referred for therapy as accurately as possible. A thorough strengths assessment and an assessment of a veteran's motivation to change is also conducted. Effective utilization of the interviewing skills in conjunction with reliable and valid assessment measures.
- Treatment Planning/Goal Setting, done collaboratively with the veteran and in a manner which places the veteran at the center of planning and goal setting. Goals are set which directly related to addressing issues or concerns which led to therapy. Treatment plans are reviewed with the veteran throughout the course of therapy in order to assess the efficacy of interventions at addressing symptoms.
- Therapy, in both individual and small group settings, utilizing evidence-based therapies such as cognitive-behavioral therapy, cognitive processing therapy, prolonged exposure therapy or solution-focused therapy.
- Supportive counseling, provided to veterans to offer effective strategies to cope with mental illness and maintaining an orientation on mental health recovery.
- Advocacy, on behalf of veterans and their families/caregivers while encouraging and modeling self-advocacy skills.
- Evaluation of services provided to veterans while engaged in therapy using a variety of self-assessment tools completed by the veteran.
- Ongoing consultation with clinical supervisor in order to identify strengths and areas of professional growth and development.
- Referral to and/or coordination of VA or non-VA community based supportive services as needed to support the veteran's ongoing maintenance of his or her mental health recovery.

The Point of Contact is Identified Below:

Nathan Modeen
Mental Health Social Worker
701-335-4390
nathan.modeen@va.gov

HUD/VASH Coordinator

The HUD/VASH program is a partnership between Housing and Veterans Affairs Supportive Housing (VASH) to support homeless veterans in finding and maintaining permanent housing. HUD provides a Housing Choice Section-8 Voucher to eligible veterans. The VA provides case management and support to veterans transitioning from homelessness to permanent housing. The HUD-VASH Case Manager will provide frequent contact, visits, and support working toward the Veteran's Recovery Plan in order to help the Veteran sustain independent housing in the community.

The Point of Contact is Identified Below:

Janet Nelson, LICSW
HUD/VASH Coordinator
701-200-1928
janet.nelson2@va.gov