ALIUM HEALTH

Inspired Passionate Care For Women
About

Alium Health is an integrated health home for women.

Alium opened in 2018 based on how limited resources were available to women who struggled with perinatal and postpartum depression.

Alium has evolved over the years to fill the gaps in care for women in the following areas: mental health, nutrition, case management, social determinants of health (SDoH), Substance Use (SUD) and Serious Mental Illness (SMI).

VALUES

- Women Matter
- Teamwork Wins
- Communicate with sensitivity
- Focus on innovative solutions
- Be dedicated to patient care
- Be purposeful
- Continuously improve
What makes Alium Health unique?

- Specialized in Women’s Health
- Multi-Specialty Collaborative Care
- Accepting AHCCCS, Medicare and Commercial Insurances
- Quick time to appointment. Avg time <48 hours
- One of very few treatment options for Polycystic Ovarian Syndrome (PCOS)
- Creative approach to women’s care with improved outcomes
- Screening all patients for SDoH

- Experts in Perinatal and Postpartum Depression
- Provides significant behavioral health support for its patients including individual and group therapy, psych medication management and Serious Mental Illness (SMI)
INTEGRATED PRIMARY CARE

- Well Women Exams
- Preventative Medicine
- High Risk Pregnancy Support
- Labs + Diagnostics
- Prescriptions
- Mental Health Screening

HEALTH EDUCATION

- Diabetic Management
- Nutrition
- Early Pregnancy Education
- Family Planning
- Medication Management

In-person and telehealth visits available
PYSCHIATRIC MEDICATION MANAGEMENT

- Substance Use Disorders In/Out of Pregnancy
- Diagnosis
- Medication Management during Pregnancy
- SPRAVATO® Treatment
- Genesight® Testing

In-person and telehealth visits available

- Perinatal + Postpartum Depression
- Pregnancy Counseling
- Mood Disorders
- Substance Use Disorders
- Trauma

INDIVIDUALIZED + GROUP THERAPY

Alium Health.
CASE MANAGEMENT

Our goal is to improve health by reducing life stressors

- Life Stressor Relief Program
- Nutrition Support
- Provide Support for Struggling Women
- Offer Monetary Assistance
- Offer Community Resources
- Create a women focused community

SDOH Assessments
Addressing barriers to care and builds meaningful relationships with patients

In-person and telehealth visits available

MIDWIFERY

- Holistic OBGYN Care
- Birthing Classes
- Post Pregnancy Care- GDM and Preeclampsia
- Low C-Section rate 9%
- Contraception Counseling
Alium Health is a certified SPRAVATO treatment center for patients who suffer from treatment-resistant depression (TRD), or depressive symptoms in adults with major depressive disorder (MDD) with acute suicidal ideation or behavior. In addition, Alium Health offers talk therapy by highly trained therapists and counselors for various behavioral health conditions.

In our experience, 80% of SPRAVATO patients see major relief.
Substance Use Disorder (SUD) for pregnant and non-pregnant women

Alium Health supports a woman with SUD in all phases of her life without judgement and with compassion.

SUD FACTS:

Overdose is a leading cause of maternal deaths, yet most OBGYN’s receive minimal or no training in evidenced-based screening or treatment.

Pregnant and postpartum individuals face significant barriers to treatment including, stigma, discrimination, lack of knowledgeable clinicians and misinformation about neonatal abstinence syndrome. (NAS)

Program Components

Suboxone and Subutex Prescription and Management
Co-management if necessary (pregnancy)
Onsite Testing/screening
Behavioral Health Therapy
Social Work and Case Management
Positive rewards and encouragement
Alium Health locations and services

Alium Health
9440 E. Ironwood Sq Drive
Scottsdale, AZ 85258

- Integrated Primary Care
- Behavioral Health
- Psych
- SPRAVATO®
- SDoH
- SMI
- Diabetic Management
- Nutrition
- Substance Use Treatment

Modern Day Midwife and Alium Health
9305 W. Thomas Rd. #385
Phoenix, AZ 85037

- Midwifery
- Behavioral Health
- SDoH
- Group Therapy and Classes
- Nutrition

Women Supporting Women
Partnered with Alium Health

SUPPORTING MOTHERS IN NEED and PROVIDING POSITIVE REINFORCEMENT

- DIAPERS
- BOTTLES AND FORMULA
- CAR SEATS AND STROLLERS
- PLAYPINS
- BABY CLOTHES
- WOMEN’S CLOTHES
- MONETARY SUPPORT
- NUTRITION SUPPORT

A 501(c)(3) nonprofit organization
Always accepting donations.

Women Supporting Women
Referrals Welcome!

referrals@aliumhealth.com
On our website under the Resources tab.
www.aliumhealth.com/providers

FAX: 480-750-0097

PHONE: 480-750-0095

www.aliumhealth.com
Thank You

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