



902 South 6th Street
Council Bluffs, IA 51501
(712) 325-1990

Parents of Thomas Jefferson students,

Do you need some relief from the daily pressures of parenting? All Care is bringing an exciting opportunity to your school! Your student can receive healthcare without missing school and without you taking time off work!

The All Care mobile healthcare clinic will return to offer primary medical and psychiatric mental healthcare for your student, family, and the Council Bluffs Community School District staff, right on the Thomas Jefferson High School campus. The mobile clinic will be available Tuesday through Friday, beginning August 23.

The mobile healthcare clinic provides well checks, immunizations, and can manage behavioral health medications. Of course, we welcome day-of sick visits, too. Our healthcare team can communicate with your family's primary care provider or become your family's primary care provider. These are just a few examples of our mobile healthcare services.

We welcome you to begin making appointments, now. Appointments can be made for your student or family members by calling All Care at (712) 325-1990. Appointments can also be made through your school nurse to meet immediate needs that arise during the school day.

We never plan for our kids to get sick, but it happens. Take the time to prepare, today. Complete the new patient and consent forms available in the link, below. Return the forms to the school nurse or to the mobile healthcare clinic, during back-to-school night mobile tours on August 21. By submitting the consent form, your student can easily receive care if needed during a school day. In case your student needs an urgent visit, the school nurse will give you a call, and our mobile healthcare provider will follow up with you.

You can find the consent forms on All Care's website under the forms tab or at this link
www.allcarehealthcenter.org/wp-content/uploads/2023/04/ACHC-New-Patient-Packet-2022.pdf.

With wishes for a healthy school year,

Dr. Cristella Torres, M.D.
Medical Director
All Care Health Center

No insurance? No problem. All Care can help your family enroll in health coverage to fit your family's needs. All Care also offers a sliding fee scale to help fit healthcare into your family budget, no matter the size. All Care will not turn away a patient based on their inability to pay for services.

MEET OUR MOBILE HEALTHCARE PROVIDERS



Dr. Cristella Torres, M.D

Medical Provider

Hello families! I am Dr. Torres, All Care's Medical Director and one of the family medicine providers who will be caring for your student at the mobile healthcare clinic. I love providing care to kids and developing programs, beyond healthcare, to assist families of those kids. I have three children of my own, so I know how pressing the demands are of parenthood. Being a high school student is hard, too. Not only are our kids going through physical changes, they are often faced with situations that are not necessarily what we were faced with growing up. As a provider of our mobile healthcare clinic, I hope to ease some of the pressures of both students and their parents. Yes, parents, you can make appointments with me, too. I'd love to care for your whole family!

I earned my medical degree at the University of Texas Southwestern Medical School in Dallas, Texas, and have cared for patients in California, Missouri, and now Iowa. Part of my role in Missouri included a Pediatric-call focus on newborn care and emergency care. I have taken extensive training in breast-feeding and love helping mothers and infants bond. I also enjoy helping my patients improve their lives by treating diabetes, muscle, and joint pains, helping patients to stop smoking, and supporting weight loss through lifestyle changes and medication management. I invite you and your student to visit with me about your medical challenges, so we can put a care plan into place. There is no need to come with your student to their appointment; I will make sure to communicate with you. Reserve an appointment, today, by calling (712) 325-1990, or by visiting with your school nurse for assistance. I look forward to meeting your family on the mobile!

Mental Health Provider

I am a psychiatric mental health nurse practitioner that cares for children, teens, and adults. I graduated from UNMC with a doctorate in nursing practice in 2022 and started at All Care Health Center in September of 2022. I have enjoyed caring for and collaborating with children, teens, and their caregivers to support their mental health needs. I find that good mental health care can be lifesaving and provides valuable guidance to children and teens. Children that engage in mental health care increase their awareness and knowledge about the signs and symptoms of poor mental health and develop a better ability to navigate their mental health needs into adulthood.

I can provide a variety of mental health resources and education, medication management, and brief therapy or therapy referrals that can help support your children to become happy, healthy, and successful adults that recognize the importance of taking care of their mental health in the future. My services include assessment, diagnosis, and medication management of mental health disorders. A few examples of reasons to help your teen or child make an appointment with me include severe anxiety, concerns with sleep or eating habits, depression or low mood, frequent anger outbursts, concerns for drug or alcohol use, truancy or repeated problems/behaviors at school or home, problems with concentration, focus, hyperactivity, impulsivity, or traumatic experiences or losses.

If you have questions about other symptoms, please contact your child's nurse or call All Care Health Center and ask to speak with a mental health nurse. Appointments can be made by talking with your school nurse or calling All Care directly. Your child can be seen during school hours.

You can go to the first appointment, or I will call you during the appointment to talk about the evaluation and treatment options. First appointments are one hour, and follow-up appointments are about 20 minutes. I will check in with caregivers during every appointment to discuss progress and treatment plans.

I look forward to meeting you and your teens/children and being part of their journey to better mental health.



**Laurie Sewell-Muller,
DNP, ARNP, PMHNP-BC**

Call (712) 325- 1990 to make an appointment today!