“There is nothing more satisfying than to see someone who is really struggling at home or in school and see them work through that to flourish and grow into a better person.”

- Dr. Muir
Behavioral Telehealth Services

Recognizing the Need

Mental illness affects us all; around 20% of people suffer from it at any given point in time. We all have known a family member, friend, or neighbor who has suffered from mental illness, whether it is anxiety, depression, ADHD, or any number of other conditions. Often, the stigma associated with mental illness prevents people from seeking treatment. The important thing to know is that mental illness encompasses a group of treatable medical conditions backed by evidence-based science. Montana has some of the highest rates in the country for mental illness, suicide and substance abuse. North Valley Behavioral Health is working hard to help reverse these trends.

How do I know if my child should see a Psychiatrist?

Parents often wonder if their child's behavior is normal for their age or if it is "just a phase" that they are going through. Do you see big changes in your child's level of functioning in school or at home? Is his/her mood persistently down, irritable or angry? Go with your instincts and intuition if something doesn't feel right. If your child is struggling at home or in the school environment, it's probably for a reason and a good idea to talk to the school and get their perspective.

If the behavior is something that persists, consider consulting with a psychiatrist.

What is Telehealth?

Telehealth, also called telemedicine, allows health care professionals to evaluate, diagnose and treat patients in remote locations using telecommunications technology. The patient has a “virtual office visit” with the provider via secure and confidential channels through the use of computer cameras and speakers. It provides a convenient way for patients living in rural areas to obtain care that otherwise would require traveling long distances in potentially poor weather conditions.

The initial visit should be in person in order to establish a relationship between provider and patient. Subsequent visits may be conducted via telemedicine if appropriate.

Telehealth is useful for all ages except for very young patients (under the age of five years old) who benefit more through personal interactions with the provider.

Telehealth services are funded in part through a grant awarded by the Montana Healthcare Foundation.

Location and Scheduling an Appointment

North Valley Behavioral Health is located at 2004 Hospital Way in the Medical Office Village on the south side of North Valley Hospital. To schedule an appointment, please call us at 406-862-1030.

Private insurance, Medicare and Medicaid accepted

J. Douglas Muir, MD – Medical Director

Dr. Muir is a board-certified child, adolescent, and adult psychiatrist. As a medical doctor, he is trained in the medical, psychological, and social components of behavioral disorders. When called for, Dr. Muir can order diagnostic tests, prescribe medications, and practice psychotherapy to help patients and their families cope with his patients’ issues.

Dr. Muir received his medical degree from University of Arkansas for Medical Sciences (UAMS) College of Medicine in Little Rock and did his post graduate residency and fellowships at the UAMS Department of Psychiatry in General, Child and Adolescent Psychiatry. He is a member of the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry.