

# CAPABILITY STATEMENT



**MEDICARE**

## COMPANY STATEMENT

Kimberly Parker is a Licensed Therapist, Forensic Evaluator, and holistic health coach with over 12 years of experience. Kimberly's area of expertise is in PTSD, Traumatic Brain Injuries, Personality Disorders, Somatic Disorders, and eating disorders. Kimberly assists clients with healing their various parts of self with evidence-based treatment models such as EMDR & Brainspotting Therapy. Health Mind Counseling & Nutrition also partners with companies to provide employee wellness, Crisis Management, and Diversity, Equity & Inclusion services.

## DIFFERENTIATORS

Health Mind Counseling & Nutrition, LLC provides customized service by remaining flexible to the needs of our patients and clients.

We provide telehealth services and have specialized knowledge in the field of mental health. The owner has been featured in several magazines and has written articles pertaining to the field of mental health.

The CEO is a woman and minority-owned behavioral health practice that has a high rate of success with clients. We work with military clientele through referrals from military bases.

Being that we specialize in trauma crisis management, on-the-job intervention, and prevention services are available.

The owner has over 12 years of experience along with leadership skills, project management, past FEMA training, EMDR Training, Brainspotting, Somatic Healing, Consulting, and Mental Health First Aid.

## EXPECTED FUTURE PERFORMANCE

Healthy Mind Counseling has a continuous media presence, community events, and building partnerships to provide quality services.

## CORE COMPETENCIES

- Behavioral Health/ Employee Assistance Program
- Diversity Equity & Inclusion Services
- Crisis Management
- Forensic Evaluations
- Providing psychoeducation
- Health & Wellness Education
- Work-Life Balance Education
- Domestic Violence Education

## PAST PERFORMANCE

- Up Journey Magazine
- Authority Magazine
- Peace Ministries
- Fort Eustis Military Base
- City of Newport News Wellness Event

## CONTRACTED WITH

- Medicare
- Medicaid
- Tricare
- Humana
- Anthem
- US Military

## CERTIFICATIONS



## HEALTHY MIND COUNSELING & NUTRITION, LLC



**Kimberly Parker**

Licensed Therapist/Forensic Evaluator,  
LCSW,MBA



757-260-4896 (Fax)



[www.healthymindcounselingandnutrition.com](http://www.healthymindcounselingandnutrition.com)



[Kparker1@healthymindcounseling.org](mailto:Kparker1@healthymindcounseling.org)



733 Thimble Shoals Blvd. Suite 170  
Newport News, VA 23606

## NAICS CODES

- **541618:** Other Management Consulting Services
- **541720:** Research and Development in the Social Sciences and Humanities
- **561320:** Temporary Help Services
- **621330:** Offices of Mental Health Practitioners (except Physicians)
- **621420:** Outpatient Mental Health and Substance Abuse Centers
- **624190:** Other Individual and Family Services
- **813319:** Other Social Advocacy Organizations
- **541611:** Administrative Management and General Management Consulting Services