



**Mason Health**  
*Mason General Hospital • Mason Clinic*

901 Mountain View Drive

Shelton, WA 98584

## News Release

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FOR MORE INFORMATION:  
**Arla Shephard Bull, Marketing Coordinator**  
[ashephardbull@masongeneral.com](mailto:ashephardbull@masongeneral.com)  
**(360) 427-3663**

### **DR. AMIE MOWER ANNOUNCED AS NEW MEDICAL DIRECTOR OF INTEGRATED BEHAVIORAL HEALTH**

**SHELTON, WA** – It is with great pleasure that Mason Health announces the appointment of Dr. Amie Mower, DO, as the new Medical Director of Integrated Behavioral Health.

Mason Health launched our Integrated Behavioral Health program last year. In becoming an integral part of the new initiative, Dr. Mower's focus will be on determining strategic priorities – including a vision statement, metrics and goals for this new program. Dr. Mower will spend time finalizing policies and procedures that consider the program's needs and the roles of the providers and support staff.

Using the most up-to-date research from the University of Washington's Advancing Integrated Mental Health Solutions (AIMS) model, the ultimate objective of our program is to work collaboratively with the behavioral health team to develop a vision for behavioral health integration across all specialties.

Dr. Mower joined Mason Health as a new provider in July 2019. She served in the U.S. Army from 2012 to 2019 and practiced family medicine at Madigan Army Medical Center at Joint Base Lewis-McChord before joining Mason Health. She brings seven years of experience as a physician working closely with an integrated behavioral health model, including three years as the Clinical Supervisor of Primary Care Behavioral Health, a military-based collaborative care model. In this capacity, she oversaw the joint partnership of medical and mental health resources to provide strong evidence-based integrated behavioral health care, which consistently achieved the best patient-centered outcomes.

Dr. Mower was initially drawn to Mason Health because of our proclaimed Mission to unite community, empower people and provide exceptional health care. She feels this Mission has been “extraordinarily exemplified by each member of the Mason Health team” that she has interacted with since joining the organization. Dr. Mower is excited for the opportunity to work closely with our behavioral health team and medical staff to advocate, collaborate, and lead Mason Health to deliver on our Vision for providing the best patient-centered care in the Pacific Northwest, which is now set to include the collaboration of patient-centered integrated behavioral health.

Mason Health, Public Hospital District No. 1 of Mason County, is certified by Det Norske Veritas (DNV) and is a licensed and accredited acute care hospital with a level four emergency trauma designation. There are more than 100 physicians on staff in 19 specialties. Mason Health now offers 3D Mammography Services. For more information on 3D mammograms or to find a health care provider, visit [www.MasonGeneral.com](http://www.MasonGeneral.com).

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