



SENIOR BEHAVIORAL HEALTH

Monthly Newsletter

we're so glad you're here!

REFLECTING ON A YEAR OF GROWTH AND WELLNESS

As 2024 comes to a close, we want to take a moment to reflect on the strides we've made together over the past year. The Senior Behavioral Health Department at Girard Medical Center has been dedicated to supporting the mental and emotional well-being of our patients and their loved ones.

Through education, outreach, and personalized care, we've continued to focus on creating a safe and compassionate environment for all.



NEW BEGINNINGS AND THE IMPORTANCE OF SELF-CARE

We kicked off the year by emphasizing the value of self-care and setting intentions for mental wellness. Whether through mindfulness practices, physical activity, or simply staying connected with loved ones, we encouraged patients and families to prioritize mental health as part of their daily routine.



THE ROLE OF FAMILY IN MENTAL HEALTH RECOVERY

During the spring months, we explored how family support plays a vital role in the recovery process. We shared practical ways to foster open communication, offer encouragement, and provide a stable support system for loved ones navigating mental health challenges.

MANAGING STRESS AND BUILDING RESILIENCE

In the busy summer months, we turned our focus to stress management and building resilience. From relaxation techniques to coping strategies, we provided tools to help patients and caregivers navigate life's challenges with greater confidence and calm.

BREAKING THE STIGMA AROUND MENTAL HEALTH

This fall, we took a deeper dive into dismantling mental health stigma. We addressed common misconceptions and encouraged patients and families to seek help without fear or judgment. Together, we worked to create a culture of understanding and acceptance.

MEN'S MENTAL HEALTH AWARENESS

Last month, we highlighted the unique mental health challenges that men face, particularly in later stages of life. We discussed the importance of breaking down societal barriers and empowering men to seek the care they need. With our dual inpatient and outpatient therapy options, we reminded everyone that no one has to face mental health struggles alone.



LOOKING AHEAD TO 2025

As we look toward the new year, we remain committed to providing exceptional care through our inpatient and outpatient programs. Our team is dedicated to offering individualized treatment plans, group therapy sessions, and supportive resources that empower our patients to thrive.

We are also excited to introduce new topics and initiatives in 2025, including a deeper focus on caregiver wellness and expanding our outreach efforts within the community.



A minute with Mike

MIKE WILLIS, OUTREACH COORDINATOR, THERAPIST

happy holidays

As we wrap up 2024, we encourage you to take time to reflect on your own mental health journey this year. Celebrate the progress you've made, no matter how small, and set intentions for a fresh start in 2025. If you or a loved one needs support, remember that the Senior Behavioral Health Department is here to help every step of the way.

Thank you for trusting us with your patients and loved ones this year. We are honored to serve you and look forward to continuing this important work together.

Wishing you a peaceful holiday season and a hopeful new year,
The Senior Behavioral Health Department at Girard Medical Center