



SENIOR BEHAVIORAL HEALTH



Monthly Newsletter



we're so glad you're here!



OUR APPROACH

Inpatient Program

With our care provided in the Senior Behavioral Health Inpatient Unit, we believe in the team approach. We work with the patient and his/her family or caregiver(s) under the guidance of our multi-disciplinary team. Nurses, social workers, mental health clinicians, and rehabilitation staff, along with the psychiatrist and other physicians will help to provide the patient with individualized care that stresses dignity and respect. Our goal is to help individuals live life to the fullest. The short stay allows for around-the-clock oversight and treatment of behavioral/emotional disturbances affecting an individual's daily functioning.

For those individuals experiencing more acute symptoms, like those listed below, an inpatient admission for medication adjustment services may more adequately meet their needs:

- Constant Worrying / Anxiety
- Depression
- Confusion / Memory Loss
- Suicidal or Homicidal Thoughts / Attempts
- Hallucinations / Delusions
- Destructive / Aggressive Behavior
- Needing time to adjust to Psychotropic Medications

CARE PROVIDED

- Skilled Nursing
- Social Work Services
- Medication Stabilization
- Group & Individual Therapy
- Recreational Activities
- Coping & Living Skills
- Grief & Loss Resolution
- Health & Wellness Education
- Daily Living Skills
- Stress Management
- Nutrition Consultation
- Physical Therapy
- Occupational Therapy
- Discharge Planning



A minute with Mike

MIKE WILLIS, OUTREACH COORDINATOR, THERAPIST

Mental health holds immense significance for the elderly, impacting their overall well-being and quality of life. It influences their ability to cope with life's changes, maintain relationships, and navigate daily challenges. Additionally, nutrition plays a pivotal role in their holistic health, especially during National Nutrition Month in March. A balanced diet not only supports physical health but also significantly affects mental well-being. Adequate nutrition, including essential nutrients and hydration, can positively impact cognitive function, mood stability, and energy levels for older adults. It's an opportune time to emphasize the importance of a healthy diet in supporting mental health while encouraging access to nutritious meals and education about balanced eating habits for our senior community members.

