

SBH *Insigh*ter

Judy Born is GMC's newest GEM of the Quarter!

Judy was nominated by several fellow employees in Senior Behavioral Health.

The overarching theme of nominations was that Judy consistently goes above and beyond by personally helping out fellow employees and patients. She has done everything from sewing sweaters for patients to sending flowers to staff members. She has also bought bingo prizes and extra clothes for patients out of her own pocket. Some patients have even learned to crochet from Judy!

Everyone who nominated wrote what a valuable member Judy is to the SBH team. "Her cheerfulness with patients and fellow employees is very much appreciated," wrote one of her nominators, "we have all learned from her knowledge and through her example."

Thank you Judy for "Going the Extra Mile!"



2013 Alzheimer's Association Walk

SBH walkers at the May 18th event in Pittsburg, Ks included Betty and Frosty Parr, Sarah and Melanie Hallacy, Rhonda and Carissa Marrone, and Dr. White and his dog. The Walk raised over \$22,000. The GMC SBH team was recognized for third place amongst teams raising the most money. Thank you to all who bought t-shirts, raffle tickets, bracelets and/or donated items for the event.

Rummage Sale

GMC SBH's first fundraiser for the 2014 Walk will be a Rummage Sale held at the Homer Cole Community Center at 3003 North Joplin in Pittsburg on November 15th & 16th. Please contact Mike Willis at 620-724-7288 if you have items to donate (no clothes accepted).



Frequently Asked Questions about SBH's Structured Outpatient Program

What happens at SBH's Outpatient Program?

SOP serves those individuals, age 55 and above, who might benefit from utilizing group therapy to teach new coping strategies. We take an individualized approach and develop a treatment plan specific to the needs of each patient and family in an effort to provide the most comprehensive, state of the art care. Medication management is also available through our psychiatrist.

What kind of symptoms might a typical patient possess?

It is not unusual for patients to experience one or more of the following symptoms: lack of energy or motivation; avoiding family and friends; constantly worrying; experiencing difficulty sleeping; poor appetite; weight loss; confused thinking; feelings of sadness or loneliness; loss of interest in daily activities; agitation; low self-esteem or changes in temperament.

How does a patient pay for services?

Medicare and most private insurance plans cover the cost of the services provided. Please keep in mind that co-payments, deductibles, and policy limitations may apply.

What is the process for admission?

A referral can come from a healthcare professional, agency, individual or family member. Senior Behavioral Health staff can provide a clinical assessment, at no cost, in order to define whether inpatient or outpatient services best fit the individual. Those seeking outpatient services must be able to actively participate in treatment.



Girard Medical Center Senior Behavioral Health Services

FREE Memory/Depression Screenings **620-724-7288**