

SENIOR BEHAVIORAL HEALTH

Monthly Newsletter

we're so glad you're here!

OUR APPROACH

Outpatient Program

At our Senior Behavioral Health outpatient building, east of the hospital, a licensed mental health clinician leads patients through cognitive behavioral group therapy sessions learning how to reduce negative thoughts while replacing them with more accurate/positive thoughts. Our psychiatrist is also available to monitor patient progress and prescribe psychiatric medications, as needed.

If you have a patient that is experiencing any of the symptoms below, participation in our outpatient group therapy and medication management services might help them return to a more enjoyable life:



- Lack of Motivation or Energy
- Avoiding Family or Friends
- Constant Worrying / Anxiety
- Unhealthy Sleep Patterns
- Poor Appetite or Overeating
- Complicated Grief
- Feelings of Sadness or Loneliness
- Loss of Interest in Daily Activities
- Low Self-Esteem
- Change in Temperament
- Stress induced Physical Complaints



A minute with Mike

MIKE WILLIS, OUTREACH COORDINATOR, THERAPIST



The Valentine's Day holiday, centered around love and companionship, can be especially challenging for those experiencing grief and loss of a loved one. This time may intensify feelings of loneliness, sadness, and longing. To support someone going through this, offer a compassionate ear and acknowledgment of their emotions, respecting their need for space or company as they navigate their grief. Encourage them to share memories or engage in activities that honor the memory of their loved one. Providing practical support, such as helping with daily tasks or organizing a supportive gathering, can also offer comfort during this difficult period. Most importantly, ensure they know they're not alone and that their feelings are valid, offering support and understanding as they navigate this emotionally challenging time.