

ENHANCING WELLBEING FOR SENIOR ADULTS

NORTH VALLEY

Embrace Health

a Division of North Valley Hospital



PLANETREE – *patient centered
care in a healing environment*



PROGRAM HANDBOOK

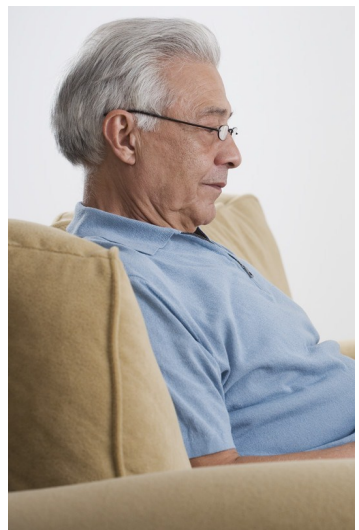


Welcome to North Valley Embrace Health. This handbook has been prepared for patients, family members and health care providers to give information about Embrace Health services. Staff members are available to further explain the program and answer questions.

As a department of the Hospital, Embrace Health was developed to assist individuals and families who require mental health services. The program allows the patient to learn to cope with the emotional problems faced by senior adults in response to aging, loss, and changes in physical health. Staff members work with the patient's primary care physician to develop and implement treatment approaches based on individualized needs.

Our philosophy is to provide quality care in an atmosphere that stresses the importance of dignity and confidentiality, while helping the individual to achieve and maintain an optimal level of functioning.

Treatment hours allow the patient to participate in the program while returning to their home or primary residence each day.





THE THERAPEUTIC COMMUNITY

A key component of North Valley Embrace Health is participation in group activities and discussions where persons can identify solutions and bring resolution with the support of staff and other persons who face similar life concerns and circumstances.

All therapies are ordered by the physician and are provided by qualified, licensed therapists and other health care professionals. Therapies may include group therapy, individual and family therapy, and medication management. The program provides assistance with activities of daily living in a supervised setting while educating patients and families regarding behavioral health issues.

PROGRAM INFORMATION

TREATMENT TEAM

The patient's treatment will be ordered and supervised by a psychiatrist. The team will assess the client's psychological, physical, and psychosocial status to determine an appropriate course of treatment. The treatment team and client will develop a Treatment Plan to address the identified needs.

THE NORTH VALLEY EMBRACE HEALTH team includes:

Physician (Psychiatrist). The program psychiatrist evaluates the client's treatment needs, prescribes and monitors medication, and supervises treatment.

Program Director. The program director is a licensed clinical social worker who provides direction, supervision and program administration.

Licensed Clinical Social Worker. The therapist evaluates treatment needs and living situation; provides group, family and individual therapies; and manages discharge planning.

Mental Health Technician. The technician performs administrative support and assists with the daily care of the client.

TREATMENT SCHEDULE

Embrace Health operates Monday through Friday with morning and afternoon sessions. Participants are scheduled to attend the program as ordered by the physician, based upon identified treatment needs, progress and/or endurance.

GOALS

Treatment issues addressed include:

- Depressive disorders
- Anxiety disorders
- Problem behaviors
- Alterations in thought process
- Impaired activities of daily living
- Family or interpersonal conflicts

Treatment emphasizes the following goals:

- To restore optimum mental and physical health.
- To alleviate symptoms that interfere with the individual's ability to function.
- To support the integrity of the family.
- To maximize independence.



TREATMENT MODALITIES

Process Group focuses on insight development, self-growth, self-disclosure, and understanding the relationship between feelings and behaviors.

It incorporates the following objectives:

- Increase ability to cope with stress and anxiety.
- Improve self-awareness, communication, assertiveness, and problem solving.
- Reduce isolation and withdrawal.

Groups also provide discussion on specific topics that impact mental health:

- Medication Management
- Goal Setting
- Life Review
- Effective Communication
- Understanding and Expressing Feelings
- Coping positively with Life Changes
- Grief
- Loneliness
- The Aging Process
- Stress Management
- Discharge Preparation

Individual psychotherapy, individual education, and family therapy are also provided, as ordered by the physician.

MEDICATION

All medication is ordered and prescribed by a physician. Upon beginning the program, the client is asked to provide the physician with a list of all current or recent medications, or bring the medicine bottles for the physician to review. Information about new medications or changes in existing medication is coordinated with the client's primary care physician.

FAMILY INVOLVEMENT

Family involvement is an integral part of the Embrace Health. The difficulties experienced by the client may have an impact on family and caregivers as well. Staff provides educational information for the family in order to increase their understanding. Family therapy may be ordered by the physician to assist with family stress or problem resolution.

FINANCIAL ARRANGEMENTS

Coverage for hospital outpatient mental health services is provided by many insurance plans and Medicare. At the time of admission, hospital financial counselors are available to confirm availability of benefits and establish deductible or co-payment requirements.

Many supplemental or secondary policies also cover program costs.

GROUP

- ♦ **C**onfidentiality. What goes on in the group stays in the group. Each individual keeps information shared in the group confidential. Group issues will not be shared outside the group. If a member is absent, that member will not be discussed.
- ♦ **E**ach member has the right to stop talking when they wish. That right is respected by group members. If one member talks more than the others and does not allow others to speak, that member might be asked to stop talking.
- ♦ **A**ttendance is important to all group members. All members need to have a commitment to come when they have agreed. This gives others the opportunity to share and develop relationships in the group.
- ♦ **T**here will be no verbal or physical abuse tolerated. Members are expected to accept each other as valuable human beings, even if we do not accept that person's beliefs, attitudes, or behavior. Being accepted as we are makes it easier for us to then accept others.

RULES

- ◆ **W**e own our feelings and our opinions are unique. We avoid giving advise or preaching. We speak for ourselves saying “I” rather than “You”.
- ◆ **W**e take turns speaking so that one member speaks at a time, uninterrupted. Each member gets a chance to talk during each session. Others actively listen by looking, nodding or saying “yes” and giving supportive rather than destructive feedback.
- ◆ **E**ach member makes their own goals and can change those goals at any time. Goals are stated to the group so that peers can know and support what it is we are trying to accomplish.
- ◆ **M**embers must be willing to participate in the group, which means be willing to listen to others, talk about concerns, or be willing to work, even if it is emotionally difficult or painful.
- ◆ **T**he roll of the leader is to support the group members in abiding by these guidelines and to help members with their personal growth.

EXPECTATIONS

Clients are expected to:

- ◆ Provide information about present complaints, past illnesses, hospitalizations, medications, and other health-related matters.
- ◆ Participate in their treatment as developed by the Treatment Team.
- ◆ Keep appointed treatment schedules or, when unable to do so, notify the North Valley Embrace Health staff.
- ◆ Be considerate of the rights of others.
- ◆ Be respectful of the property of others.
- ◆ Follow medication prescriptions and discuss concerns with their physician.
- ◆ Respect the confidentiality of other patients.



It is our hope that patients will be able to return to a level of functioning that enhances their quality of life and enables them to enjoy life to the fullest.

IMPORTANT NUMBERS

North Valley Embrace Health

Phone: 406-862-4763

Fax: 406-862-4161

Hospital: _____

Ambulance: _____

Police: _____

Fire: _____

Doctor: _____

Doctor: _____

Pharmacy: _____

Poison Control: _____

Durable Medical Equipment: _____

Electric Company: _____

Phone Company: _____

Water Company: _____

Taxi: _____

Transportation: _____

Family: _____

Family: _____

Family: _____

Clergy: _____

Other: _____

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