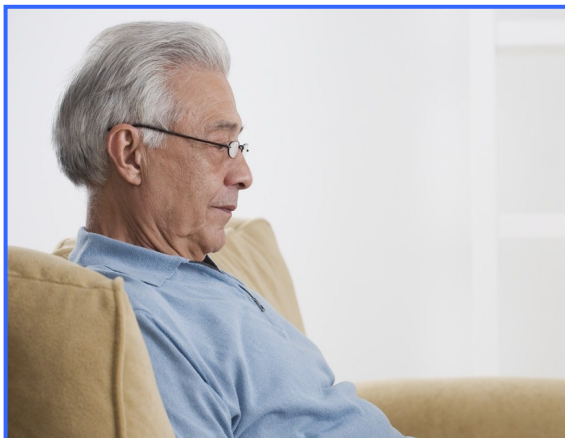


SIGNS AND SYMPTOMS OF MENTAL DISTRESS IN SENIOR ADULTS

- Anxiety
- Anger
- Low Self-Esteem
- Agitation, Combative Behavior
- Confused Thoughts
- Crying
- Suicidal Thoughts
- Change in Eating or Sleeping Patterns
- Depression
- Disorientation, Failing Memory
- Irritability
- Social Isolation
- Paranoia, Hallucinations, Delusions
- Unresolved Grief Issues

PAYMENT

Medicare and most private insurance plans are accepted.



ADMISSION

Any concerned individual may refer themselves or someone else to the program.

An initial clinical assessment is provided at no cost to determine the need for physician evaluation.

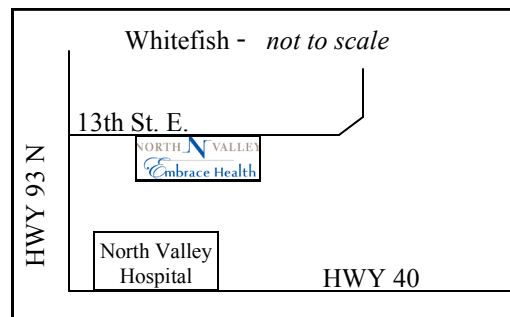
Although anyone can refer, only a licensed physician can make an order for admission.



PLANETREE – *patient centered care in a healing environment*



711 13th Street East
Whitefish, MT 59937
406-862-4763



ENHANCING WELLBEING FOR SENIOR ADULTS



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FACTS

- *Mental Health Disorders affect at least 20% of individuals aged 55 and older.*
- *Depression and other disorders are often undiagnosed and untreated in older patients, due in part to the presence of other complicating medical complaints.*
- *The risk for depression in senior adults is 4x greater than for the general population.*

THE PROGRAM

The program for Senior Adults is an outpatient program that provides individualized treatment for those 55 years and older who suffer from emotional, behavioral or mental health disorders.

Senior Adults and their caregivers have unique problems and needs. Physical decline, loss of independence, safety concerns, and multiple losses are just a few that require special attention.

This program provides an intensive outpatient treatment Monday through Friday in a caring and comfortable environment that follows North Valley Hospital's Planetree philosophy of patient-centered care.



WHO COULD BENEFIT FROM THE PROGRAM?

The person whose quality of life has been diminished by physical and emotional stressors.

The person who has not progressed or benefitted sufficiently in less intensive treatment settings.

The person whose mental health is declining and might require outpatient care unless treatment is provided.



TREATMENT TEAM

Treatment is supervised by a Psychiatrist and provided by a team that includes licensed clinicians and mental health providers.

Treatment modalities are designed to meet the unique needs of older adults mental health issues affecting daily living.

Caregivers, families and primary care physicians are encouraged to participate in the process by assisting with the identification of problems and solutions.

TREATMENT 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.

PROGRAM COMPONENTS

- Psychotherapy to include (but not limited to):
- Coping~Positive Living Skills
- Grief and Loss Resolution
- Medication Management
- Communication Skills
- Conflict Resolution Skills
- Stress Management Skills

OUR PHILOSOPHY

North Valley Hospital brings its Planetree philosophy of patient-centered care in a healing environment to ***Embrace Health***. We encourage open communication and healing partnerships with care-givers to nurture the mind, body and spirit. We offer quality care that stresses the importance of Dignity, Respect, Confidentiality, and helping the individual achieve an optimal level of functioning and well-being.



PLANETREE – patient centered care in a healing environment

