

GUIDE TO

BEHAVIORAL HEALTH SERVICES

24-Hour Access Line 1-800-537-2585



www.nwtexashealthcare.com



The Pavilion

Northwest Texas Healthcare System

806-354-1810

Questions & Answers

What type of patient can benefit from Pavilion services?

One who needs the safety of 24-hour supervision in a secure environment (inpatient)

One who needs daily evaluation by a psychiatrist

One who needs professional monitoring of medication administration and/or effects

One who can participate in an intensive psychotherapy and activity program

One who has Axis I diagnosis

What type of patient meets admission criteria?

Major Depression

Bipolar Disorder

Schizophrenia

Substance dependency with mental illness

One whose functioning has deteriorated to the point of being dangerous to self or others

What about prospective patients who are combative or otherwise appear to need psychiatric treatment?

For voluntary admission, prospective patients age 18 and over must be willing to come in to the hospital after they demonstrate that they understand the purpose of the proposed treatment. Prospective patients who are confused or are otherwise unable to demonstrate this understanding cannot be admitted voluntarily. (See Involuntary Hospitalization) In addition, prospective patients must be functioning well enough to participate in the treatment program, i.e., attend group and individual therapies.

Adult Care

Depression. Isolation. Hopelessness. Suicidal thoughts. Anxiety. Fear. Sexual abuse. Family conflict.

Mood disorders shouldn't be ignored. Unfortunately, many adults, including the elderly, struggle with symptoms of these problems alone – or worse, may simply give up. At The Pavilion, we offer special, intensive inpatient services to help people face their pain and learn effective methods of dealing with obstacles that have robbed their lives of meaning.

Evaluation

Treatment begins with a complete diagnosis and evaluation involving:

Clinical Interview

Physical Examination

Social and Psychological Assessments

Special Therapeutic and Addictions Evaluation

Treatment and Follow-up

A treatment team of healthcare professionals, led by the patient's psychiatrist, develops a plan of therapies tailored to the individual needs of each patient. Some patients may require special medications to correct biochemical disturbances. The program includes:

Individual and Group Therapies

Expressive Therapies

Coping Skills Training

Groups specifically designed for the older adult

Addiction Education

AfterCare Meetings

Following this brief, intensive inpatient treatment period, patients may continue in partial hospitalization treatment or in outpatient treatment with their psychiatrists and therapists. After hospitalization at The Pavilion, people usually are better able to manage their emotions, resolve grief over past traumas, express feelings, improve relationships and live their lives with purpose, direction and fulfillment.

Adolescent and Child Services

The Pavilion treats the special problems of adolescents and children. If an adolescent or child suffers from depression, experiences suicidal feelings or is misbehaving in a self-destructive manner, we can help by providing brief evaluation and intervention in a serious crisis. A special chemical dependency track is offered for those adolescents experiencing problems with alcohol and substance abuse, in addition to a mental health problem.

Therapies might include:

At The Pavilion, your teen or child will be cared for in a safe therapeutic environment offering treatment designed specifically for these groups. Separate programming is provided for children ages four through 12 and teens ages 12 through 17.

Music Therapy

Recreational Therapy

Art Therapy

Group Therapy

Family Therapy

Substance Abuse Education

Individual Therapy

We recognize that when a teen or child is hurting, it is painful for the entire family. Family participation to enhance individualized care is encouraged on admission and throughout treatment. Discharge planning is a constant consideration in anticipation of continued improvement when inpatient care is no longer necessary.

Acute Mental Illness

Many people with severe or prolonged psychiatric disorders can learn ways of dealing with their illnesses and achieve a higher level of functioning. Help is available for those suffering acute effects of schizophrenia and bipolar disorder. Our goal at The Pavilion is to help mentally ill people and their families improve and cope with the effects of serious mental illness.

Evaluation

Acute treatment begins with a complete diagnosis and evaluation involving:

Clinical Interview

Physiological Examination and Special Laboratory Testing

Social and Psychological Assessments

Special Therapeutic Evaluation

Treatment and Follow-Up

A treatment team of healthcare professionals, led by the patient's psychiatrist, develops a plan of services tailored to the individual needs of each patient. For many patients suffering from severe disturbance, new medications can offer highly effective means of alleviating distressing symptoms and helping them return to their homes and jobs. The treatment plan also includes:

Daily Community Groups

Medication Management and Education

Individual and Group Therapies

Personal Development Tasks

Social Readjustment

Family input and support are vital to the complete nurturing and healing of the patient. Family members are listened to and educated about their loved one's illness, medication and how to work with mental health professionals in caring for their family member. Following inpatient treatment, many patients continue in partial hospital treatment focused on their needs. Patients also may continue in outpatient treatment and support groups offered in the community. The most difficult problems may be overcome with help. And with a new viewpoint to their lives, people are better able to express feelings, improve relationships and manage life decisions.

Mature Adult Care

Not all changes in an older person are a normal part of aging. Many needlessly suffer from depression, mood swings, substance abuse, memory loss, disturbance of thought and multiple drug interaction problems. Recent breakthroughs in geriatric medicine have provided us with new approaches to the mental health needs of elderly patients. Our clinical team can help identify, treat and reverse many of these “changes.”

Treatment

The treatment process starts with diagnostic testing which may include:

Clinical Interview

Physical Examination

Special Laboratory Testing

Social and Psychological Assessments

Evaluation of Cognitive Skills

The treatment team, led by the patient’s psychiatrist, develops a plan of services tailored to the needs of each patient.

For many older patients, adjustment or introduction of new medications offers an effective means of alleviating symptoms. Group and individual therapies focus on managing emotions and building self-esteem. Activity therapies help patients organize thoughts, develop relaxation skills and regain interest in daily life.

Additional services include dietary consultations and planning, wound care, occupational therapies and pastoral care. Assessments provide personal evaluations, including treatment recommendations and referral assistance. For those individuals not requiring inpatient services, partial hospital services are available. At The Pavilion, we believe life should get better every day, at any age. Call today for assistance.



Partial Hospital Services



Partial Hospitalization is a program offered at the Pavilion of Northwest Texas Healthcare System to treat adults who have such significant mental health problems that they are unable to successfully function in their community environments. However, these persons are stable enough to be at home at night and on weekends and holidays. Individuals cannot be acutely suicidal or homicidal.

Partial Hospitalization provides both a step-down service for those who have been inpatients in a mental health program and, as an alternative, less restrictive treatment for those requiring more intense treatment than outpatient therapy. Partial Hospitalization makes the transition out of the hospital smoother and less threatening.

Partial Hospitalization serves adults with depression, serious mental illness or problems of the older adult in programs tailored to their needs.

Program Components

Partial Hospitalization treatment begins with a full physical and psychological evaluation and substance abuse assessment. With appropriate consent, members of the treatment team visit with significant persons in the patient's life to get an idea of functioning and where the difficulties might lie. Final treatment decisions are a result of concerned and caring collaboration between the team and patient (family).

Treatment and Follow-Up

A multidisciplinary team manages each patient's treatment on a daily basis. Supportive follow-up includes working with spouses, families and significant others.

Group Therapy	Coping Skills
Individual Therapy	Occupational Therapy
Family Therapy	Anger Management
Substance Abuse Education	Expressive Therapy
Stress Management	Recreation Therapy

What is special about this program?

The Pavilion is working diligently to provide patients with comprehensive treatment tailored to individual needs. In keeping with this goal, each person's treatment is developed and guided by a multidisciplinary team of licensed mental health professionals: psychiatrists, clinical social workers, counselors and nurses. The program is specifically designed to provide security and structure while simultaneously promoting patient responsibility and autonomy.

Partial Hospitalization is special in that it:

Allows the patient the freedom to come and go each day

Is less expensive than inpatient treatment

Involves family members when appropriate

Provides for personal, ongoing communication between referral sources and the treatment team

Rapid Access

For those in need of mental health treatment but not severe enough for inpatient hospitalization, a three-day partial program is available. This program allows the patient to meet with a psychiatrist within 48 hours and see a licensed therapist upon admission. If medication is appropriate, the patient will receive a prescription. After 10 days, the patient will return for follow-up treatment and an optional partial hospitalization period of three days.

Co-occurring Disorder

The Pavilion offers inpatient psychiatric treatment for individuals suffering from substance abuse and addiction in addition to mental illness. An individualized treatment plan is developed for each patient directed by a multi-disciplinary healthcare team. Patients participate in therapeutic and educational groups to prepare for transition to a life free of substance abuse.



Intensive Outpatient (IOP)

The Intensive Outpatient Treatment Program (IOP) is offered for substance abuse and chemical dependency. IOP meets in the evenings Monday through Thursday. Participants should be free of substance abuse for 72 hours before attending meetings and should reside in a supportive environment.

This is an abstinence-based program of rehabilitation from alcohol or drug dependency (including prescription drugs). The program presents the 12-Step model of recovery along with other modalities in a group format, including addiction education.

Follow-Up:

Ongoing aftercare meetings are available weekly at The Pavilion for those who have completed inpatient treatment and/or the Intensive Outpatient Program. Referrals are made as indicated to other outpatient follow-up.

Your First Step

Call our ACCESS Line at 1-800-537-2585 and speak to a counselor or nurse about your concern. We can answer your questions about available Pavilion services. You will be encouraged to come for a FREE assessment appointment.

What is an assessment?

An assessment is an interview with a trained mental health professional. Following the interview, the assessment counselor will consult by telephone with a psychiatrist who will recommend the kind of treatment needed.



Pavilion Continuum of Services

24-Hour Emergency Assessments

Scheduled ACCESS Assessments

Inpatient Treatment

Partial Hospital Program

Intensive Outpatient Program (IOP)

Aftercare

Alumni Group

Panhandle Employee Assistance Program (EAP)

For more information call 806-354-1810

How to seek help

At The Pavilion, we anticipate that your need for services may be well-planned or the result of a psychiatric crisis. As well, you may be initiating treatment for someone other than yourself.

You may plan admission for inpatient mental health services after a psychiatrist determines inpatient care is the necessary treatment. Other physicians may consult with a psychiatrist to evaluate treatment needs, which may result in admission to The Pavilion.

In an emergency

When there is a need for immediate evaluation, the individual can be brought to the Emergency Department at Northwest Texas Hospital. Mental health assessment services are available at all times.

When you're concerned about someone else

You may be concerned about the safety of someone who does not recognize his/her own mental health disturbances. If an individual is in imminent danger, contact 911. If the individual will not consider an evaluation and is not in imminent danger but is a danger to himself/herself, a danger to others or is in a decompensating condition, contact the county judge's office in the county in which they reside to discuss their condition. If determined by the authorities that a mental health assessment is necessary, they will receive an emergency psychiatric evaluation. We recognize the decision to intervene on behalf of someone else is difficult.

**When you have a question about
mental health, remember:**

**CALL 1-800-537-2585
806-354-1810**

EMPLOYEE SERVICES

There are times when all of us experience difficult situations in life. An Employee Assistance Program (EAP) is designed to provide professional assistance to help employees and their families resolve problems that affect their personal lives or job performance. Most of these situations can be handled successfully in a short period of time. Check with your employer to see if your health plan includes the Panhandle EAP.



The Pavilion

Northwest Texas Healthcare System

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Information and Referral
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