



Horizons can help.

Every day of life should be lived fully. Changes that come with aging can be challenging, making it difficult to enjoy life for those who are growing older and for the families. DRH Health's Horizons Unit is a 12-bed, private room inpatient behavioral health unit with programming designed to address specific issues of individuals 65 years or older. Horizons can help patients:

- Understand symptoms
- Explore causes
- Learn techniques to reduce stress and improve mental health

HORIZONS

We provide:

- Mental status evaluations
- Counseling
- Patient and family education
- 24 hour nursing care
- Medication management
- Medical consultation
- Interdisciplinary treatment planning
- Structured daily activities and visitation. Daily: 5:30 pm -6:30 pm, Saturday, Sunday and Holidays: 10:00 am - 11:00 am
- Discharge Planning

Each patient's treatment plan will guide their activities.

Treatment plans may include:

- Individual and/or family counseling
- Group psychotherapy
- Recreational therapy/activities



Horizons can help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment. The National Institute of Mental Health lists these warning signs:

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, or feeling things that other people do not see, hear or feel

If not treated, these affect quality of life and impact a patient's physical and mental health.

IF YOU OR SOMEONE YOU KNOW COULD BENEFIT FROM THIS PROGRAM
PLEASE CALL

580.251.6630

