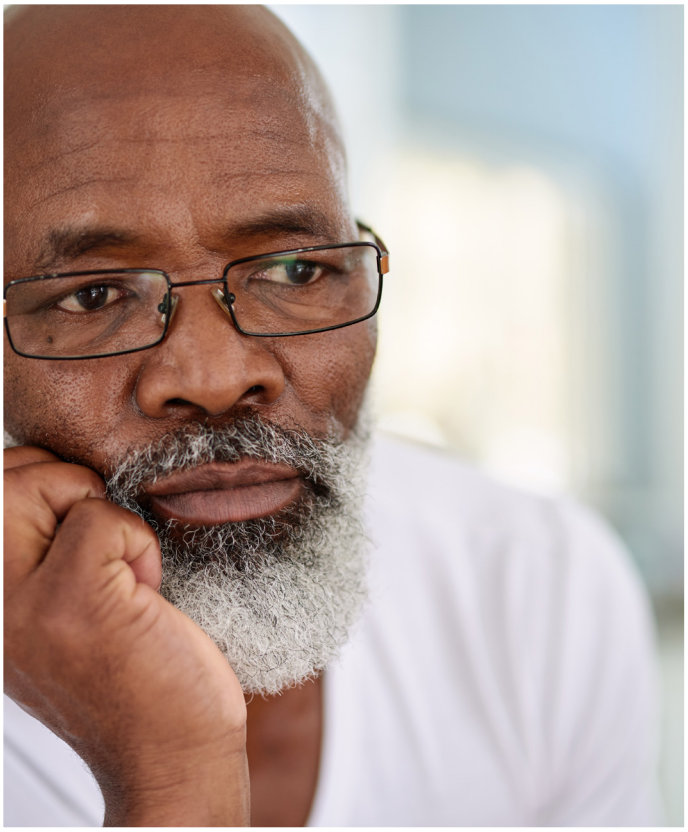


Horizons Behavioral Health Services

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 their families. DRH Health's Horizons Unit is an inpatient behavioral health unit that strives for the highest level of patient and family satisfaction. We have an Age Friendly culture that focuses on what matters to you.

HORIZONS

We provide:

- Mental status evaluations
- Counseling
- Patient and family education
- 24 hour nursing care
- Medication management
- Medical consultation
- Interdisciplinary treatment planning
- Discharge Planning
- Structured daily activities and visitation. Daily: 5:30 pm -6:30 pm, Saturday,Sunday and Holidays: 10:00 am - 11:00 am. Spiritual leaders are welcome daily from 1:00 pm - 2:00 pm.

Each patient's treatment plan will guide their activities. Treatment plans may include:

- Group psychotherapy
- Individual and/or family consultation and guidance
- Recreational therapy/activities

DRH HEALTH

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

DRH HEALTH