

**What to look for
in a Transitions candidate:**

- Lack of Interest- Individual does not engage in usual activities or care what others are doing.
- Withdrawn/Isolating- Individual prefers to be by self; decreased interaction with others; prefers to be alone; may hide out in room.
- Emotionally Labile- Tearful, anger, rude, irritable, easily agitated, change in eating habits or sleep patterns, resentful, disagreeable.
- Increased Anxiety Level- Easily stressed.

**Grief can be for a
variety of reasons:**

- Living conditions
- Loss of spouse
- Loss of home
- Loss of independence
- Loss of a child
- Recent moves
- New roommate.

Requirements - Must be able to participate verbally, medically stable, and able to tend to ADL's with minimal assistance.



**RIVER CREST
HOSPITAL**

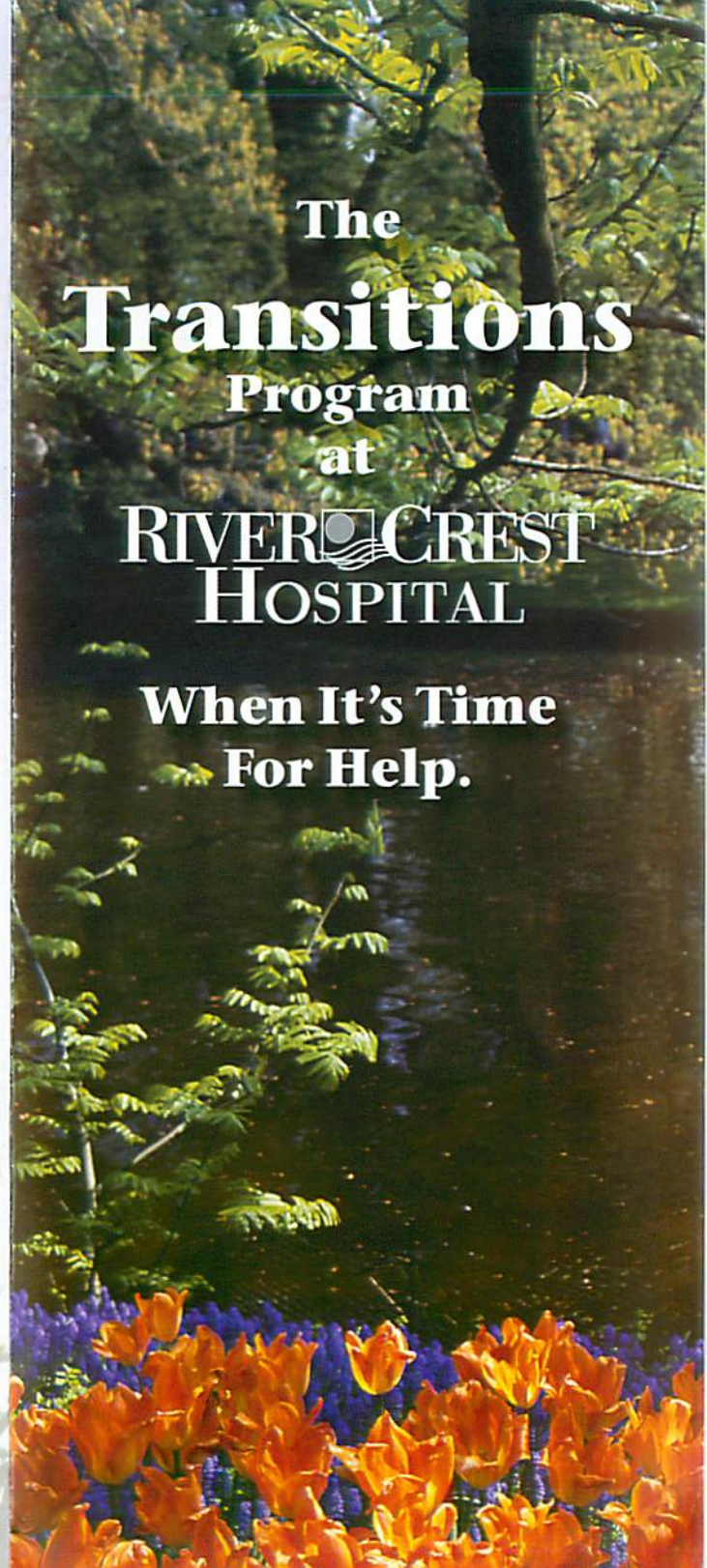
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**The
Transitions
Program
at
RIVER CREST
HOSPITAL**

**When It's Time
For Help.**



Our Program

The Transitions Program at River Crest Hospital is a professional mental health program, designed to meet the individual needs of Senior Adults suffering from emotional and/or psychiatric disorders.

The Transitions Program is an intensive out-patient program, that provides services Monday through Friday. The staff provides a multidisciplinary approach in the least restrictive environment possible in order to have patients return to their homes everyday.

Admissions

The Transitions Program provides a free initial evaluation by a clinical professional to determine the treatment need of each Senior Adult. Referrals can be made by physicians, health care professionals, human service agencies, clergy, family members, or friends.

The Psychiatrist will assess and evaluate all admissions to determine the proper diagnosis and course of treatment.

Transportation

The Transition program can provide transportation to and from the program at no cost.

Payment

Medicare and most private insurance plans cover services. *Verification of coverage is recommended

Our Team

- Psychiatrist
- Social Worker
- Registered Nurse
- Licensed Professional Counselor
- Mental Health Technician

Senior Adults experience a variety of unique and difficult life conditions that can be overwhelming at times. Loss of independence, physical decline, loss of loved ones, safety concern, and multiple losses are just a few that can make life seem unmanageable. This can lead to emotional problems that can decrease the ability to cope with daily tasks. Depression is one of the most treatable medical conditions there is according to health care professionals. Each Senior Adult will have an individualized plan of treatment to deal specifically with their unique set of problems. Family members, caregivers, and primary care physicians are encouraged to participate in the process and be part of the solution.

Our Method

- Group Therapy
- Family Therapy
- Individual Therapy
- Grief and Loss Resolution
- Stress Management
- Assertiveness Training
- Reminiscence Therapy
- Validation Therapy
- Expressive Therapy
- Psycho-Educational Groups
- Medication Management
- Discharge Planning

Signs and Symptoms of Emotional Distress for Senior Adults

- Anxiety
- Disorientation
- Anger
- Grief and Loss Issues
- Agitation
- Hallucinations
- Irritability
- Confused Thoughts
- Crying
- Isolation
- Depression
- Paranoia
- Delusions
- Sleep Disturbance
- Change in Eating Habits