

## *Mental Health Services*

**St. Joseph's Hospital Breese**  
14160 Jamestown Rd, PO Box 99  
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Ph: (618) 526-5699  
stjoebreese.com

**Holy Family Hospital**  
200 Health Care Dr.  
Greenville, IL 62246  
Ph: (618) 664-2240  
hshsholyfamily.org

**St. Joseph's Hospital Highland**  
12866 Troxler Avenue  
Highland, IL 62249  
(618) 651-2940  
stjosephshighland.org



## **Mental Health Services**

*Renewing the quality of life for senior adults through inpatient and outpatient services.*



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## Inpatient at Holy Family Hospital

HSHS Holy Family Hospital Senior Wellness Unit is an inpatient 10-bed, Medicare-certified service designed to address issues specifically related to individuals 55 years and older. When someone is suffering from behavioral health problems, it is important to recognize behaviors that might need further evaluation. These symptoms may include:

- Diminished Interest in Activities
- Feelings of Worthlessness
- Recurrent thoughts of Death and Suicide
- Personality Changes
- Unexplained physical ailments or changes in eating and sleeping patterns
- Confused Thinking and/or Memory Loss
- Excessive Fears
- Anxieties or Suspiciousness
- Withdrawal from others
- Inability to cope with daily living skills resulting in unsafe behaviors
- Hallucinations and Delusions

Our goal is to improve and maintain each patient's self-respect and dignity. We place equal emphasis on the healing of mind, body, and spirit. Our unit offers high-quality care in

a pleasant, short-term, secure setting. For more information please call 618-664-2240.

### What happens when I call for help?

Our staff will request some information and promptly communicate with our psychiatrist to determine the least restrictive method of treatment.

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## Outpatient at St. Joseph's Hospital Highland and St. Joseph's Hospital Breese

St. Joseph's in Breese & Highland offers an outpatient program called Senior Renewal for adults (generally) 60 years and over who are dealing with issues such as depression, anxiety, "nerves," and other mood disorders. The program works to restore a sense of well-being and quality of life and helps participants return to the peak of their capabilities.

Senior adults often face unique emotional problems that can make life abnormally difficult. Growing old does not mean that emotional despair has been accepted. The quality of life can be renewed as the feelings of despair and hopelessness are changed to hope, joy, and inner peace. Anxiety, depression, lack of motivation, and sadness due to grief can be minimized or resolved by effective treatment.

### What type of services and sessions are available?

Services vary depending on each patient's specific circumstances, symptoms, and treatment goals. Options may include:

- Individual counseling
- Group therapy with other senior adults
- Family therapy
- Education by a specially trained nurse
- Regular communication with family members
- and others

These services are provided under the supervision of a psychiatrist who prescribes both the service level and the frequency of treatments.

### Admission and Referral

To refer yourself, a patient or a loved one to St. Joseph's Senior Renewal, simply call our office. Our staff will request some information and will promptly schedule an appointment. All initial screenings are free of charge. We work closely with referring health care professionals so that timely communications can take place with families, physicians, social services agencies, and others.



### What happens when I call for help?

When you call for help, you will be scheduled for a confidential assessment by a qualified professional. This can take place at HSHS St. Joseph's Hospital, in the privacy of your own home, or in a health care facility.

This assessment will determine the appropriate level of care based on the presenting symptoms and their severity. If you can benefit from treatment, you will be admitted into St. Joseph's Senior Renewal program.

### Will my insurance pay for treatment?

St. Joseph's Senior Renewal treatment is covered by Medicare, most supplemental insurance companies, as well as many commercial insurance plans.

### For more information

For more information about the Senior Renewal program, call (618) 651-2940 (Highland) or (618) 526-5699 (Breese) to schedule a confidential assessment

