

## WE VALUE PRIVACY

All your information as a patient is confidential and stays with your caretakers. We give information to others (like insurance companies or others you give us permission to share with) only after you sign a form allowing us to do so. You should be aware of the information requested and its purpose. You will receive a Bill of Rights when you come in and we can answer any questions you have.

## GOING HOME

We begin to help plan for going home the day you come into the hospital. Our hope is that you will learn skills to handle the stress in your life. The therapist on your team will meet with you and your loved ones to plan your follow-up care.

## FOR MORE INFORMATION

You, your family or your doctor can contact us for more information by calling 814/452-5555 or toll-free 1-888-950-9090.

## The Saint Vincent Mission

*Inspired by the Sisters of  
Saint Joseph of Northwestern  
Pennsylvania, Saint  
Vincent Health System is  
a community of caregivers  
dedicated to bringing God's  
healing love to all and  
committed to compassion and  
excellence in the delivery of a  
continuum of holistic care.*



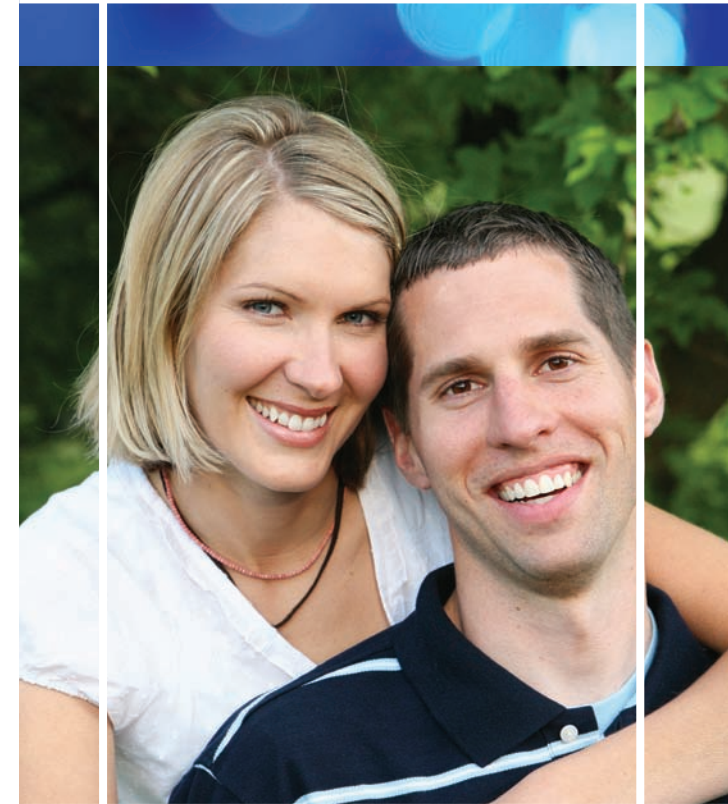
*We know how to treat people.™*

Saint Vincent Adult Behavioral Health Unit  
232 West 25 Street • Erie, PA 16544  
814/452-5555 or toll-free 1-888-950-9090

[www.saintvincenthealth.com](http://www.saintvincenthealth.com)

SAINT VINCENT HEALTH CENTER

# Adult Behavioral Unit



SAINT  
VINCENT

*We know how to treat people.™*



# SAINT VINCENT ADULT BEHAVIORAL HEALTH UNIT

*Offers you treatment in a safe and caring environment under doctor's supervision. Our goal is to help adults with life's problems in a healthier way.*

## **You may face problems that make daily living difficult for you or your loved ones. These problems include:**

- Sleep problems
- Loneliness and feeling isolated
- Problems coping with change or everyday stress
- Unable to do daily tasks
- Crying spells
- Problems handling grief and loss
- Feeling anxious
- Feeling depressed
- Changes in eating habits
- Having memory problems or feeling confused
- Trouble thinking clearly
- Thinking about hurting yourself

## **REASONS FOR COMING TO OUR UNIT**

Adults often come to our unit after seeing their family doctor, who then refers them to a psychiatrist. In an emergency, we can see you in our emergency department and refer you from there.

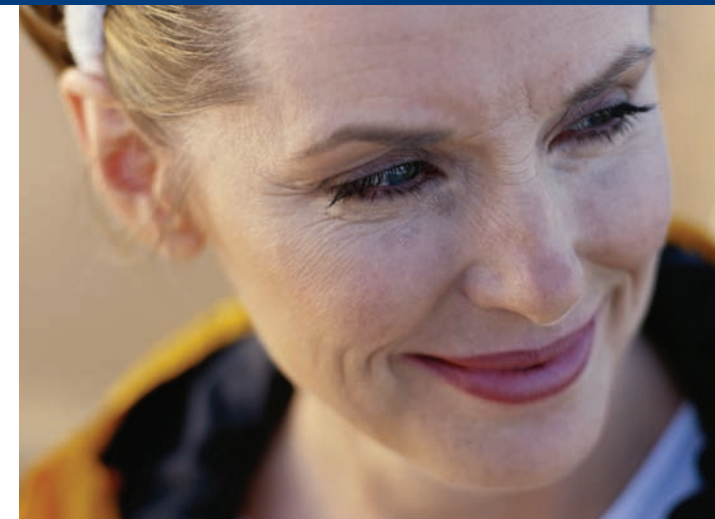
Our unit is not a substitute for living at home. It is for people who choose to come in for treatment and will eventually return home.

### **Reasons for being admitted include:**

- Having problems with your family, your spouse, your friends or at work.
- Needing treatment in a hospital when being treated at home is not enough.

## **WHO IS ON YOUR TEAM?**

At Saint Vincent, your caretakers work as a treatment team. The team includes a psychiatrist, the nursing staff, inpatient therapist, recreational therapist and other professionals such as dietitians, counselors, psychologists and occupational therapist, when needed. Together, the team works with you to write your plan of care, to set your goals and to measure your progress as you get ready to go home.



## **SOME OF THE TOPICS FOR GROUPS CAN INCLUDE:**

- Problem solving
- Self awareness
- Co-dependency
- Self-esteem
- Depression
- Anxiety
- Healthy nutrition
- Motivation for change
- Stress management
- Grieving
- Holistic approach to wellness
- Smoking cessation
- Anger management
- Understanding the addictive personality
- Assertiveness