



**Warning signs that may indicate the need for treatment of serious behavioral health problems include:**

- Sadness or anxiousness that is out of the ordinary
- Difficulty concentrating, recalling simple things, or making decisions
- Loss of interest in day-to-day activities
- Feelings of hopelessness and helplessness
- Increased agitation or conflicts
- Medical/medication non-compliance
- Changes in behavior or concern to others
- Signs or communication of suicidal thoughts or intentions
- Behavior that can be self-harming or dangerous to others
- Aggressive behaviors
- Unrealistic fears
- Hearing or seeing things not present; bizarre thoughts
- Disorientation
- Increasing social withdrawal
- Sleep and appetite disturbances

**Who is Eligible?**

- Persons 60 years and older who meet the admitting criteria.
- Assessment staff will facilitate insurance options and assist patients or family members in accessing care.

**Insurance Coverage:**

Hospital treatment services for patients who qualify for admission are covered by Medicare and most major health companies.

**Patient Referral:**

Physicians, mental health professionals, or family members may make referrals 24/7 to the Center by contacting us directly at (580) 928-5541 Ext. 224.

Our staff is available 24 hours a day. All information is kept strictly confidential.

**Call:**

**StoneBrook Behavioral Health Center  
(580) 928-5541 Ext. 224**



501 E. Washington  
Sayre, Oklahoma 73662



“Quality care with dignity, respect and compassion”

## ***Change is just around the corner!***

Mental Health in the older adult population is changing rapidly. Our parents and grandparents have lived through more triumphs and tragedies than any other American age group, contributing to the very fabric of our nation. They are also living longer and enjoying the fruits of their labor.

But living longer can mean more physical, mental and emotional hardships. Comprehensive care is critical, ensuring the best possible outcomes for your loved one's mental health. At StoneBrook care doesn't end at the time of discharge. Follow-up case management and coordination ensures the best possible future for the greatest generation.



## ***What is Geriatric Psychiatry?***

Geriatric Psychiatry is the specialized field of psychiatry that treats older adults. Older adults often have complex needs and difficult life changes that can adversely affect their emotional well-being. The combination of medical and psychiatric issues can make the diagnosis, care and treatment of the older adult challenging.

Older adults experience many changes as they age, often losing a spouse, family members and friends. Added to that is retirement or illnesses that bring on major life changes that can easily overwhelm a person. These things can trigger depression and anxiety or mood disorders that are best treated by specially trained psychiatric physicians, nurses and therapists.

## ***Inpatient Treatment***

Our inpatient unit provides intensive medical-psychiatric treatment and medication stabilization in a homelike setting. Our patients are typically 60 years and older with a primary psychiatric problem. Inpatient treatment is often the best option for older adults suffering from severe anxiety, depression, agitation, paranoia, fearfulness or hallucinations. Inpatient hospitalization provides a secure therapeutic environment for patients 24 hours a day.

Upon admission, patients undergo a comprehensive assessment that includes a thorough psychiatric and medical evaluation. Inpatients are treated by both a geriatric psychiatrist and a medical physician. The patient's psychiatrist leads a professional, multi-disciplinary team to develop a program customized for each individual's particular needs. The length of stay will vary according to many factors, but is generally 12 to 16 days. Medicare and most private insurance plans cover inpatient treatment when certain criteria is met.

The goal is to quickly return clients to their optimal level of functioning outside the hospital through an intensive, structured, physician-supervised program that coordinates seamlessly with the client's medical care.

The highly structured inpatient program includes:

- *Admission assessments*
- *Co-management of chronic medical conditions*
- *Medication adjustments*
- *Individual and group counseling*
- *Physical therapy*
- *Dietary consultation*
- *Patient and family education*
- *Discharge planning/placement assessment*



## ***Professional Staff:***

Specially trained to deal with the unique needs of older adults, the caring and compassionate StoneBrook staff includes:

- Medical Director
- Psychiatrist
- Registered nurses
- Therapeutic activity/recreation specialists
- Clinical social workers
- Dieticians
- Physical therapists
- Pharmacists

