

Warning Signs

If someone you know is experiencing any of the symptoms below, please call the Inpatient Behavioral Health Unit for a confidential assessment.

- Depression
- Marked personality changes
- Numerous unexplained physical ailments or changes in eating and sleeping patterns.
- Confused thinking, inability to concentrate and/or memory loss.
- Excessive fears, anxieties or suspiciousness.
- Withdrawal from family, friends and others.
- Growing inability to cope with daily living, resulting in unsafe behaviors.
- Hallucinations, hearing voices.

**For A
Confidential Screening
Call (814) 260-5225**

**Charles Cole Memorial Hospital
Inpatient Behavioral Health Unit**
*Promoting Mental Health
For Senior Adults*

Information For The Patient & Family

What the patient needs/is allowed to bring to the unit:

1. Three days worth of clothes and necessary toiletries
2. Insurance/Medicare/Medicaid cards and numbers
3. Home medications
4. A wheelchair, walker or cane, if needed
5. A small amount of money for personal use
6. A supply of cigarettes for use during designated smoking breaks (Smoking is not allowed in the unit.)

The following are not allowed:

- Razors, hair dryers or irons (These items will be provided.)
- Hair spray, glass, sharp objects, weapons or food from the outside
- Alcohol or drugs

Family involvement is encouraged as support and participating in the patient's treatment plan maximizes the benefits of treatment.

Family members and friends should note:

1. All parcels and gifts must be checked at the nurses' station.
2. You cannot bring food or drinks into the unit.
3. Flowers must be in plastic containers with no wires.

**CHARLES
COLE** MEMORIAL
HOSPITAL
REGIONAL MEDICAL CARE

Stepping Stones

Inpatient Behavioral Health Unit For Seniors

Geriatric Behavioral
Health Unit



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Hope and Direction

The Stepping Stones Inpatient Behavioral Health Unit at Charles Cole Memorial Hospital is designed to diagnose and treat the complex problems of older adults.

In our program, each patient has a treatment team of medical and clinical professionals. They work together to pinpoint the nature of the problems and help the patients and their families begin the recovery process.

We Provide

Initial Assessment: An assessment is performed by a mental health professional to assist in determining the need for treatment. A confidential screening can also be done in the home.

Diagnosis: A comprehensive evaluation of the patient's physical, mental and emotional condition forms the basis for diagnosis and treatment planning.

Our Treatment Philosophy

Our goal is to maintain and improve each patient's quality of life and enhance the patient's self respect and dignity. Consistent with our holistic treatment philosophy, equal emphasis is placed on the healing of mind, body, and spirit.

Family Involvement

We place great value on family involvement in the treatment process.

Participation in community support groups is also encouraged.

Program Content

In group and individual sessions, the program focuses on the stressful issues associated with aging, such as grief, loneliness, coping with illness or physical disability, changing roles and status, death and dying and conflicts with adult children.

Program Features

- Comprehensive medical and psychological evaluation
- Individualized treatment plan
- Individual, group, and family therapy
- Family participation, including education and therapy
- Coping and life skills training
- Activity therapy groups
- Therapeutic exercise/stress reduction
- Pastoral counseling
- Medical management/education
- Individualized continuing care plan for discharged patients and their families

All Information Is Kept Strictly Confidential

How To Make A Referral

1. Call Charles Cole Memorial Hospital Inpatient Behavioral Health Unit at (814) 260-5225 and explain that you would like to make a referral.

You will be asked for:

- Your name, title and organization, address and phone number; your relationship to the patient; who will accompany the patient to the unit and the date and time the patient will arrive.
- The patient's name, address and telephone number; date of birth, social security number; Medicare, insurance and/or Medicaid number (if applicable).
- A brief description of the patient's symptoms and behaviors.
- Patient's medical status; present medications; family or work problems and advanced directives (if applicable).

2. The program director will review and verify the patient information and notification of confirmation will be given promptly.

3. Secure a release of any information and/or documentation relevant to the patient's treatment prior to admission and forward it to the unit as quickly as possible.

4. Report any emotional and/or physical state which requires special care so that the necessary arrangements can be made.