



Behavioral Health Services

Behavioral Health Connections /1.800.992.3010

Behavioral Health Connections is the initial point of contact for those seeking psychiatric or substance use disorder treatment. Assessments are offered through Behavioral Health Connections and can help individuals identify the proper course of treatment. Referrals for assessments are accepted 24 hours a day from other medical and behavioral health professionals.



The Addiction Healing Center at Saint Francis Hospital is an inpatient treatment program designed to assist adult patients with establishing and maintaining sobriety through a 12-step program based on the disease model of addiction. The length of stay is approximately 28 days. Patients will have an initial evaluation with an Addictionologist and/or Psychiatrist and regular follow-up, throughout the treatment program. Detoxification services are also available with ongoing nursing and medical care. Therapists will meet with patients to develop an individualized treatment plan. The therapists also provide group, individual and family therapy. Patients will participate in AA and/or NA meetings daily. Attempts will be made to assist patients with obtaining a temporary sponsor while they are in the program, so that, upon discharge, there are community supports in place. Patients will also be provided with education regarding addiction and recovery, along with coping skills training and other relapse prevention strategies. Recovery Coaches are utilized to assist with education, activities, and supervision to off-unit events. Families will be invited/expected to participate in family education and family sessions and are referred to Alanon for continued support.

Continuing Care

Through the Continuing Care Program, patients who have completed Substance Use Disorder Treatment meet once a week with staff and former patients in a group setting. This provides an avenue for ongoing support and assistance for building healthier and sober lifestyles in the community.



Outpatient Services

Intensive Outpatient Program for Adults

The Outpatient Program offers intensive outpatient psychiatric treatment for adults whose problems and issues are not severe enough to require acute inpatient hospitalization but do present with significant difficulties functioning in normal day-to-day activities. Individuals who have recently completed treatment in a hospital setting and need additional support may be referred to this program as well.

Dual Diagnosis Program

Dual Diagnosis is the co-existence of at least one mental health and at least one substance use disorder. This program provides each participant with knowledge about his/her diagnosis, abuse patterns or addiction, relapse prevention, recovery and helps develop strategies to deal with problem areas.

The Dual Diagnosis Program offers professional treatment designed to deal with the multitude of problems resulting from use and abuse of substances as well as co-occurring mental health disorders which may complicate the establishment of a strong recovery plan. This program is available to individuals who have recently completed detoxification and/or a brief inpatient hospitalization or those individuals with symptoms & problems that significantly interfere with performing daily activities.

Our goal is to provide a level of treatment designed to reduce symptoms, improve coping skills and to assist in the development of new skills, which will improve the participant's ability to function in their daily lives. An individualized treatment plan is developed, along with the therapist & psychiatrist, based on presenting problems and needs. Treatment is provided in a group setting several days a week for a minimum of three hours a day. Process groups, education groups, family therapy/education, involvement in AA, NA, Alanon and continuing care are all components of the programs that may be included in the treatment plan. Family participation is also encouraged in the patient's overall treatment strategy. Transportation can also be arranged on an individualized basis.

At Thomas Memorial Hospital

MedPsych Unit

This unit is designed to meet the special physical, emotional and behavioral needs of individuals with co-occurring psychiatric & medical illnesses. This program focuses on identifying behavioral issues and physical needs, and developing a plan of care and treatment which addresses both areas. Upon arrival, the patient will receive an orientation to their room and surroundings. Family participation & visitation are encouraged. On the MedPsych Unit, treatment and discharge planning begin on the day of admission, through an interdisciplinary team of a psychiatrist, social worker, therapist, recreational therapist and psychiatric nurse. Each patient is a key member of the treatment team as well. Individualized treatment may include individual, family, group & recreational therapy.



**Thomas
Health**

ThomasHealth.org



Pregnancy Connections

Services include behavioral health treatment, addiction counseling, as well as centering group therapy with other pregnant or post partum women. We also provide childbirth, breast feeding, infant care, and parenting classes to help the individual get ready for the road ahead. Our goal is to work with patients for up to 2 years following pregnancy to help the mother after the birth of their child as well. We aim to give participants the necessary care and support to overcome their addiction and to ultimately ensure the mother/infant and family unit remains intact. We also provide individual therapy to meet the psychiatric needs of pregnant and postpartum women.

Thomas Behavioral Health Services are licensed by the State of West Virginia and accredited by The Joint Commission.

National Suicide Hotline / 1.800.273.8255

**The Addiction Healing Center
at Saint Francis Hospital
333 Laidley Street
Charleston, WV 25301**

**Thomas Memorial Hospital
4605 MacCorkle Avenue, SW
South Charleston, WV 25309**

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