



Regroup.

We encounter many of our most difficult decisions in our adolescent years.

If these decisions become overwhelming, it is sometimes necessary to seek help from a professional.

Rolling Hills Hospital offers behavioral healthcare and chemical dependency services in a compassionate hospital setting with a variety of effective programs to best suit each patient's needs. Our state-of-the-art facility is designed to provide patients and staff with a safe, healing environment.

For more information, call **615.628.5700**, or visit www.RollingHillsHospital.org.

For immediate help, call **1.800.832.0388**.



**ROLLING
HILLS
HOSPITAL**

NATIONAL CLINICAL AFFILIATE



The staff of **Rolling Hills Hospital** believe in and strive to maintain a total therapeutic environment through an individualized treatment approach for each patient and family. Each program is designed to provide services appropriate to the scope and level of care required by the patient population served.

Comprehensive treatment-oriented activities are provided by a multi-disciplinary staff. Clinical staff provide group therapy, family therapy and activity therapy. All clinical services are delivered by qualified professional staff including, but not limited to, psychiatrists, registered nurses, licensed practical nurses, mental health workers,

clinical social workers, a dietitian, pharmacist, substance abuse counselors, and certified activity therapists. Clinical services that are not available within the facility may be provided through referral, consultation or contractual agreements with professionals and other health care facilities.

The goal of treatment is to promote the highest level of functioning for each patient with emphasis on individual, group and family therapy provided at the least restrictive level of care. The patient's symptoms, strengths, family supports and discharge needs provide the basis for care from admission to discharge.

ADOLESCENT TREATMENT PROGRAM

The Adolescent Treatment Program* is designed for the treatment of patients, ages 13 to 18, with primary psychiatric diagnoses who meet the criteria for medically-supervised, inpatient acute treatment. Excluded are those patients who are so medically unstable that their safety requires treatment in a medical-surgical hospital; those who meet criteria for less restrictive treatment; or those

with chronic organic brain dysfunction without treatable psychiatric symptoms.

The Adolescent Treatment Program program operates 24 hours per day, seven days per week, within an 18-bed unit in an acute care setting. Areas of care provided by identified service providers are :

<u>AREA OF CARE</u>	<u>SERVICE PROVIDERS</u>
Speech, Language and Hearing Testing	Speech Language Therapist
Development History.....	Social Work Services Staff
Psychiatric Evaluation	Psychiatrists
Psychosocial Assessment.....	Social Work Services Staff
Nursing Assessment.....	Registered Nurses
History and Physical Exam	Physicians
Medical/Surgical Consults.....	Physicians
Dietary Consults.....	Registered Dietitian

**The initial assessment of individuals with eating disorders involves a thorough review of the patient's history, current symptoms, physical status, weight control measures, and other psychiatric issues or disorders such as depression, anxiety, substance abuse, or personality issues. Consultation with a physician and a registered dietitian is often recommended. The initial assessment is the first step in establishing a diagnosis and treatment plan.*

Patients with eating disorders typically require a treatment team consisting of a primary care physician, dietitian, and a mental health professional knowledgeable about eating disorders. Treatment must often involve clinicians from different health disciplines including psychologists, psychotherapists, physicians, dietitians, and nurses.

615.628.5700 MAIN

1.800.832.0388 RESPOND

You can contact a Respond Intake Clinician
24 hours a day, 7 days a week for an Intake or Referral.



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www.RollingHillsHospital.org

