



## Behavioral health

Inpatient  
Outpatient  
Senior care  
Telebehavioral health



# Personalized behavioral health care

There's nothing easy about dealing with behavioral health issues such as anxiety, depression, substance use disorders and stress. These conditions — and others like them — can threaten your patients' overall health if not addressed expediently. The Novant Health behavioral health team is here to help. With more than 80 specialists and innovative programs, we're the partner you can count on to provide compassionate, individualized care for every patient's unique needs.

### Patient-centered support and treatment teams

At Novant Health, our behavioral health team includes psychiatrists, advanced practice clinicians, nurses, clinical social workers, dual diagnosis counselors, recreational therapists and peer support specialists. These experts work alongside each patient and his or her support system to create individualized treatment plans and establish a framework for recovery.

### Compassionate care that's easy to access

Our team strives to provide expert care in the best format for each patient, when and where it's needed. From acute care, including our 24-hour assessment and triage services, to ongoing support through inpatient and outpatient programs and emergency telepsychiatry, your patients have access to the care they need — whenever they need it. *Please see reverse for a detailed listing of our extensive services.*

### Behavioral health call center

- Available 24-hours a day, seven days a week, including holidays
- Staffed by masters-level clinicians to assist patients and families in crisis
- Provide information on behavioral health community resources as requested
- Schedule appointments by referral from a provider

### Behavioral health assessment center

This one-stop-shop center is for individuals seeking mental health or substance use disorder treatment. Our licensed clinicians

- Conduct individual diagnostic behavioral health evaluations.
- Recommend the next level of care.
- Schedule appointments.

Connect with us to learn more about how we're advancing behavioral healthcare



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Call the behavioral health call center at 800-718-3550 to make a referral.

# Individualized behavioral health services

Please note: Some programs require patients meet certain criteria, including specific primary diagnoses or a Novant Health or community-based psychiatrist, etc., in order to participate. Contact the behavioral health call center for more information.

## Inpatient care

- Short-term, recovery-oriented treatment programs
- Insight-oriented group therapy
- Patient education
- Coping skills training
- Medication management
- Intensive management unit to assist individuals in need of initial stabilization in smaller units with higher staff-to-patient ratios

## Outpatient care

- 24-hour assessment and triage through Novant Health emergency rooms
- Programs for adults, children and adolescents
- Psychiatric services, including evaluation, diagnosis and treatment
- Bridge clinic for medication management before evaluation by primary psychiatrist
- Intensive substance misuse disorder treatment
- Perinatal mood and anxiety program for expecting or new mothers
- Electroconvulsive therapy (ECT)
- Group therapy
- Confidential substance misuse disorder assessment
- Family recovery programs
- Educational sessions on topics such as anxiety and stress management, self-esteem, grief and loss

## Senior care

- Dedicated senior programs for individuals 55+ that include structured therapeutic activities, group and individual therapy and medication management, offered at Novant Health Forsyth Medical Center and Novant Health Thomasville Medical Center

## Transcranial magnetic stimulation

Novant Health offers TMS, a noninvasive option which uses high intensity pulsed magnetic beams to stimulate specific regions of the brain. It is appropriate for treatment of patients who have:

- Major depressive disorder without psychosis
- No active suicidal ideation
- PHQ-9 score of greater than or equal to 6
- Failed treatment with four or more antidepressants
- Participated in psychotherapy within the last year

Treatment is administered Monday through Friday for four to six weeks. It is covered by most commercial insurance plans and Medicare.

## Telebehavioral health

*For the fastest emergency room care*

- Virtual ER risk assessments and psychiatric evaluations for patients with mental and behavioral health disorders which determine the most appropriate level of care and coordinate a referral.

## Therapy programs

- Partial hospitalization program (PHP) for individuals who require a more intensive level of treatment than outpatient therapy. Patients attend sessions Monday through Friday, 9 a.m. to 2 p.m.
- Intensive outpatient program (IOP) is for individuals who need a higher level of care than traditional outpatient therapy, but do not need hospitalization. Patients attend sessions three days a week from 9 a.m. to noon.
- Recovery and counseling programs provide substance misuse evaluation and treatment options using medication assisted therapy and individual counseling.