



BEHAVIORAL HEALTH TREATMENT

Hope
for a bright future

Providing a comprehensive behavioral health continuum for senior adults, adults and adolescents



Offering a Comprehensive Continuum of Care

INPATIENT • RESIDENTIAL • PARTIAL HOSPITALIZATION • OUTPATIENT FAMILY SERVICES • AFTERCARE • MEDICATION-ASSISTED RECOVERY

www.CenterPointeHospital.com

CENTERPOINTE HOSPITAL

CenterPointe Hospital is a 150-bed, private, psychiatric hospital serving the behavioral health needs of senior adults, adults and adolescents in the metropolitan St. Louis area, southeastern and central Missouri, and southern and central Illinois. CenterPointe has established itself as a leader in mental health and addiction treatment services and maintains a reputation for providing a comprehensive continuum of quality care.

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■ Our Mission

CenterPointe Hospital is a premier provider of behavioral health care services, delivered with compassion for patients and their families, respect for employees, physicians and other health professionals, accountability for clinical and ethical performance and responsibility to the communities we serve.

■ Our Philosophy

Treatment is based on the belief that, through a combination of medically managed care and therapeutic intervention and education, patients can learn to effectively manage their illnesses and cope with the effects on their lives.

OUR SERVICES

CenterPointe Hospital provides a continuum of inpatient and outpatient behavioral health care for senior adults, adults and adolescents in its main location and comprehensive outpatient services at numerous satellite locations in its service area.

CenterPointe Hospital provides treatment for a wide range of mental health and substance use issues, including, but not limited to:

- severe depression
- severe anxiety
- bipolar disorder
- mood disorders
- trauma
- schizophrenia
- other psychiatric disorders
- detoxification and treatment for alcohol, opioids, prescription drugs, and poly-drug addictions



PSYCHIATRY CONTINUUM

Treatment for psychiatric disorders and dual diagnosis

Psychediatric illnesses like depression, anxiety disorders and bipolar disorder are common in our society. In fact, an estimated 61.5 million Americans 18 and older experience a diagnosable mental illness in a given year. The National Institute of Mental Health indicates that a little more than 20 percent of children (or one in five), either currently or at some point during their lives, have had a seriously debilitating mental disorder. The need for treatment is evident, yet fewer than half of these individuals seek treatment. That's why CenterPointe is dedicated to providing access to quality care, comprehensive services in a safe, secure environment, and an extensive continuum that offers progressively less-restrictive levels of care as patients progress through treatment and learn to manage the illnesses that affect their lives.

Admission to any CenterPointe treatment program is based on a confidential assessment at no cost by the Hospital's trained assessment team who, in conjunction with the admitting psychiatrist, determines the appropriate level of care for each patient. Under the direction of the attending psychiatrist, CenterPointe's treatment team provides comprehensive, individualized treatment including: individual and group therapies, educational discussions, structured activities, medical supervision and medication management for patients in all levels of care.

PSYCHIATRY CONTINUUM INPATIENT ACUTE CARE

CenterPointe's inpatient psychiatric care is a highly structured crisis stabilization model with emphasis on identifying crisis symptoms, stabilizing behaviors, identifying environmental supports and increasing the coping skills of each patient. **Five separate acute care units support the division of patients according to age, with two units for adults, a detoxification unit for adults, a unit for senior adults and one unit for adolescents, ages 13 to 17.**

Treatment is based on the belief that, through a combination of medically managed care and therapeutic intervention and education, patients can learn to effectively manage their illnesses and cope with the effects on their lives.

■ Senior Adult Inpatient Program "Silver Lining"

CenterPointe's "Silver Lining" Senior Adult Inpatient Program provides inpatient treatment for senior adults experiencing some of the following symptoms:

- Severe Depression
- Severe Anxiety Interfering with Daily Life
- Unresolved Grief and Loss
- Mood Disorders
- Dementia with Exacerbated Symptoms
- Other Mental Illnesses
- Substance Use

PSYCHIATRY CONTINUUM OUTPATIENT ACUTE CARE SERVICES

Outpatient psychiatric and dual diagnosis treatment is provided through full-day partial hospitalization and half-day intensive outpatient programs and is designed for patients who are experiencing moderately severe symptoms that do not require inpatient hospitalization. Patients appropriate for these levels of care demonstrate reliable medication compliance, the ability to maintain home, work or school commitments and have support from their home and other social environments.

■ Partial Hospitalization Program (PHP)

CenterPointe's partial hospitalization program (PHP) offers adult patients full days of behavioral health treatment in a less restrictive environment that does not require an overnight stay. Patients appropriate for this level of care have adequate family or environmental support, have reduced the crisis level in their lives and may utilize the program as either a "step-down" following acute inpatient care or as the point of entry for new admissions.

■ Intensive Outpatient Program (IOP)

Intensive outpatient program (IOP) provides half-day or evening programming, affording many patients the flexibility to maintain their daily responsibilities. Patients in this level of care have substantial family and environmental support in working toward continuing improvement and successful management of their disorders. CenterPointe offers intensive outpatient programs for adults and adolescents.

PSYCHIATRY CONTINUUM OUTPATIENT CHRONIC CARE SERVICES

■ Progressive Partial Hospitalization Program (PPHP)

CenterPointe provides a specialized treatment opportunity for individuals with chronic mental illness who frequently require ongoing treatment. PPHP utilizes group and individual therapy sessions that incorporate motivational, educational and cognitive behavioral strategies to improve each patient's level of functioning, prevent relapses and improve medication compliance. The structured, two-level program includes a five-day partial hospitalization program (PHP) and an intensive outpatient program (IOP) meeting three days each week.

Transportation for PPHP is provided at no charge for patients requiring assistance.



PSYCHIATRY CONTINUUM
ADDITIONAL PSYCHIATRIC SERVICES

■ **ECT**

CenterPointe offers a state-of-the-art electroconvulsive therapy (ECT) suite for inpatients and outpatients requiring ECT as part of their treatment plans. The treatment suite includes a preparation and waiting area as well as treatment and recovery rooms. Psychiatrists administer the treatments, assisted by anesthesiologists and a trained nursing team that monitors each patient throughout the process. For more information about ECT call: 636-477-2147

■ **TMS**

As a leader in behavioral health treatment, CenterPointe offers Neuro-Star Transcranial Magnetic Stimulation (TMS) to its treatment options for depression. TMS uses magnetic fields to stimulate nerve cells in the brain and improve symptoms of depression. This FDA-approved therapy is designed to help depressed individuals who have not achieved relief through pharmacotherapy return to their routine activities and feel like themselves again. During the four-to-six week treatment course, patients receive daily outpatient treatment in the comfort of a physician's office. For a consultation at no cost, or to receive more information, call CenterPointe's TMS referral line at 314-210-7508. TMS is covered by most insurance plans.

PSYCHIATRY CONTINUUM
STAFF

CenterPointe provides effective, compassionate behavioral health care through a multi-disciplinary treatment modality. With daily care directed by an attending psychiatrist, the treatment team includes licensed behavioral health care professionals and consists of specialists from a variety of disciplines including nursing, social work, dietary services and activity therapy.



THE CHANGING POINTE ADDICTION CONTINUUM

Treatment for addiction to alcohol and other drugs

Addiction to alcohol and other drugs is a chronic, progressive and sometimes fatal disease. It causes emotional, physical, financial, employment and social problems that can destroy relationships and ruin lives. The good news about this disease is that addiction is treatable. With an opportunity to learn about the illness, develop coping skills and establish alternate behaviors, many individuals addicted to alcohol and other drugs can stop the progression of the disease, manage their addictions and live lives of recovery.

ADDICTION CONTINUUM THE CHANGING POINTE — SPECIALISTS IN ADDICTION TREATMENT

For more than a decade, CenterPointe Hospital has provided the St. Louis Metro Area's only private treatment services for addiction to alcohol, prescription drugs, opioids and other mood-altering substances. The Changing Pointe comprehensive continuum includes a range of **inpatient detoxification, dual diagnosis (mental health and substance use), residential and outpatient treatment** programs that have helped hundreds of individuals learn to manage their addictions. Programming in all levels of care addresses the emotional, physical, spiritual and psychological needs of each patient and includes family services and aftercare as integral components of the comprehensive treatment program.

ADDICTION CONTINUUM THE CHANGING POINTE — SPECIALISTS IN ADDICTION TREATMENT

■ Treatment Philosophy

Treatment at CenterPointe is based on the philosophy that addiction is a disease with identifiable, diagnosable symptoms. CenterPointe Hospital also believes that addiction can be effectively treated in a medically monitored, multi-disciplinary environment utilizing proven therapeutic techniques, and managed throughout life by employing effective coping skills and with the support of a 12-step model of recovery. The holistic treatment model is group-oriented and includes therapy, education and other treatment modalities designed to promote personal reflection and the development of individual recovery skills.



ADDICTION CONTINUUM THE CHANGING POINTE RESIDENTIAL TREATMENT PROGRAM

CenterPointe provides a highly structured environment and schedule for patients in its 4-week Residential Treatment Program. Patients receive 24-hour medical supervision in an inpatient level of care that is less medically intensive than acute inpatient care.

ADDICTION CONTINUUM OUTPATIENT SERVICES

Patients who do not require the structure of 24-hour care may be admitted to an outpatient program as their point of entry for treatment or as a progression to a less intensive level of care following a stay on the Residential Unit. Outpatient levels of care include a partial hospitalization program (PHP) and intensive outpatient program (IOP). Medication-assisted detoxification and recovery for addiction to opioids (heroin and prescription pain medications) is available at the discretion of the program medical director.

ADDICTION CONTINUUM STAFF

CenterPointe provides effective, compassionate addiction and dual diagnosis care through a multi-disciplinary treatment modality. Each patient's individualized daily care is directed by the Addiction Treatment Center's medical director who specializes in addiction treatment. The treatment team includes licensed behavioral health care professionals and specialists from a variety of disciplines including nursing, social work, counseling, dietary services and activity therapy (recreation, music and art).

CENTERPOINTE ASSESSMENT/REFERRAL

Our 24-hour assessment team is available to assist individuals and families with the assessment process and understands the emergent circumstances that may precede a call for assistance or information. CenterPointe provides free, confidential assessments to determine whether treatment is necessary, the appropriate level of care based on the severity of the illness, or to recommend referral to an alternate community resource.

**CALL 800-345-5407 TOLL FREE
OR ADMISSIONS 636-477-2136
for assistance with assessment
or referral to any
CenterPointe Hospital program.**

LOCATIONS

PSYCH CARE CONSULTANTS

Psyched Care Consultants (PCC) is a psychiatric private practice group owned by CenterPointe Hospital and an integral part of the Hospital's continuum of care.

It is the area's largest psychiatric group with more than 30 psychiatrists and 45 clinical and therapeutic allied health professionals including nurse practitioners and physician assistants in nine locations that serve the medical and therapeutic needs of patients of all ages. As a wholly owned subsidiary of CenterPointe Hospital, PCC offers a comprehensive continuum of care for geriatric, adult, adolescent and pediatric patients in private practice office, outpatient and inpatient treatment settings.

With expertise in the wide range of psychiatric disorders, PCC provides individualized assessment, diagnosis, medication management, and the necessary clinical and therapeutic treatment for disorders including:

- depression
- eating disorders
- addiction
- bipolar disorder
- anxiety disorders
- schizophrenia
- ADD/ADHD

Call Psych Care Consultants' centralized intake office at **314-843-4333** for information or to schedule an appointment at any PCC location listed below.

South County

5000 Cedar Plaza Parkway
Suite 350
St. Louis, MO 63128

West County

763 S. New Ballas Road
Suite 110
St. Louis, MO 63141

Bridgeton

12255 DePaul Drive
Suite 250
Bridgeton, MO 63044

Clayton

1201 Bellevue Ave.
St. Louis, MO 63117

St. Peters

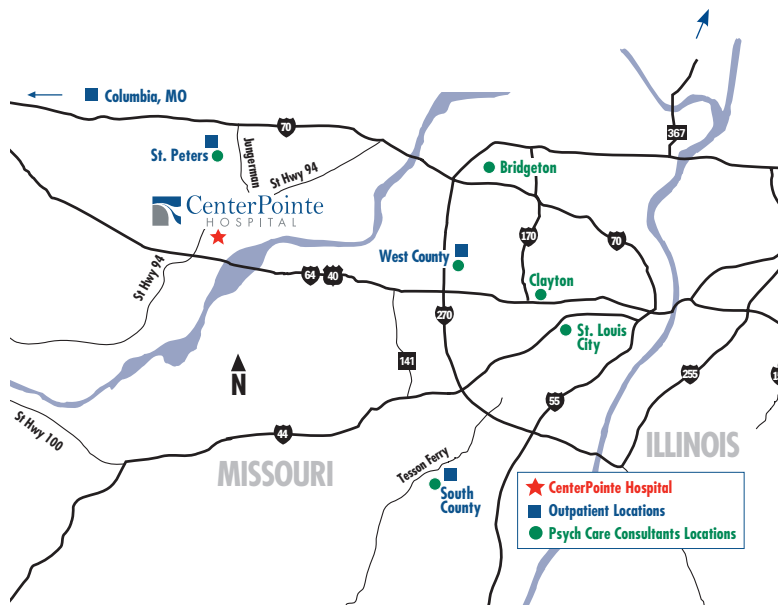
4905 Mexico Road
Suite 300
St. Peters, MO 63376

Franklin County

205 Elm Street
Suite 202
Washington, MO 63090

St. Louis City

3115 Hampton Avenue
St. Louis, MO 63139



MAIN HOSPITAL

CenterPointe Hospital

4801 Weldon Spring Parkway
St. Charles, MO 63304
800-345-5407

OUTPATIENT LOCATIONS

Columbia, MO

601 W. Nifong Blvd.,
Suite 6B
Columbia, MO 65203
573-875-5900

St. Charles, MO

4801 Weldon Spring Parkway
St. Charles, MO 63304
800-345-5407

South County, MO

5000 Cedar Plaza, Ste 180, 380
St. Louis, MO 63128
Suite 180 314-842-5910
Suite 380 314-842-4463

St. Peters, MO

4905 Mexico Road
Suite 100
St. Peters, MO 63376
636-244-2625

West County, MO

763 South New Ballas Road
Suites 130, 310
St. Louis, MO 63141
Suite 130 314-292-7373
Suite 310 314-292-7323



CENTERPOINTE HOSPITAL

CenterPointe Hospital is a 150-bed, private, psychiatric hospital serving the behavioral health needs of adults, senior adults and adolescents in the metropolitan St. Louis area, southeastern and central Missouri, and central/southern Illinois. The freestanding facility, located in St. Charles, Missouri, is committed to providing quality behavioral health care in a safe, secure environment. With inpatient, residential and outpatient services at its St. Charles location, CenterPointe offers additional outpatient programs at several locations throughout the St. Louis Metro and mid-Missouri region.

CenterPointe's behavioral health services for patients of all ages and their families include:

- crisis intervention
- assessment
- treatment
- referral
- education

CenterPointe Hospital is a provider for most insurance plans, including Medicare and Tricare, and is licensed as a Missouri Medicaid provider, up to and including age 20.

For more information on any CenterPointe Hospital service or to schedule a free, confidential assessment:

**CALL 800-345-5407 TOLL FREE
OR 636-477-2136 ADMISSIONS**

Visit our website at: CenterPointeHospital.com



CenterPointe HOSPITAL

4801 WELDON SPRING PARKWAY, ST. CHARLES, MISSOURI 63304
636-477-2136 Admissions ■ 800-345-5407 Toll Free
www.CenterPointeHospital.com

CenterPointe Hospital does not discriminate against any person on the basis of race, color, national origin, disability or age in admission, treatment or participation in its programs, services and activities, or in employment.

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