

Behavioral Medicine

The Behavioral Medicine Department is located on the second floor at Trinity East. The Behavioral Medicine Department offers both inpatient and outpatient treatment services to individuals with psychiatric illnesses and/or substance use disorders. Both the Mental Health Program and the Drug and Alcohol Program are certified by the Ohio Department of Mental Health and Addiction Services.

Mental Health Services

It is the philosophy of the Mental Health Program to provide specialized treatment to those patients who are in varying degrees of acute mental/emotional crisis requiring therapeutic and/or medication intervention. This philosophy is based on the belief that mental health is a multidimensional disease with a broad effect. Mental illness has its own set of progressive symptoms which may be identified and treated. Recovery from an acute mental crisis is maintained by discharge planning and follow-up.

The Mental Health Department is licensed to provide a continuum of services to those patients who are diagnosed with psychiatric illnesses and require acute to post-acute treatment. Therapy services are provided by licensed clinical counselors and licensed social workers.

Acute inpatient services are provided to adults, 18 years of age and older. The unit provides 24-hour nursing care and daily therapy services. Services provided include assessments, group counseling, individual counseling, family counseling, crisis intervention, medication adjustment/stabilization, case management, therapeutic activities, linkage/referral and discharge planning. Most inpatients are admitted after becoming medically stabilized in a local emergency department.

The Trinity Behavioral Medicine Department houses a 4-bed crisis stabilization unit. This unit focuses on providing a structured 24 hour setting where individuals can stabilize after a crisis, transition from a more intensive level of care or prevent admission to a more intensive level of care.

The Intensive Outpatient Mood Disorders Program is staffed by a clinical counselor, a registered nurse and supervised by a psychiatrist. The program hours for the Intensive Outpatient Mood Disorders Program are Monday, Tuesday, Wednesday, and Thursday, 9am-12pm. This program focuses on providing intensive treatment for those individuals who have been diagnosed with some of the following diagnoses: Depression, Bi-polar Disorder, Anxiety, Adjustment Disorders, mild Psychosis, etc.

Non-intensive outpatient services are available for individuals ages six and older. Outpatient services provided include assessments, crisis intervention, group counseling, psycho-education, individual counseling, family education, case management, and aftercare. Some outpatient services are school-based.

A diagnostic assessment for admission to one of the outpatient programs or the crisis stabilization unit can be initiated by calling 740-283-7882.

Addiction Services

It is the philosophy of Trinity Behavioral Medicine Addiction Recovery Program to provide specialized treatment to the chemically dependent patient on a voluntary basis. This is based on the belief that chemical dependency is a multidimensional disease with a broad effect. Chemical

dependency has its own set of progressive symptoms which may be identified and treated. Chemical dependency manifests itself uniquely in each individual and family. Recovery is a dynamic process that begins with acceptance and acknowledgement of the use of mood-altering chemicals and the consequences of that use. Intensive treatment will help facilitate this process. Once initiated, recovery from chemical dependency is maintained by attending a Relapse Prevention Program and participating in an extensive aftercare program. Attendance of various self-help groups is required for participation. .

The Addiction Recovery Program provides a continuum of care for those patients experiencing substance use disorders. Inpatient services are available to those individuals ages eighteen (18) and older. Outpatient services are available for individuals ages twelve and older. Outpatient services provided include assessments, intensive outpatient, crisis intervention, group counseling, psycho-education, individual counseling, family education, case management, relapse prevention and aftercare.

The Inpatient Detox Unit is licensed to provide detox services to those individuals who exhibit symptoms of withdrawal and who are older than eighteen years of age. Nursing care is provided on a 24-hour basis and is supervised by a Certified Addictionologist. Follow-up with intensive treatment after completing detox is required for admission to the detox unit.

The Addiction Recovery Outpatient Unit operates Monday through Thursday, 8am-9pm. Therapy services are provided by licensed chemical dependency counselors. The hours of operation for the Day Intensive Outpatient Program are Monday through Thursday, 9am-12 noon. The Evening Intensive Outpatient Program meets Monday, Tuesday, and Thursday, 5:30 - 8:30pm. The Adolescent Intensive Outpatient Program hours are Monday and Wednesday, 5:30 - 8:30pm.

The Transitions Program is a program designed specifically for those women who have addiction issues and are pregnant or recently gave birth. This program meets Tuesday and Thursday evenings from 4pm - 6pm and length of participation is based on progress in treatment. These intensive services are supported by individual counseling, relapse prevention, linkage with community resources, psychiatric care, and for some medication assisted treatment.

Non-intensive counseling is also a component of Addiction Recovery Program. Appointments for individual counseling are available during the day and the evening.

The Trinity Addiction Recovery Program does not offer Medication Assisted Therapy but works closely with various physicians in the community who do offer this therapeutic service.

A diagnostic assessment for admission to one of the outpatient programs or detoxification services can be initiated by calling 740-283-7024.