

Mental Health Support Group

Trying to deal with depression, anxiety, stress, mood swings, agitation, loneliness or low self-esteem? Have a family member or friend with these conditions? Come to our FREE support group and learn more about common mental health treatment. The group meets Tuesday evenings from 6-7 p.m. Contact 339-4166 for more information.

Chemical Dependency Support Group

This free support group meets 6:30 – 8 p.m. on Thursdays to focus on long-term recovery skills and relapse prevention. Contact 339-4166 for more information.



Faced with the sometimes overwhelming demands and pressures of a challenging and ever-changing world, we all must cope with daily situations that can lead to feelings of confusion, inadequacy, failure or hopelessness. Often, these feelings become a burden.

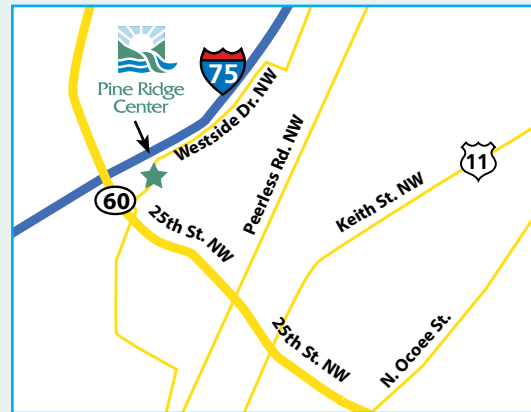
If the burden has become too heavy to handle alone, Pine Ridge Center provides individualized adult inpatient and outpatient treatment options.

Many people believe that mental health problems and the chemical dependencies that often result from them only happen to someone else. In fact, it is estimated that as many as 51 million Americans suffer from some form of mental health disorder each year. If you or someone you know or love needs assistance with an emotionally trying situation and/or has developed a chemical dependency problem or just needs help coping, Pine Ridge Center can help.

Available 24 Hours a Day

For anyone dealing with behavioral health or chemical dependency problem, a free, confidential initial assessment is available 24 hours a day, seven days a week by calling the HOPE Line at 423-479-HOPE (4673) or 1-800-414-4134. A qualified counselor will explore and evaluate the problem and recommend treatment options. For more information, visit our website at www.skyridgemedicalcenter.net.

Providing the right care, right here at home.



Going North on I-75, exit 25, left at exit and left at first stoplight (Westside Drive)

Going South on I-75, exit 25, right at exit and left at first stoplight (Westside Drive)

Where there's help, there's hope.



Pine Ridge
Center

SkyRidge Medical Center – Westside Campus
2800 Westside Drive, NW
Cleveland, TN 37312
423-479-HOPE
1-800-414-4134
www.skyridgemedicalcenter.net

Solutions for adults with psychiatric or substance abuse difficulties



Pine Ridge
Center



Realizing there is a problem is the first step.

SkyRidge Medical Center's Pine Ridge Center is a regional facility dedicated to providing a broad range of treatment programs and educational outreach efforts for individuals and families dealing with behavioral or substance abuse issues.

Whether in the midst of a crisis or through planned therapy, patients receive quality, compassionate care at the appropriate level. A community resource serving Southeast Tennessee for more than 30 years, Pine Ridge Center works to help establish the wellness of the whole person – emotionally, socially, spiritually and physically – through both inpatient and outpatient programs.

Inpatient Programs

Pine Ridge Center offers two inpatient programs with high levels of direct patient care:

- Adult Mental Health
- Addictive Disorders Program

The Adult Mental Health Inpatient Program is staffed and designed to meet the needs of adults (ages 18 and older) suffering from depression, anxiety, thought disorders and other mental health illness. A safe environment serves to help stabilize a crisis and supports the goal of returning to home and work as soon as possible.

This program, coordinated by a multidisciplinary treatment team, includes a number of treatment interventions – physical, social, spiritual, family, artistic, medical and psychotherapeutic. The psychiatric inpatient program focuses on helping patients develop healthy coping skills and a healthy lifestyle to achieve quality of life.

The Addictive Disorders Inpatient Program is for adults (ages 18 and older) suffering from addiction. This program, coordinated by a multidisciplinary treatment team, includes psycho-education groups, process groups and after-care programs.

Frequently, underlying mental health disorders are masked by substance abuse. Our program focuses on clearing substance abuse symptoms to address mental health needs and enhance long-term recovery. Using the 12-step treatment method, we work with individuals to begin establishing the tools necessary for long-term abstinence and recovery.

Outpatient Treatment

Pine Ridge Center also offers Intensive Outpatient Programs (IOP) for adults who require a more intensive level of treatment than traditional outpatient counseling. A multidisciplinary team of professionals in psychiatry, nursing and therapy provide group and individual treatment to empower patients to be more successful in their daily. One of the many benefits of IOP is that patients can seek the help needed as they continue to live and work. Patients are referred to IOP either as a step down from inpatient treatment or as an entry point to treatment. The two outpatient programs are:

- Mental Health Intensive Outpatient Program (MHIOP)
- Chemical Dependency Intensive Outpatient Program (CDIOP)

The Mental Health Intensive Outpatient Program (MHIOP) addresses the mental health needs of patients by meeting five days a week for three hours each session.

The Chemical Dependency Intensive Outpatient Program (CDIOP) addresses chemical dependence or addictive disorders, and meets three days a week for three hours each session. During each session, the therapist focuses on the 12 steps, recovery support, relapse prevention and community resources. Efforts focus on establishing the tools necessary for long-term abstinence and recovery.