

The logo for Highland District Hospital features a stylized arch above the text "HIGHLAND DISTRICT HOSPITAL" in a serif font.

HIGHLAND DISTRICT HOSPITAL

Are Behavioral Health Services Right for me?

You may benefit from the support of Behavioral Health services if you:

- Are struggling with issues in relationships
- Are emotionally overwhelmed (ex. Hopelessness, anxiety, anger, worry, sadness, irritability, etc.)
- Have experienced traumatic experiences in life
- Are feeling unable to concentrate or complete tasks
- Are sleeping and eating more or less than normal
- Have decreased motivation to engage in once pleasurable activities
- Are experiencing family or other relationship strain or avoiding social contact
- Are using alcohol, drugs, food, sex, money to cope with difficult feelings or are concerned about substance misuse

Hesitant About Group Therapy?

Groups can be an opportunity to connect to others going through similar struggles and life challenges. Groups create a safe space to look at issues affecting your emotional, social and behavioral health, while receiving support, encouragement and insight. Groups have been proven to be a significant way to manage issues like depression, anxiety, stress, trauma and substance abuse. Sometimes groups are the best way to get support because members can relate to one another based on similar experiences.

In recognizing shared experiences, group members can be inspired to find hope for recovering, improve self-esteem, overcome challenges, and overcome loneliness. Often it is helpful to learn how others manage their life challenges as a way to find help for your own. Groups are all facilitated licensed mental health clinician. Mental health groups typically meet 1-3 times a week. Groups can vary in size from 4-10 people and offer a “safe space” to talk about shared issues.

Groups emphasize and honor the confidentiality and safety of each member. Prior to starting group, you will go through a screening to determine, what services would best meet your needs.

Still curious about therapy groups? If you have more questions about group or are interested in joining group, please call (937)-840-6581.

Pathways to Wellness Statistics

From Patients that Completed Our Program

- 31.9% reduction in symptoms that impair cognitive functioning, communication, social interactions, psychotic behavior, activities of daily living and mobility. (ADOM)
- 83.9% reduction in symptoms of depression (GDS)
- 47.1% reduction in symptoms of anxiety (Zung)

Referral Process

- Call Pathways at 937-840-6581
- Complete referral form and fax to 937-840-6585
- Complete referral form and email to pdick@hdh.org

If person has questions about the program:

- Go to hdh.org website
- Click Healthcare services
- Click Pathways to Wellness
- Click Contact Us and complete form
- This will be emailed directly to staff
- Staff will reach out to client to discuss program


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