

Center for Senior Behavioral Health (CSBH)

CSBH is a 10-bed inpatient behavioral health unit located within the Meeker Memorial Hospital. We offer inpatient mental health services to the older adult population and their families. We provide a safe environment to those older adults who are experiencing severe mental health issues that significantly impair their lives.

We offer psychiatric and medical care focusing on the individual needs of each senior patient. Our program is flexible to meet a wide variety of patient needs. To help improve the health and wellness of the older adult, CSBH provides thorough medical and psychiatric assessment, specific and focused therapies, development of coping skills, family education and intervention, comprehensive treatment and discharge planning and strong community resource support.



MEEKER MEMORIAL
HOSPITAL

Center for Senior Behavioral Health
Meeker Memorial Hospital 612 S. Sibley Ave.
Litchfield, MN 55355



Center for Senior Behavioral Health

Regional innovative mental health services
improving the quality of life for the older adult
(320) 693-4535



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HOSPITAL

612 South Sibley Avenue
Litchfield, MN 55355
www.meekermemorial.org

OUR TREATMENT APPROACH

CSBH is committed to improving the health, functioning and quality of life of older adults. Our goal is to enhance self-esteem and dignity, emphasize abilities rather than disabilities, and promote optimal independence.

MULTIDISCIPLINARY TREATMENT APPROACH

CSBH recognizes the specialized needs of older adults, who are dealing with complex mental health issues that require in-patient mental health treatment. We work as a team to develop individualized treatment plans with a board certified psychiatrist, medical director, 24/7 psychiatric nursing staff, social services, occupational and activity therapists who have specialized training in senior care.

FAMILY INVOLVEMENT

Support from family, friends and community relationships are vital to the senior patients' on-going care. These social supports help determine the level of independence and autonomy the older adult will be able to maintain upon discharge.

PROGRAM FEATURES

CSBH offers the following services:

- 24/7 admissions/intake services
- Comprehensive medical and psychiatric evaluation
- Medical management of psychiatric disorders
- Individual and family treatment planning
- Individual and group therapy
- Therapeutic exercise
- Stress management
- Activity therapy groups
- Occupational, Physical and Speech Therapy
- Community resource linkage as needed

Using a combination of these services, an individualized treatment plan is designed to help each older adult improve symptoms, manage behaviors and increase coping skills.

REFERRAL PROCESS

Referrals can be made by a concerned family member, friend, psychiatrist, physician, nursing home, assisted living, hospital or community agency or any concerned person. An older adult may also make a self-referral. Individuals who would benefit from the CSBH services are those struggling with:

- Extended feelings of depression or anxiety
- Marked changes in mood
- Excessive feelings of anger and aggressive behaviors
- A sudden onset of forgetfulness and/or an inability to concentrate
- A decrease in one's ability to care for one's self
- Seeing or hearing things that others do not see or hear
- Issues related to changing health status and illness or disability
- Concerns about personal safety



For more information, please call:
(320) 693-4535