

# AVERA BEHAVIORAL HEALTH

Your Path Toward Better Health

**Avera** 





## A STEP OF STRENGTH

It's true: a behavioral/mental health diagnosis is a lot different than a cancer diagnosis or a broken ankle. At times, it's not so easy to observe and the pathway to healing is not as clear cut.

When it comes to caring for the mind, sometimes we wonder what others might think of us; sometimes we even wonder what to think of ourselves. But if something just isn't right, taking a step into the unknown is a true sign of strength.



## SERVING ALL PEOPLE

Mental health conditions affect people from all walks of life — regardless of age, gender, socioeconomic status, race or religion. Avera Behavioral Health is devoted to the mental wellness of all people. We offer a safe environment and professional expertise to help you experience personal victories.

As you take the first step and reach for help, please know the Avera staff are experts in navigating the unknown. Each individual's journey will have twists and turns, and some might go through their journey faster than others.

# YOUR SPEED OF RECOVERY IS OK.

When it seems hard, remember: **you are still in recovery.**

### **Trust the Avera Behavioral Health team.**

We will guide you, encourage you, and challenge you every step of the way.

# CARING FOR COMMON CONDITIONS

**At Avera, we provide care for a variety of behavioral health concerns, including:**

- Addiction
- Anxiety
- Attention deficit hyperactivity disorder (ADHD)
- Bipolar disorder
- Conduct disorder
- Dementia
- Depression
- Interpersonal problems
- Oppositional defiant disorder
- Personality disorders
- Psychosis
- Schizophrenia





## THE CONTINUUM OF CARE

Your health risk and recovery progress often determine the level of care that's just right for you.

You may need the safety and stability of inpatient care, or you may be able to gain confidence and tools for day-to-day living through partial hospitalization or regular outpatient therapy sessions and visits to your psychiatrist.

Our continuum of care guarantees that you'll have the opportunity to move between levels of care that are necessary for your recovery.

## THE ASSESSMENT PROCESS

When you connect with Avera for behavioral health services, you will first undergo a simple and friendly assessment. This evaluation allows the experts to identify which services and the level of care that will be most effective for your needs.

Call **1-800-691-4336** today to get started on your journey toward better health — physically, mentally and emotionally.



## INPATIENT CARE

After the assessment, you may be a candidate for inpatient treatment. Avera Behavioral Health provides specialized inpatient programs for adults, older adults, adolescents and children. This option offers comfort, safety and security.

The inpatient option is typically reserved for those whose health, and perhaps the health and the safety of others, is most at-risk. Accepting the inpatient recommendation is a bold step for someone who needs an extra level of care for their mental health.

During your stay, you'll meet with several different health care professionals. There are opportunities for participation in one-on-one and group therapy sessions.

Our inpatient facilities are located in Sioux Falls, Aberdeen and Marshall.

## **PARTIAL HOSPITAL PROGRAM**

The Partial Hospital Program provides intensive daily care without needing to be hospitalized. Your care of 20 hours each week spans across the weekday hours and allows you the ability to receive personalized treatment while still living at home, working and being active in your family and community. Call 605-322-4056 to learn more.

## **OUTPATIENT CARE**

Robust outpatient services offer a variety of care levels to meet your needs. This can range from meeting for an hour with a therapist one-on-one or attending a group for adults or attending our adolescent outpatient group. Our trained professionals offer a variety of specialties to meet your needs and care is available for children, adults and families.



## **ADDICTION CARE**

Avera facilities in Sioux Falls and Aberdeen offer specialized treatment across the different levels of care for individuals dealing with addictions. Inpatient, residential, partial hospitalization and outpatient services are available to meet your needs.

Some of the addictions we see include:

- Alcohol
- Substance/drug
- Pain medication

We believe a full recovery is possible through self-awareness, vigilance and ongoing support through health care professionals, one-on-one therapy and support groups.

### **Avera Addiction Care Center**

Located in southern Sioux Falls, the Avera Addiction Care Center is a beautiful, home-like facility devoted solely to those patients overcoming their addiction to drugs and/or alcohol.

After stabilizing from withdrawal symptoms, you will receive a recovery plan of evidence-based approaches that will be further tailored to your needs. Residents participate in at least 30 hours of clinical services each week.

Addiction recovery encompasses the mind, body and spirit. Your stay will include a variety of experiences:

- Cognitive behavior therapy (CBT)
- Motivational interviewing
- Group and individual sessions
- Recreational therapy
- Opportunities for family visitation
- Hands-on activities (daily chores, cooking classes, spiritual services)

### **Addiction Family Program**

At the Avera Addiction Care Center, we know that addiction affects the whole family. The Family Program is focused on helping families understand their loved one's addiction and assist in the healing process for the entire family.

You will learn more about what addiction is, what your loved one is going through and how you can help. In addition, your personal pain is validated; you'll have opportunities to express your experience, concerns and hope.





## SERVING EMPLOYEES

The health of employees affects the bottom line. The Avera Employee Assistance Program helps employees at participating businesses and organizations address issues arising in the workplace or at home.

Among the confidential and free resources available are a limited number of free counseling sessions, in-office visits and/or virtual sessions.

Call **1-800-691-4336** or visit **[Avera.org/EAP](https://Avera.org/EAP)** to learn more about the behavioral health resources available to local businesses or organizations.



## YOUR CARE TEAM

The complexities of mental health require an expert team. Whether you're receiving care on an inpatient or outpatient level, your team will regularly collaborate to provide the most effective care.

### Behavioral Health Experts

Your team may include a combination of the following:

- Psychiatrist
- Psychologist
- Social worker
- Case manager
- Pharmacist
- Therapist
- Expressive therapist
- Nurse (inpatient)
- Behavioral health technician (inpatient)



## WE VALUE OUR PATIENTS

People come first at Avera. It's our focus as we conceptualize how we build our services and construct our walls. From privacy factors to serene settings, effective care to encouraging artwork, Avera is focused on creating an excellent patient experience on all levels and at every point of the journey.

**It's how we convey the value of every person that comes through our doors.**

# CONFIDENTIALITY

Patient confidentiality is critical to our care model. Those on your health team will respect your privacy and only release your progress to the parties that you permit as well as under required legal situations.

# WE'RE READY TO HEAR FROM YOU

**Start your journey today.**

Call us at **1-800-691-4336** and our team will take the next step — with you.



Avera is a health ministry rooted in the Gospel.  
Our mission is to make a positive impact in the lives  
and health of persons and communities by providing  
quality services guided by Christian values.

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