Behavioral Health Services

On any given day, seniors may experience a wide range of emotional feelings – sadness, anger, loneliness, worry, and frustration. Each of these emotional feelings finds expression in some form of behavioral response. While people of all ages experience emotional stress, problems affecting seniors are unique. It is seniors who deal with emotional stressors in the midst of major life changes, declining physical health, limited financial resources and minimum peer and family support systems.

Changes in Emotions
• Prolonged sadness or irritability
• Unpredictable outburst of anger
• Excessive fears and worries
• Feelings of extreme highs and lows
• Inability to cry or uncontrollable crying

Changes in Thought Patterns
• Confused thinking
• Inability to concentrate
• Problems with memory
• Increased forgetfulness
• Irrational statements
• Indifference to obvious problems
• Harmful thoughts or threats

Changes in Social Relationships
• Social withdrawal
• Isolation
• Reclusiveness
• Sudden shift in personality
• Deterioration in interactions

Changes in Physical Conditions
• Excessive fatigue
• Inability to sleep
• Excessive sleeping
• Dramatic changes in eating habits
• Over eating or loss of appetite
• Noticeable or rapid weight loss
• Numerous unexplained physical ailments
• Deterioration of personal hygiene

Other Changes
• Drug and alcohol abuse

Unusual changes in mood, personality, personal care habits, social relationships, physical conditions, and mental alertness, may indicate the need to consult a behavioral health professional.

The treatment of choice for any senior needs to be one –
• Which relieves and alleviates symptoms of emotional stress
• Which sustains and enhances coping abilities
• Which assesses and affirms natural strengths
• Which encourages and promotes an attitude of positive well being

Contributed by Charlotte E. Walker, LMSW, BCD, Program Director, Senior Adult Services, Greenville Mental Health Center.

Behavioral Health

The behavioral health professionals which include psychiatrists, psychologists, nurses, social workers, mental health counselors and geriatric specialists are trained to provide programs and services which promote healthy aging and optimal mental health for seniors. Seniors are not alone in the struggle to maintain wholesome, healthy, satisfying experiences in later life. Behavioral health professionals are committed to active partnerships with seniors.

Behavioral health professionals also understand that emotional recovery for many seniors is a spiritual journey. Pastoral counseling services are another valued source of intervention. Church and parish counseling programs with licensed and clinically trained professionals are able to integrate the strengths and traditions of religious life with clinical knowledge and skill. This section was conceptualized and created by the Behavioral Health Sub-Committee of the Geriatric Network Team. Area 1 – Anderson, Cherokee, Greenville, Oconee, Pickens & Spartanburg Counties. This sub-committee recognized the need for a comprehensive resource related to behavioral health issues in the Senior population. All About Seniors is honored to present this collaborative effort and would like to recognize the following people on our advisory committee: Caroline Broyles – Carolina Center for Behavioral Health, BJ Burns - The Gardens at Eastside, Marjorie George – Alzheimer’s Association, Gail Stokes – The Haven, Charlotte Walker-Greenville Mental Health Center.
Seniors sometimes need special assistance as they face a changing lifestyle. Common conditions such as depression and dementia can affect both physical and mental health.

We offer evaluation and treatment to get patients back on track, restoring their quality of life.

**AnMed Health Behavioral Health**
800 North Fant St, Anderson, SC 29621
T 864 512 1819  www.anmedhealth.org

**AnMed Health Medical Center**
800 North Fant St, Anderson, SC 29621
T 864 512 1000  F 864 512 3750

**AnMed Health Wellspring**
Chemical Dependency Treatment
313 Williams St, Williamston, SC 29697
T 800 753 4776  www.anmedhealth.org

**Cannon Memorial Hospital**
123 W. G. Acker Dr, Pickens, SC 29671
T 864 878 4791  F 864 878 8354  www.cannonhospital.org

**Carolina Center for Behavioral Health**
2700 East Phillips Rd, Greer, SC 29650
T 864 235 2335  F 864 877 1260  www.thecarolinacenter.com

**Greenville Hospital University Medical Center**
701 Grove Rd, Greenville, SC 29605-4295
T 864 455 7000  F 864 455 5858  www.ghs.org

**Laurens County Health Care System**
PO Drawer 976, 22725 Hwy 76 East
Clinton, SC 29325
T 864 833 9100

**Marshall I. Pickens Hospital**
701 Grove Rd, Greenville, SC 29605
T 864 455 7807

**Mary Black Geropsychiatric Inpatient Services**
1700 Skylyn Dr, PO Box 3217
Spartanburg, SC 29304
T 864 573 3725

**Mary Black Geropsychiatric Outpatient Services**
200 Dillon Dr, PO Box 3217
Spartanburg, SC 29304
T 864 216 4411

**Oconee Memorial Hospital**
298 Memorial Dr, Seneca, SC 29672-9499
T 864 882 3351  F 864 882 3711  www.oconememorial.org

**Palmetto Health Baptist - Easley**
P O Box 2129, Easley, SC 29641-2129
T 864 552 7609  F 864 442 7521  www.palmettohealth.org

**Patrick B. Harris Psychiatric Hospital**
P O Box 2907, Anderson, SC 29621
T 864 231 2600

**St Francis Women’s & Family Hospital**
125 Commonwealth Dr
Greenville, SC 29615-4880
T 864 675 4000  F 864 675 4082  www.stfrancishealth.org

**St. Lukes Hospital Center of Geriatric Psychiatry**
101 Hospital Dr, Columbus, NC 28722
T 828 894 3525 x.3333  www.stlukeshospital.com

**Self Regional Healthcare**
1325 Spring St, Greenwood, SC 29646-3875
T 864 725 4111  F 864 725 4260  www.selfmemorial.org

**Spartanburg Regional Medical Center**
Behavioral Health Services, 3 North
101 East Wood St, Spartanburg, SC 29301
T 864 560 6664  F 864 560 7512  www.srhhs.org

**SpringBrook Behavioral Health System**
1 Havenwood Ln, Travelers Rest, SC 29690
T 864 834 8013  F 864 834 6977  www.springbrookbehavioral.com

**Upstate Carolina Medical Center**
1530 N Limestone St, Gaffney, SC 29340-4738
T 864 487 4271  F 864 489 0585  www.upstatecarolina.org

**Wallace Thomson Hospital**
P O Drawer 789, Union, SC 29379-0789
T 864 427 0351  F 864 429 2653  www.wallacethomson.com

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Help for today, Hope for tomorrow

Everyone hopes that as family members age they will enjoy “the golden years.” But as we grow older, the losses of loved ones along with the stresses from diminishing physical and mental abilities are a common experience. It’s not unusual for lifestyle changes and increased physical challenges to lead to sadness and withdrawal.

Persistent personality changes or unusual behaviors – trouble sleeping, depression, hallucinations, delusions, suicidal thoughts or harmful behavior toward others — may mean that your loved one is suffering from an emotional illness.

The good news is that most emotional illnesses in older adults are treatable, especially if dealt with early.

You are not alone

The caring, compassionate professionals of Mary Black Geropsychiatric Services are here to help you understand what is happening and determine the best course of care.

For more information or to schedule a FREE confidential consultation, please call 864.573.3725 Inpatient or 864.216.4411 Outpatient.

At Mary Black, we are here to help you and your family 24 hours a day, every day.

GEROPSYCHIATRIC SERVICES
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