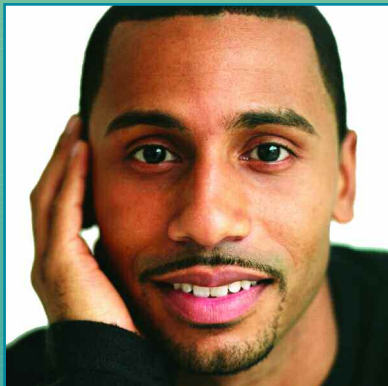




# Adult Services



*The Region's Premier Provider  
of Behavioral Health and  
Addiction Recovery Services*



**Laurelwood**  
Hospital

# How Many People Experience Behavioral Health Issues?

You'd be surprised at how many. Anyone can develop a behavioral health problem. Depending on the illness, the answer may be one in four people, one in five people or one in ten people. The fact is that mental health and alcohol and drug dependency issues affect many individuals and their families.

Don't suffer in silence.

Call **1-800-GET-HOPE**

**(800-438-4673)**

**440-953-3000**

Depression and anxiety disorders each affect more than 19 million people.

Alcohol and chemical dependence affect approximately 20 percent of the population.

At least 2 million people suffer from manic-depressive (or bipolar) illness. This disorder often creates dangerous and dramatic mood swings.

About 5.2 million adults suffer from post-traumatic stress disorder (PTSD).

More than 2 million people suffer from schizophrenia.

Approximately 8 million adolescents and adults in this country struggle to overcome eating disorders.

# Adult Services

## Acknowledging The Problem

Getting out of bed shouldn't require a monumental effort each day – but what if it does? If you experience long stretches of time when even everyday activities such as working, taking care of your family, or sometimes simply taking a shower and readying yourself for the day seem like insurmountable tasks, it's time to ask Laurelwood Hospital for help.

Whether your problems involve a feeling of overwhelming hopelessness and exhaustion that might indicate depression or significant anxiety and panic that might indicate a possible anxiety disorder, until you seek the assistance of experts like the multidisciplinary team at Laurelwood Hospital, you're probably not going to feel much better.

Making a call to Laurelwood sets the wheels in motion to help you start on the road to better mental health. You'll recognize again why life is worth living.

## What To Expect

Our multidisciplinary treatment team includes board-certified psychiatrists, psychologists, registered nurses, licensed social workers, case managers, and milieu and activity therapists. The Laurelwood professional staff understands your concerns, symptoms and problems and is dedicated to providing you with the most effective mental health care possible in a safe, confidential and supportive environment. When alcohol or drug dependency introduces another complicating problem, we offer dual diagnosis treatment.

The first step in getting help is a comprehensive psychiatric, psychological and medical evaluation. With the results of this evaluation, Laurelwood staff develops an individualized treatment plan for you.

For individuals who do not require an inpatient setting, Laurelwood's mental health and addiction treatment professionals will help you resolve your problems in one of our outpatient settings. With three locations and several levels of care, including therapy groups and traditional outpatient counseling, Laurelwood will meet your treatment needs.

## The Laurelwood Treatment Approach

In both inpatient and outpatient treatment settings, Laurelwood uses a variety of treatment modalities to help you deal with and take control of your unique problems and concerns.

Using dialectical behavior therapy (DBT) as a treatment model, Laurelwood's professional staff assists you in achieving the sense that life is worth living. Some of the goals that DBT helps you reach are:

- *Directing your attention where you want it to be – developing mindfulness.*
- *Handling stressful situations better – distress tolerance.*
- *Coping with your feelings – emotional regulation.*
- *Effectively dealing with other people – interpersonal effectiveness.*

With therapists guiding you through the DBT process, you will learn to develop specific goals that are realistic. Once you begin to reach your goals, your hopes and dreams for your life will begin to feel more attainable.

Laurelwood's comprehensive Adult Services include:

- *Diagnostic Evaluation*
- *Psychiatric Assessment*
- *Psychological Evaluation*
- *Inpatient Treatment*
- *Individual, Family and Group Psychotherapy*
- *Medication Evaluation and Management*

For those individuals suffering from both a mental health problem and alcohol or drug dependency, we offer a specialized dual diagnosis program for adults. We also offer a 12-Step addiction recovery program for adults with a primary diagnosis of alcohol and/or drug dependence and a specialized eating disorders program for individuals suffering from anorexia nervosa, bulimia and binge eating issues.



In addition to inpatient treatment, Laurelwood's comprehensive continuum of treatment services offer a full range of outpatient services including a partial hospitalization program and intensive outpatient program to assist you in continuing your progress toward recovery.

## Accessing Help

Accessing our services is a simple matter. You may contact us yourself to schedule an assessment and evaluation to determine your treatment needs, or a family member may call for you. The telephone number is **1-800-GET-HOPE (800-438-4673)**.

If you are already in treatment with a therapist, psychologist or psychiatrist, Laurelwood accepts patient referrals from them as well. Primary care physicians, social service and community agencies, employee assistance programs and employers, clergy, counselors, schools, courts, hospital emergency rooms and other health care professionals may also refer you for treatment.

## Insurance and Financial Arrangements

Many insurance providers, managed care plans and public insurance plans cover treatment at Laurelwood Hospital. We provide assistance in facilitating insurance pre-certification and authorization from health benefits providers. We will also set up payment plans for self-pay patients.

## Where Can You Find Laurelwood?

With the hospital located in Willoughby and two counseling and outpatient centers located in Mentor and Beachwood, Laurelwood is convenient to many communities in northeast Ohio.



### **Laurelwood Hospital (Willoughby):**

35900 Euclid Avenue, Willoughby, OH 44094

From the West and Cleveland: Take I-90 E to Rte. 2; exit at Rte. 91 [Eastlake]. Turn right on Rte. 91 (SOM Center Rd.) and left on Rte. 20 (Euclid Ave.). Laurelwood Hospital is on right.

From Eastern Cuyahoga Suburbs and the South: Take I-271 N via local lanes to I-90 E; exit at Rte. 91 (Exit 189). Turn right on Rte.91 (SOM Center Rd.) and right on Rte. 20 (Euclid Ave.). Laurelwood Hospital is on right.

### **Mentor:** 7060 Wayside Drive, Mentor, OH 44060 / 440-639-8989

From Rte. 2 East or West: Exit at Rte. 615 (Center St.). Proceed south on Rte. 615 and turn left onto Rte. 20 (Mentor Ave.). Turn right at Wayside Dr. Counseling center is on right.

From I-90 North or South (use local lanes): Exit at Rte. 615 (Exit 195). Proceed north on Rte. 615 (Center St.) and turn right onto Rte. 20 (Mentor Ave.). Turn right at Wayside Dr. Counseling center is on right.

### **Beachwood:** 23240 Chagrin Blvd. Commerce Park 4, Suite 610, Beachwood, OH 44122 / 216-595-0500

From I-271 North or South (use local lanes): Exit at Chagrin Blvd. Proceed west on Chagrin Blvd. and turn left onto South Green Rd. Commerce Park IV is on left.



800-GET-HOPE (800-438-4673) 440-953-3000  
www.laurelwoodhospital.com