

Behavioral Health/Mental 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 activities of daily living; declining social, physical and occupational functioning, all impact seniors' quality of life and often times seniors' mental health and cognitive abilities. Having sound mental health as an adult does not make an individual immune from mental health problems later in life. Many seniors suffer from symptoms of anxiety, panic disorders, Alzheimer disease, depression and other mood disturbances.

THE FOLLOWING ARE SOME COMMONLY IDENTIFIED WARNING SIGNS AND SYMPTOMS:

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

- Poor judgment and poor decision making
- Delusions and hallucinations

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 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.*

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 (continued)

Help for Age-Related Issues.



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

We're in this together.

Anderson, SC • 864.512.1819
www.anmedhealth.org

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.oconeehospital.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.srhs.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

Don't Forget.....

When calling, mention *All About Seniors Magazine* !

Behavioral Health (continued) MENTAL HEALTH CENTERS AND CLINICS

Anderson-Oconee-Pickens Mental Health Center
200 McGee Rd, Anderson, SC 29625
T 864 260-2220 F 864 260 2229

CLINICS

Oconee Mental Health Clinic
115 Carter Park Dr, Seneca, SC 29678
T 864 885 0157 F 864 882 3974

Pickens Mental Health Clinic
314 West Main St, Pickens, SC 29671
T 864 878 6830 F 864 878 5396

Daybreak Center for Recovery
515-B Camson Rd, Anderson, SC 29621
T 864 260 2237 F 864 716 2334

Network Center for Recovery
215 Margaret St, Pickens, SC 29671
T 864 878 0679 F 864 878 5396

Pickens Place Center for Recovery
115 Crescent Hill Dr, Pickens, SC 29671
T 864 878-5726 F 864 878-5396

Foothills Center for Recovery
Family Life Center, Corner Poplar & 3rd Streets
101 Omni Dr (mailing address), Seneca, SC 29678
T 864 882 4255 F 864 882 3974

**Beckman Center
For Mental Health Services**
1547 Parkway, Ste 100, Greenwood, SC 29646
T 864 229 7120 or 800 868 2642 Emergency F 864 229 5526
Counties served: Abbeville, Edgefield, Greenwood, Laurens,
McCormick, Newberry, and Saluda

CLINICS

Abbeville Mental Health Clinic
101 Commercial Dr, Abbeville, SC 29620
T 864 459 9671 F 864 459 2487

Edgefield Clinic
409 Simpkins St, Edgefield, SC 29824
T 803 637 5788 F 803 6370753

Greenwood Clinic
1547 Parkway, Ste 200, Greenwood, SC 29646
T 864 223 8331 F 864 223 3706

Laurens Clinic
442 Professional Park Rd, Clinton, SC 29325
T 864 938-0912 F 864 938-0926

McCormick County Clinic
202 Highway 28, North, McCormick, SC 29835
T 864 465 2412 F 864 465 3325

Newberry Mental Health Clinic
2043 Medical Park Dr, Newberry, SC 29108
T 803 276 8000 F 803 276 6669

Saluda Clinic
501 W. Butler Ave, Saluda, SC 29138
T 864 445 8122 F 864 445 9546

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**
MARY BLACK MEMORIAL HOSPITAL
1700 Skylyn Drive • Spartanburg, S.C. 29307

Behavioral Health (continued)

GREENVILLE MENTAL HEALTH CENTER

124 Mallard St, Greenville, SC 29601

T 864 241 1040 Administration

T 864 467 5959 Emergency

T 864 241 1040 Clinical

F 864 241 1215

County Served: North Greenville County

New Horizon Family Health Services

100 Lindberg St, P.O. Box 246, Slater, SC 29683

T 864 836 1109 F 864 836-6365

Senior Adult Services

124 Mallard St Greenville, SC 29601

T 864 241 1040 F 864 241 1049

Deaf Services

124 Mallard St, Greenville, SC 29601

T 864 241 1063 TDD 864 241 1040 Voice

F 864241 1049

Crisis Intervention MH Services (Day Treatment)

124 Mallard St, Greenville, SC 29601

T 864 241 1040 F 864 241 1016

Psychosocial Rehabilitation Program

124 Mallard St, Greenville, SC 29601

T 864 241 1040 F 864 241 1016

Hispanic Services

124 Mallard St, Greenville, SC 29601

T 864 241 1040 F 864 241 1124

Piedmont Center for Mental Health Services

20 Powderhorn Rd, Simpsonville, SC 29681

T 864 963 3421 Administration

T 864 963 3421 Clinical

F 864 967 8617

County Served: South Greenville County

CLINICS

Greer Clinic

220 Executive Dr, Greer, SC 29651

T 864 879 2111 F 864 848 9493

SPARTANBURG AREA MENTAL HEALTH CENTER

250 Dewey Ave, Spartanburg, SC 29303

T 864 585 0366 Administration

T 864 585-0366 Clinical

F 864 585 9208

Counties Served: Spartanburg, Union, Cherokee

CLINICS

Cherokee Mental Health Clinic

125 East Robinson St, Gaffney, SC 29340-3723

T 864 487-2710 F 864 487-2729

Union Mental Health Center

130 Medical Sciences Dr, Union, SC 29379-0129

T 864 4271224 F 864 429 0627

Don't Forget....

When calling, mention *All About Seniors Magazine* !

FACTSHEET

10 TIPS FOR IMPROVING THE MENTAL HEALTH OF OLDER ADULTS

Maintaining mental wellness, enlisting the help of others when you need it and surrounding yourself with a supportive, healthy environment are essential in today's modern, on-the-go world. Spending time with family and loved ones, engaging in new activities and volunteering are just a few of the ways you can relieve stress and cope with everyday life. For even more ideas, read the list that follows.

GET PLENTY OF REST

Take frequent naps. Not only will they help calm your mind, but they can give you more energy. Make certain to devote a full seven to eight hours of sleep each night to sustain a proper balance of physical and mental health.

GO FOR A WALK

Regular exercise is an excellent way to maintain a healthy lifestyle. Enjoying a long walk at a moderate pace allows you to reflect on your day while getting the blood flowing. For an added spin, invite family members and friends to join you for an evening stroll. During bad weather, complete laps inside a local mall or community center.

EAT SOMETHING NEW

Whether it's tackling a new recipe or re-inventing a traditional one, cooking is a great way to eat well and have fun in the process. Invite family and friends to join you once a week for dinner and take turns preparing meals. Kick off special events with a potluck dinner or host an evening filled with international cuisine.

EXERCISE YOUR MIND

Challenge yourself with a jigsaw puzzle, solve riddles or read a good book. Even better, involve others with these activities by reading aloud to kids or helping them with homework at a local library, school or daycare center.

SPEND TIME WITH OTHERS

Spending time with family and friends is important. Reach out to someone you haven't talked to a while and create new memories. Call on a friend or relative to join you as you run errands or complete routine, everyday activities. Doing things together is a great way to raise your spirits and engage those around you in your life.

INDULGE YOURSELF

Soothe aching bones and wash away worrisome thoughts with a long bath or hot shower. Enjoy a healthy dessert, sip a cool glass of iced tea or juice when it's hot outside curl up under a blanket and relax when it's cold.

STAY IN

Don't feel obligated to do everything asked of you. It is okay to say no. To avoid feeling overwhelmed, opt to spend time with yourself once in a while. Watch a movie, paint a personal masterpiece or organize a prized collection of keepsakes.

MAKE THE MOST OF LEISURE TIME

Make plans with family members, loved ones and/or a tour group to visit a place you've always wanted to go. Join a club, start a new hobby or learn a new skill such as gardening, bird watching or dancing. Whatever you choose to do, make sure it's something that you truly want to do!

GET INVOLVED

Volunteering is a great way to give back. Knowing that you have helped someone else can help you to feel better about yourself. Plus, sharing your time with others is a great way to get out and meet new people, with common goals and interests.

TAKE THINGS ONE AT A TIME

It's easy to get caught up in the desire to do and experience new things, but having too much on your plate can be counter-productive. Try making a list. If possible, break large tasks into smaller, more manageable items that can easily be finished. Completing one thing at a time can lead to a greater sense of accomplishment and spur you to do even more!

FOR MORE INFORMATION:

For more information, contact Mental Health America Greenville County

301 University Ridge, Suite 5600 • (Greenville County Square)

Greenville, SC 29601-3675 • Phone (864) 467-3344

Fax (864) 467-3547 • CRISISline: (864) 271-8888