

AURORA

BEHAVIORAL HEALTH SYSTEM



Aurora Behavioral Health System

Decades Program Overview

Where healing starts and the
road to recovery begins

Aurora East

6350 S. Maple Ave.
Tempe, AZ 85283

*(The hospital is located on the NW corner of Guadalupe and
Maple, between Kyrene and Rural Rd.)*

Main
480.345.5400

Aurora West

6015 W. Peoria Ave.
Glendale, AZ 85302

*(The hospital is located ¼ west of 59th Ave. & Peoria on the south
side of the street.)*

Main
623.344.4400

24/7 Patient Services Helpline

480.345.5420

www.auroraarizona.com

AURORA BEHAVIORAL HEALTH SYSTEM DECADES PROGRAM OVERVIEW

Everyday life on its own can be overwhelming and sometimes people need help coping with their problems. For the senior population, good mental health equates to good overall health, but growing older does not always come easy. There are losses, both physical and mental, but happiness should never have to be sacrificed. Through compassionate care and clinical excellence, Aurora Behavioral Health System West offers specialized treatment for adults 60+ via our inpatient and outpatient services to treat a myriad of issues common to the senior population including:

- Depression
- Anxiety
- Social Withdrawal
- Grief and Loss
- Agitation
- Aggression
- Suicidal Thoughts
- Mood Swings
- Psychosis
- Substance Abuse



Our mission is to provide quality behavioral healthcare services and to create a safe, caring treatment environment for our patients. Older patients often have several chronic conditions, take multiple medications and respond to treatments and medications differently than do younger persons. For these reasons, diagnosis and treatment can often be difficult. Aurora Behavioral Health System utilizes staff with specialized training in geriatrics and who recognize the needs unique to older adults.

Our full spectrum of services is offered in a warm, inviting atmosphere where patients actively participate in their own treatment. Operating under the belief that no patient should spend more time in a hospital than necessary, Aurora's Decades program is characterized by in-depth evaluations and immediate initiation of treatment. The program swiftly and effectively stabilizes acute symptoms, thereby, making it possible for patients to leave the hospital and continue treatment in a less restrictive outpatient setting.

INPATIENT OVERVIEW

Aurora's Decades program is based upon an integrated model of treatment. By integrating psychiatry, medicine, and various non-medication treatment modalities, we strive to develop a plan of action for each patient to restore function with the hope of achieving the best possible combination of health and happiness. The goal is to effectively deal with the crisis, reduce the symptoms, develop more appropriate behavior and learn effective coping and social skills. Our highly trained staff focuses on empowering these patients by helping and educating them to:

- Develop effective communication skills
- Identify current interests and goals
- Solidify a support system
- Develop and practice coping skills for chronic issues such as pain, etc.



We believe a team approach is the most effective method to deliver quality care. Our multidisciplinary treatment team includes physicians, psychiatrists, social workers, family counselors, nurses, adjunctive therapists, chemical dependency counselors and dieticians who work collectively with the patient and the patient's family and support system to develop an individualized treatment plan.

We focus on a practical approach to treatment to achieve goals and resolve issues including a variety of services:

- Intensive psychiatric assessment, evaluation and management
- Psychological testing
- Medical evaluation and management
- Medication management and education
- Group, individual and family therapy sessions
- Recreational and occupational therapies
- Stress management and coping skill groups
- Patient education to improve understanding of the illness
- Aftercare and discharge planning

Family and social support system involvement is encouraged and the program offers therapy and support to these individuals.

OUTPATIENT OVERVIEW

Being discharged from the hospital can cause anxiety for some patients. Conversely, some patients do not require such an intensive level of care. Therefore, part of Aurora's Decades program falls under our Outpatient Services umbrella. If your patient meets the criteria for our Outpatient Services, we have several program options available for continued care and support.

The Partial Hospitalization and Intensive Outpatient Programs (PHP or IOP) are intensive treatment programs dedicated to giving patients a safe, supportive and therapeutic environment to continue their treatment. PHP and IOP services are provided to help prevent relapse, decompensation or repeated hospitalizations. Our Outpatient Services Programs focuses on improving the skills one has gained in the hospital as well as learning new coping skills.

[Partial Hospitalization Program](#)

The Partial Hospitalization Program is offered as an alternative to hospitalization if someone is in acute crisis, but does not necessarily require 24-hour supervision. It is typically 4-6 hours per day, five days per week and covered by many insurance plans. Any patient who is still somewhat fragile on discharge from the hospital, but motivated to improve will benefit from the intensive, personalized treatment.



[Mental Health Intensive Outpatient Program](#)

The Mental Health Intensive Outpatient Programs offer medication education, learning signs and symptoms of mental health disorders and developing nonpharmacological coping mechanisms to reduce stress and restore function in one's life. Topics include plans for dealing with family members, relationship problems, stress, grief and loss, self-esteem issues and more. By the end of the program, patients will have acquired additional life skills to help them lead a healthy, more productive lifestyle.

[Chemical Dependency Intensive Outpatient Program](#)

The Chemical Dependency Intensive Outpatient Programs are designed to help a patient identify one's substance abuse patterns and triggers related to using drugs and alcohol. All patients in this program are required to locate and participate in a 12-Step or similar Substance Abuse Relapse Prevention Support Group in addition to being actively involved in Aurora's program. Program topics include relapse prevention, problem solving and stress

management skills training. We provide tools to understand the effect that alcohol and drugs have on a participant as well as the effect substance abuse has on the patient's job, family and community. By the end of the program, patients will be able to identify triggers, demonstrate improved decision-making and have the skills to maintain a drug-free lifestyle.

Aftercare Program

Aurora's Aftercare program is offered free of charge to former patients who have completed any treatment program at the hospital. Aftercare provides participants with support and opportunities to link with other community resources. The goal of Aftercare is to reduce the chance of relapse. This group is peer driven and offers attendees the ongoing support needed to promote a positive lifestyle. We offer both Chemical Dependency and Mental Health groups and each group is one 60-minute session a week. Former patients are encouraged to attend the group for up to one year as part of his/her discharge process.

AURORA OVERVIEW

Aurora Behavioral Health System is Arizona's largest free-standing psychiatric hospital system with 175 acute, level-1 beds within two facilities serving the East and West Valley. Aurora West in Glendale, AZ has 100 inpatient beds and Aurora East in Tempe has 75 inpatient beds.

Both hospitals are licensed by the State of Arizona (ADHS), accredited by The Joint Commission (TJC) and are certified by CMS (Medicare and Medicaid) for inpatient and outpatient services.



We accept admissions 24 hours a day, seven days a week.

Decades Program Advantages

More extensive diagnostic process completed to identify underlying issues such as unresolved grief and medical conditions.

Thorough medication review; non-pharmacological treatment.

Multidisciplinary team approach comprised of professionals skilled and experienced in working with the aging population.

Holistic approach to treatment, focused on bettering quality of life.

Aurora Decades Program

We believe our primary responsibility is to provide the environment and resources for restoring and maintaining health.

Care and compassion are our #1 priority.

Where healing starts and the road to recovery begins...



Time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00-6:30	Vitals (BHT)	Vitals (BHT)	Vitals (BHT)	Vitals (BHT)	Vitals (BHT)	Vitals (BHT)	Vitals (BHT)
7:00-7:30	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
7:30-8:00	Community Mtg (BHT)	Community Mtg (BHT)	Community Mtg (BHT)	Community Mtg (BHT)	Community Mtg (BHT)	Community Mtg (BHT)	Community Mtg (BHT)
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
0.35416667	Treatment Tm	Treatment Tm	Treatment Tm	Treatment Tm	Treatment Tm	Treatment Tm	Treatment Tm
9:00-10:00	Medication (NSG)	Medication (NSG)	Medication (NSG)	Medication (NSG)	Medication (NSG)	Medication (NSG)	Medication (NSG)
10:00-11:00	Psycho Ed (SS) CD Ed (CD)	Psycho Ed (SS) CD Ed (CD)	Psycho Ed (SS)	Psycho Ed (SS)			
11:15-12:15	Recreation Tx	Music Tx	Movement Therapy	Pet Therapy	Music Tx	Recreation Tx	Creative Art
12:20-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:15	Medication Pass (NSG)	Medication Pass (NSG)	Medication Pass (NSG)	Medication Pass (NSG)	Medication Pass (NSG)	Medication Pass (NSG)	Medication Pass (NSG)
1:30-2:30	Process Group (SS)	Process Group (SS)	Process Group (SS)	Process Group (SS)	Process Group (SS)	Process Group (SS)	Process Group (SS)
2:30-3:15	High Tea	High Tea	High Tea	High Tea	High Tea	High Tea	High Tea
3:30-4:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
4:00-4:30	Nutrition (NSG)	Medication Mgt (NSG)	Understanding Your Diagnosis (NSG)	Stress Management and Coping Skills (NSG)	Effects of Substances (NSG)	Crisis Mgt (NSG)	Self Care (NSG)
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30-6:30	Visitation	Visitation	Visitation	Visitation	Visitation	Visitation	Visitation
6:30-7:30	Vitals (BHT) 12 Step Meeting	Vitals (BHT) 12 Step Meeting	Vitals (BHT) 12 Step Meeting	Vitals (BHT) 12 Step Meeting			
7:30-8:30	Wrap Up Group (BHT) Medication (NSG)	Wrap Up Group (BHT) Medication (NSG)	Wrap Up Group (BHT) Medication (NSG)	Wrap Up Group (BHT) Medication (NSG)			
8:45-9:30	Hygiene/Meds	Hygiene/Meds	Hygiene/Meds	Hygiene/Meds	Hygiene/Meds	Hygiene/Meds	Hygiene/Meds
9:30-10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

AT=Adjunctive Therapy, BHT- Behavioral Health Tech, CD=Chemical Dependency, PSY=Psychology, NSG=Nursing, SS=Social Services