

Acute Care Inpatient Program

Sometimes people suffering from acute psychiatric disorders are unable to live independently or may even pose a danger to themselves or others. In such cases, hospitalization may be the most appropriate alternative. Scripps Behavioral Health Services offers the acute care inpatient program to help patients and their loved ones work through short-term crises, manage mental illness and resume their daily lives. Treatments include:

- Evaluation and treatment by a psychiatrist.
- Psychopharmacological interventions.
- Individual counseling.
- Group counseling.
- Music therapy.
- Activity therapy.
- Occupational therapy.
- Symptom management.
- Medication awareness.
- Coping skills.

Treatment goals include:

- Resolving issues that led to hospitalization.
- Reducing the risk of dangerous behavior.
- Alleviating the symptoms that led to hospitalization.
- Increasing coping skills to live more effectively in the community.

When these goals are met, our dedicated staff develops a discharge plan closely integrated with community services to encourage ongoing care and help patients return to their families and communities. When the patient is ready to return to the community, we offer the following continuing care services:

- Social worker-assisted placements in long-term residential or short-term crisis housing, board and care, and skilled nursing facilities when needed.
- Services and referrals for chemical dependency, psychiatric and medical home health nursing.
- Referrals to licensed professionals.
- Referrals for continuing care.
- Referrals to community support groups.

Admission to the acute care inpatient program requires a psychiatrist's order. Patients may be admitted by their psychiatrists directly or by their primary care physicians with the assistance of the Scripps Psychiatric Liaison Team through the emergency department or medical floor.

For more information about the acute care inpatient program, please contact:

**Behavioral Health Services
Scripps Mercy Hospital,
San Diego**

4077 Fifth Ave.

San Diego, CA 92103

619-260-7005

scripps.org/mentalhealth

Caring For You

Mental illness affects not only the brain, but every aspect of a person's life: mind, body and spirit. It can alter the way one thinks, feels and acts, eventually becoming so overwhelming that it interferes with work, relationships and normal day-to-day activities. Mental illness can affect anyone, regardless of age, economic status or ethnicity. Fortunately, great advancements have been made in the understanding and treatment of mental illnesses, and most people can now be successfully treated. Scripps Behavioral Health Services offers care for adult patients with psychiatric conditions.

Inpatient Care

Sometimes people suffering from acute psychiatric disorders are unable to live independently or may even pose a danger to themselves or others. In such cases, hospitalization may be the most appropriate alternative. Scripps Behavioral Health Services offers the acute care inpatient program, which helps patients and their loved ones work through short-term crises, manage mental illness and resume their daily lives.

Experienced Professionals

Our team of specialists includes:

- Psychiatrists
- Psychologists
- Marriage and family therapists
- Nurses
- Social workers
- Activity therapists
- Occupational therapists
- Chaplains
- Pharmacists

To learn more about Scripps Behavioral Health Services, please call **619-260-7005**, or visit **scripps.org/mentalhealth**.

For more information on other health care services available at Scripps, visit **scripps.org** or call **1-800-SCRIPPS (727-4777)**.

