



## WHAT TO EXPECT FROM YOUR SAY

Blue Ridge Vista specializes and cares for a broad range of psychiatric, addictive and emotional adult needs and the co-occurring medical conditions that accompany aging.

Our services and programs address the mental, emotional, physical, spiritual, cognitive and social elements of each person's health and are provided in a highly structured treatment program.

Upon admission, we evaluate a patient through a series of assessments to develop a comprehensive healing plan. To do that, we consider:

- Psychological conditions
- Physical conditions
- Behavioral problems
- Medical considerations
- Addictive habits
- Family dynamics
- Vocational and supportive needs

From the evaluation, we will work with the patient, family and necessary medical professional to develop a treatment plan. Medical professionals integral to a patient's healing plan include:



## **PSYCHIATRIST**

A physician is responsible for coordinating the care given by all members of the treatment team. They are also responsible for prescribing medication and other procedures that are appropriate components of your treatment. The physician is the only team member with the authority to discharge you.

## **STAFF NURSE**

A registered nurse/licensed nurse who performs duties as prescribed by a physician including administering medication, observing your behavior, and reporting on your conditions to treatment team members. Our nurses help you deal with various issues, both physical and emotional.

## **MENTAL HEALTH TECH**

A trained staff member who listens, supports, and encourages while assisting you through your daily routine. Our MHTs help make you comfortable while also assisting with your psychiatric educational groups.

## **RECREATIONAL THERAPIST**

Provides individual and group therapy for behavioral, social, and physical goals through games, crafts, leisure education, creative expression, relaxation training, and other specialty groups.

## **SOCIAL WORKER**

Individual therapy and family therapy is provided by the Social Worker and/or Marriage and Family Therapist. Therapists and Social Workers are active members of the treatment team and will act as the liaison between you, your family, and the treatment team. A social worker will function as your primary case manager. Social workers will provide group therapy and individual meetings to discuss your progress and help you plan for a successful discharge.

## **DIETITIAN**

A certified dietitian will discuss your nutritional needs and provide education on how to create a safe and healthy lifestyle.

