

covered include stress management, cognitive restructuring, assertiveness, communication skills, behavioral health, and relapse prevention. Additional classes address the important issues of relaxation training, spirituality, healthy eating, and physical activity.

CONTINUITY OF CARE

A critical element emphasized in the Behavioral Medicine Program is the need for ongoing maintenance of the gains made while active in treatment. Therefore, all patients are strongly encouraged to participate in aftercare activities such as individual counseling or the Behavioral Medicine Program's aftercare groups.

ENROLLMENT

To enroll in the Behavioral Medicine Program, call 504-842-7350. Or, you may call the Department of Psychiatry at 504-842-4025 or toll-free at 1-800-231-1969 and ask for the Behavioral Medicine Unit.

If a partial hospitalization admission is necessary, a member of our treatment team can contact the patient's insurance carrier to determine eligibility and coverage. Insurance coverage and program costs will vary with the number and scope of services required.

Ochsner Health System
Behavioral Medicine Unit
1514 Jefferson Highway
Brent House, 4th Floor
New Orleans, LA 70121

504- 842-7350



THE BEHAVIORAL MEDICINE
UNIT AT OCHSNER





ABOUT OUR UNIT

The Behavioral Medicine Unit at Ochsner Medical Center is a partial-hospitalization treatment program for individuals suffering from psychological and/or psycho-physiological problems requiring more intensive treatment than traditional outpatient therapy and medication management. The highly structured day program is designed to assist patients with their current psychological and medical issues while teaching them the skills necessary for achieving and maintaining greater health and wellbeing.

OUR PHILOSOPHY

The Behavioral Medicine Unit program is based on the belief that mind, body, and spirit are interrelated and must all be addressed when providing health care. As such, a person's physical, psychological, and spiritual states each need assessment and care to promote healing and recovery. If one element is ignored, healing in the others is limited. Therefore, the Behavioral Medicine Unit offers comprehensive care to address the physical, psychological, and spiritual simultaneously, thus creating the optimal setting for personal growth and recovery. Patients are treated with dignity and respect. And, most importantly, the belief that each person has the potential for adaptive change underlies all parts of the program.

BEHAVIORAL MEDICINE PROGRAM

Many patients in the program are experiencing problems such as:

PTSD

Anxiety and Depression

Panic Attacks and Phobias

Bipolar Disorder

Headaches

Ulcers

High Blood Pressure

Chest Pain

Heart Disease and Related Disorders

Chronic Pain

Irritable Bowel Syndrome

Bronchial Asthma

Chronic Tension

Marital Distress

Vocational Difficulties

Obesity

PROGRAM STRUCTURE

A multidisciplinary team, consisting of psychiatrists, clinical psychologists, social workers, psychiatric residents, psychiatric nurses, and consulting physicians, addresses the broad scope of patient needs. New patients receive a thorough assessment that includes a psychiatric interview, a review of their medical history, and psychological testing when indicated. If needed, meetings are conducted with the referring professional or family members.

In collaboration with the patient, the team develops and implements an individualized treatment plan, which can be modified based upon the patient's progress in the program. The patient plays an active role in the treatment planning, which facilitates greater participation and compliance with the program. The team strives to create a therapeutic environment on the unit that patients experience as safe and welcoming. Under these conditions, patients have the opportunity to express themselves freely and draw support from their interpersonal relationships with the staff and peers.

Through their active participation in the program patients are taught ways to take personal responsibility for their overall health and well-being.

The program consists of individual and group therapy, along with educational classes and support groups. Patients participate in individual therapy with the psychiatrist and/or psychologist and group therapy with the psychologist. These sessions are designed to facilitate the development of skills to assist in regaining a higher level of functioning and enhancing their quality of life long-term. Topics