Baptist Health System Psychiatry Services

Psychiatric services available at Baptist Health System are designed to assist individuals going through an acute psychiatric crisis. Our unique system-wide approach means patients have access to care at four hospitals, while physicians can refer seamlessly within the system. All of our hospitals are certified by the Alabama Department of Mental Health as designated Mental Health Facilities.

Offering services in:

INPATIENT ADULT PSYCHIATRY
INPATIENT GERIATRIC PSYCHIATRY
OUTPATIENT GERIATRIC DAY PROGRAM
INPATIENT
Geriatric Psychiatry

We take a holistic approach to the assessment and treatment of the lifestyle changes associated with aging, as well as the physical, emotional and spiritual changes. These units serve seniors 60 years and over who are experiencing mental or emotional changes that require intensive treatment on a voluntary or involuntary admissions basis.

Signs and Symptoms
Signs and symptoms of the mental and emotional changes associated with dementia, depression or anxiety often found in seniors include:
- Insomnia or too much sleep
- Unusual behavior
- Poor appetite or overeating
- Disregard for personal appearance
- Impaired judgment
- Suicidal thoughts
- Forgetfulness, confusion or disorientation
- Trouble completing ordinary tasks

Treatment Plan
Individualized assessments identify care needs, address any immediate safety needs and review treatment options. Once treatment options are discussed, an individualized treatment plan will be implemented along with education and counseling for patients and families. Treatment includes:
- Daily therapeutic activities
- Physician management of chronic medical conditions
- Ready access to services such as physical therapy and dietary counseling made possible by hospital setting

We believe that a patient’s recovery is enhanced when the family is active in the treatment process. Throughout treatment, social workers will maintain contact with the family and will arrange for family therapy when needed.

Discharge Planning
The transition process from hospital to home emphasizes the least restrictive environment necessary to preserve the patient’s quality of life. Our goal is to help maintain the progress made while in the unit. The treatment team will work closely with the patient and family to develop an aftercare plan. This plan will include the most appropriate living arrangement for the patient after discharge and may include any combination of the following: community-based programs, assisted living facilities, personal home care or nursing home.

Admission Criteria
Our geriatric inpatient units accept patients 60 years and older. Confidential assessments are available to help the individual, family or facility determine if inpatient treatment is recommended.

Referrals
To make a referral to a Baptist Health System facility, download the referral form online at http://BaptistHealthAlabama.org/psychiatry or call the facility phone number listed in the box to the right.

Geriatric Psychiatry
Citizens Baptist Medical Center
(256) 761-4380
Princeton Baptist Medical Center
(205) 783-3650
Shelby Baptist Medical Center
(205) 620-7010
Walker Baptist Medical Center
(205) 387-4874
The adult inpatient unit offers a comprehensive range of treatments for adults ages 19 to 64. This acute care unit provides a structured and supportive environment for patients with 24-hour nursing care to assure their safety and well-being.

Conditions Treated
Our adult inpatient unit provides treatment for a variety of mental illness-related disorders including:
- Mood Disorders (Major Depression, Bipolar Disorder)
- Anxiety Disorders (Panic Disorder, Social phobia, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder)
- Psychotic Disorders (Schizophrenia)

Treatment Plan
Our inpatient treatment plan focuses on evaluation, stabilization and education assistance for patients and their families to promote optimal mental health. Treatment plans include:
- Pharmacotherapy
- Psychotherapy
- Family counseling
- Disease management (Depression and Bipolar disorder)
- Coping skills

Treatment Team
Our treatment team offers a customized, multi-disciplinary approach to care and includes:
- Psychiatrists
- Psychiatric Nurses
- Therapists
- Social workers
A patient’s care is enhanced when family members and loved ones are involved in the treatment plan. Throughout the treatment process our team will engage family and care team members to educate them about their loved one’s care.

Discharge Planning
Discharge planning begins at the time of admission and continues as the patient progresses through treatment. We recognize the importance of timely and accessible follow-up care after a patient is discharged from the hospital and those services include recommendations and planning for:
- Outpatient Therapy
- Partial Hospitalization Programs
- Intensive Outpatient Programs

Admission Criteria
Patients admitted for inpatient hospitalization must meet the following criteria:
- The patient must be an adult age 19 to 64
- The patient must have an acute psychiatric illness or acute exacerbation of a chronic illness
- The patient must be able to benefit from inpatient treatment

Referrals
If you would like to make a referral to a Baptist Health System facility, download the referral form online at http://BaptistHealthAlabama.org/psychiatry or call the facility phone number listed in the box to the right. Referrals may be made by a physician, employer, community agency, clinician, or individual.

Insurance Information
Baptist Health System accepts most insurance plans. For additional information, contact the appropriate facility.
OUTPATIENT
Geriatric Day Program

Our Geriatric Day Program is a short-term outpatient program designed for older adults experiencing the emotional pain and mental stress that accompanies aging. This program is designed to help those suffering from memory loss, the death of a spouse, diminished physical ability, loneliness or decreased independence. Patient participation can be any length of time and is voluntary, but on average participation lasts 120 days.

Services

A team including a licensed psychiatrist and specially trained geriatric counselors offers an intensive approach to restoring the emotional and mental well-being of patients in a supportive group environment. Transportation, snacks and lunch are provided for all participants. We also work with patients for referrals for occupational and physical health needs as necessary.

Admission Criteria

■ Patients must be 60 years or older, or be living a geriatric lifestyle
■ Patients must be cognitively able to participate in and benefit from group therapy

Referrals

Referrals to this program can be self-referral or made by family members, caregivers, nursing and assisted living homes, adult protective services, pastors, counselors, primary care physicians, social workers or psychiatrists. Confidential assessments can be made by calling (205)387-4441.

Insurance Information

We accept most insurance plans, with the exception of Health Springs and Medicaid. Please call our office for specifics on pre-certification requirements.

Location

This program is available at Walker Baptist Medical Center
Office hours: 8AM - 5PM
Patient programming: 9:15AM – 12PM & 11:15AM – 2PM

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Psychiatry Services Leadership at Baptist Health System

Zelia Baugh, Executive Director of Psychiatric Services, Baptist Health System

With over 20 years’ experience in mental health care, Ms. Baugh is responsible for the oversight and operations of all psychiatric inpatient and outpatient services at Baptist Health System. Prior to joining Baptist, she served as Commissioner of Mental Health for the state of Alabama. Ms. Baugh received her undergraduate degree from Birmingham-Southern College and her Masters of Social Work from the University of Alabama in Tuscaloosa. She is a licensed clinical social worker.

About Baptist Health System

Baptist Health System, a not-for-profit 501(c) corporation and one of the largest health care systems in Alabama, includes four medical centers, including Princeton (in Birmingham), Shelby (in Alabaster), Walker (in Jasper) and Citizens (in Talladega), as well as a network of primary- and specialty-care clinics. Our Christian faith drives our commitment to deliver high-quality compassionate care, while our innovative approach and technologies advance value, safety and convenience in each patient experience. For additional information, please visit www.BaptistHealthAlabama.org.