

## All the help you need along the way

The Mental Health/Addictions Recovery Center offers a full continuum of services designed to diagnose and treat psychiatric disorders including:

- Psychiatric evaluation  
(Voluntary and involuntary admissions)
- Family group
- Day treatment
- Counseling and education for patients and families
- Multidisciplinary treatment team staffings
- Pain management
- Placement and referral services for patients at discharge
- Psychiatric pharmacy services
- Recreation therapy
- Crisis intervention
- Electroconvulsive Treatment (ECT)
- Chemical dependency
- Yoga



## Contact information

### Mental Health/Addictions

Recovery Center.....(863) 687-1275  
LRMC Crisis Line.....(863) 687-1727  
Outpatient Appointments.....(863) 687-1222  
Physician Referral..... (863) 682-LRMC  
(5762)

### Community Resources

Peace River Crisis Line.....(863) 519-3744  
NAMI.....(863) 533-4411  
Tri-County.....(863) 533-4139



Mental Health/Addictions Recovery Center at



*Advanced Technology. Close To Home.*

Adult Inpatient Services

Lakeland Regional Medical Center  
1324 Lakeland Hills Blvd.

[www.LRMC.com/mentalhealth](http://www.LRMC.com/mentalhealth)

## Inpatient Adult Psychiatric Services



# Relief and Recovery

Mental Health/Addictions Recovery Center at



*Advanced Technology. Close To Home.*

## The road to recovery starts here

The Mental Health/Addictions Recovery Center at Lakeland Regional Medical Center was established to help those suffering from a variety of psychiatric disorders related to mood, addictions, thought and memory. The Center offers the latest methods in treatment and care for patients, and support for their families. The 23-bed inpatient psychiatric facility and a separate 8-bed observation unit for receiving and evaluation are located on the first floor of Lakeland Regional Medical Center.

Inpatient and day treatment services are provided by a multidisciplinary team of board-certified psychiatrists and advanced registered nurse practitioners, master's level therapists and social workers, RN's, LPN's and patient care assistants/technicians. This treatment team is committed to the support, education, encouragement, and care that is vital to those beginning their journey to better mental health and wellbeing.

## Adult mental health services

Mental disorders are common in the United States and abroad. According to the National Institute of Mental Health, 26.2% of Americans 18 and older-- about 1 in every 4 adults--suffer from a diagnosable mental disorder in a given year. Nearly half of those meet the criteria for 2 or more disorders.

From evaluation and crisis intervention to transition therapy and follow-up care, our inpatient services program is staffed, equipped and dedicated to helping those in crisis regain their ability to function successfully in everyday life. Lakeland Regional offers comprehensive care for a variety of illnesses, including depression, anxiety, bipolar disorder, schizophrenia and Post Traumatic Stress Disorder (PTSD) – all under the direction of a board-certified psychiatrist.

Also, upon discharge Lakeland Regional provides patients with placement and referral services for additional support, helping to assure a successful return to everyday life.



## Electroconvulsive therapy (ECT)

In severe cases when medication and therapeutic interventions are ineffective or work too slowly to relieve symptoms such as psychosis or suicidality, or when a medical condition makes the use of psychiatric medications too risky, ECT may be an appropriate treatment option. ECT is highly effective in treating severe depression, manic and mixed episodes. Where this form of treatment is indicated, potential candidates are interviewed by two staff psychiatrists and undergo several medical tests to ensure that ECT is the best treatment option.

A treatment team of doctors, nurses, and an anesthesiologist is required to administer electroconvulsive therapy. Treatments are provided within the Mental Health/Addictions Recovery Center on an inpatient or outpatient basis. Generally 6-12 treatments are administered, however some cases may require more than 12 treatments for maximum benefit.

## Chemical dependency

"Understanding is the first step to acceptance, and only with acceptance can there be recovery."

Joanne Kathleen Rowling

Alcohol and drug abuse can have damaging consequences for individuals and their families. Research has shown that continued substance abuse over years leads to severe medical problems that may include high blood pressure, ulcers, and diabetes. No one is too young or too old to seek treatment.

The Mental Health/Addictions Recovery Center offers a safe, medication-managed detoxification program that includes treatment for alcohol and prescription drug abuse. A board-certified addictions specialist directs this program at Lakeland Regional Medical Center.

Patients attend a daily chemical dependency group. Social workers work very closely with patients and family members to make the appropriate referrals for outpatient or residential treatment.

## How do I get help?

If you, a friend or family member needs help and would like more information regarding the Mental Health/Addictions Recovery Center and the services we provide, please contact us at one of the numbers listed on the back. The road to recovery starts here. A simple phone call can put you or a loved one on that road back to better mental health.

