



Catawba Valley Medical Center is a not-for-profit health care system providing and promoting the physical, mental, emotional and spiritual well-being of the public in addition to serving as a center for health education, wellness services, preventative medicine and acute care throughout Catawba County and surrounding areas.

To access services or learn more about Catawba Valley Medical Center or to find information about a particular medical condition, call or visit The HealthFirst Center at Valley Hills Mall, 828/485-2300, Highway 70, Hickory, N.C. or visit our web site, www.catawbavalleymc.org – featuring FastHealth, a medical search engine designed to provide fast and easy access to health information from among the most respected sources available.



32nd Magnet Hospital in the Nation

CENTERS OF EXCELLENCE

The Comprehensive Cancer Center

The HealthFirst Center at Valley Hills Mall

The Heart Center

The Neurosciences Center

The Center for Orthopaedics

Psychiatry Services

The Center for Rehabilitation

The Center for Women and Children

The Birthing Center



810 Fairgrove Church Road, SE • Hickory, NC 28602 • 828/326.3700
www.catawbavalleymc.org

Psychiatry Services

PSYCHIATRY SERVICES

Psychiatry Services caregivers understand the special, and often critical, needs of our patients. Admissions are accepted on a 24-hour basis with free intake assessment. In addition, we offer a 23-hour observation admission that allows practitioners to admit patients to the hospital for short-term intensive evaluation, crisis intervention, and/or detox. This is an alternative to traditional inpatient admission. Any staff physician can admit to Psychiatry Services with an accompanying Psychiatrist consult. Psychiatry Services is divided into three separate units: Turning Point for Adults, Pathways for Seniors, and Psychiatric Intensive Care Center (I.C.C.). Furthermore, Psychiatry Services' Psychiatrists and Psychologists are available to do assessments in other services of Catawba Valley Medical Center on a consulting basis.

We offer a professional staff specially trained in psychiatry who provide a caring and personal approach to treatment. Our extensive therapy staff is trained to provide Group, Individual, and Family Therapy, as well as Occupational Therapy and Therapeutic Recreation. We offer two separate comprehensive group therapy programs, Senior Health and New Options. Both are supervised by our full-time Doctoral-level Psychologist.

Senior Health specializes in meeting the unique needs of our geriatric population. New Options specializes in satisfying the requirements of our higher functioning adult population. Psychiatric Intensive Care Center (I.C.C.) offers a more intensively supervised treatment setting designed for individuals who are at risk for harming themselves or others.



OUR STAFF

- Licensed Psychiatrists (Board Certified)
- Licensed, Accredited, Doctoral-level Psychologist
- Master's-level Social Worker and Discharge Planner
- Master's/Bachelor's-level Specially-trained Psychiatric Nurses
- Licensed, Certified Therapeutic Recreation Specialist
- Licensed, Registered Occupational Therapist
- Licensed, Certified Occupational Therapy Assistant
- Licensed Clinical Addictions Specialist
- Bachelor's-level Technician II's
- Specially-trained Psychiatric Technician I's

CATAWBA VALLEY MEDICAL CENTER

Catawba Valley Medical Center is a not-for-profit community hospital accredited by the Joint Commission on Accreditation of Healthcare Organizations and licensed by the state of North Carolina. Established in 1967, the 258-licensed bed hospital is located in the heart of the Catawba Valley just off Interstate 40 in Hickory. Psychiatry Services is a vital element at Catawba Valley Medical Center's services to the Catawba Valley region. Our patients know we are devoted to their well-being and treatment. And we want you to know we are here to serve and support the Catawba Valley and its neighbors.

Magnet Services

OUR SERVICES

Psychiatric/Psychological Assessment

Each client receives a comprehensive assessment which is utilized in the development of an individualized treatment plan.

Medical Detoxification

Medical detoxification is initiated to permit safe withdrawal from addictive substances with minimal discomfort.

Management of Pharmacological Interventions

Management of pharmacological interventions is a physician-directed service. Many behavioral problems can be treated and improved with the administration of psychiatric medication, along with psychotherapy and support.

Daily Group and Individual Psychotherapy

Individual and family psychotherapy helps patients identify problems and develop a follow-up plan of care for addressing those problems. Group therapy enables patients to learn and use new coping skills as they interact with peers and staff.

Suicide Precautions

Our Suicide Precautions/Risk Level System ensures that every patient is monitored and observed at intervals deemed necessary according to his or her clinical symptoms.

Intensive Protective Interventions

Our staff is trained in effective preventative and therapeutic physical interventions to provide the best care in a safe and secure environment.

Multidisciplinary Treatment Planning

A multidisciplinary treatment plan is initiated upon admission for each patient. This plan identifies the patient's immediate critical needs and provides a plan of action to meet those needs.

Social Service Assessment/Intervention

The social service assessment/intervention educates the patient about treatment options available in the Catawba Valley and surrounding areas. Its purpose is to ensure that patients have the optimum plan for available follow-up care.

Community Resource Utilization

Community resource utilization is one goal in treatment that increases the likelihood patients will succeed in outpatient treatment.

Recreational Therapy

Recreational Therapy consists of a wide range of therapeutic activities, including assertiveness training, relaxation training, self expression through music and recreational activities, reminiscence, and self-awareness exercises.

Occupational Therapy

Occupational Therapy is provided to assess the patient's ability to perform daily living tasks, safety in the home, and appropriateness for work.

Public Education and Awareness

Psychiatry Services is committed to helping the public understand mental health issues. Through lectures, continuing education programs, awareness programs and health fairs, we disseminate information to people of all ages and in all professions.



Catawba Valley Medical Center is only the 32nd hospital in the nation and the second in the Carolinas to receive Magnet Hospital designation by the American Nurses Credentialing Center. This designation recognizes nursing programs that provide quality patient care in an environment that encourages and allows for continuous growth and development of the staff. It also honors nursing leadership and excellence, community involvement and many other factors. Above all, it recognizes hospitals that strive to exceed the expected rather than meeting it.



Our PROGRAMS:

- P.A.S.S. (Psychiatric Assessment and Stabilization Service)
- Turning Point
- Geriatric Outreach Services
- Pathways For Seniors
- Psychiatric I.C.C. (Intensive Care Center)

Our SERVICES:

- Psychiatric/Psychological Assessment
- Chemical Detoxification
- Management of Pharmacological Interventions
- Daily Group and Individual Psychotherapy
- Suicide Precautions
- Intensive Protective Interventions
- Multidisciplinary Treatment Planning
- Social Service Assessment/Intervention
- Community Resource Utilization
- Recreational Therapy
- Music Therapy
- Occupational Therapy
- Public Education and Awareness

CVMC
MISSION STATEMENT
 Catawba Valley Medical Center exists to provide quality health care, to promote the physical, mental, emotional and spiritual well-being of the public served, and to be a center for health education, wellness services, preventive medicine, and acute care throughout Catawba County and surrounding areas.

Programs

OUR PROGRAMS

P.A.S.S. (Psychiatric Assessment and Stabilization Service)
 Psychiatric Assessment and Stabilization Service (P.A.S.S.) provides a 23-hour observation, crisis intervention and referral service.

Turning Point
 Turning Point helps adult patients reach a beneficial "Turning Point" in their lives to begin learning and practicing a healthier way of living.

Pathways For Seniors
 Pathways for Seniors is an inpatient program that serves senior adults who are experiencing severe psychiatric symptoms, as well as cognitive, emotional and physical deficits.

Psychiatric I.C.C. (Intensive Care Center)
 The Psychiatric Intensive Care Center (I.C.C.) provides emergency care for individuals with psychiatric/developmental conditions who have been assessed as being at risk for danger toward themselves or others.

