

MINDFUL CARE

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2. *COVID-19 and telehealth*
3. *the role of medical services*
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iHOPE

explaining early onset psychosis

Four Rivers Behavioral Health's iHOPE Program is part of a statewide network which identifies youth with symptoms of psychosis as early as possible to provide support and treatment based on the latest research.

Our iHOPE Program helps identify and support young people whose symptoms are consistent with early onset of a psychotic illness such as schizophrenia or bipolar disorder with psychosis.

We also help clarify diagnosis and appropriate treatments as well as support referrals to specific and appropriate programs of care.

Without early identification, young people with psychosis are at risk of dropping out of school, loss of social support and overall ability to function. In addition, those with a psychotic illness could become involved in the legal system, face long-term trauma, disability and poverty.

Acute symptoms of psychosis can include hallucinations, delusions and disturbances to speech, as well as emotional expression and changes in how someone moves. Onset of these symptoms is usually gradual.

Some of the more common symptoms and changes in behavior include things like a diminished ability to complete certain tasks. They may have trouble reading or

understanding complex sentences or trouble speaking or understanding what others are saying.

People may become easily confused or lost and you may begin to notice problems related to sleep.

Other changes in behavior could include an extreme fear for no apparent reason or uncharacteristic actions or statements that make no sense.

Early signs may include impulsive and reckless behavior, incoherent or bizarre writing, extreme social withdrawal or an overall decline in appearance and hygiene.

In addition to behavioral changes, many people in the early stages of psychosis experience changes in perception such as a fear that others are trying to hurt them. This may also present as a heightened sensitivity to sights, sounds, smell or touch or statements like "My brain is playing tricks on me."

People may hear voices or other sounds that aren't there and may have vision changes like seeing colors more intensely. Racing thoughts or believing someone is putting thoughts in their heads is a common



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COVID-19 and your mental health

maintaining your mental health and how telehealth works

When it comes to life post-pandemic, we worry most about mental health. The mental health repercussions from what is happening now will likely be a problem for years to come.

Stress, anxiety, loneliness, depression and more are all common feelings during a crisis and those feelings, if left unchecked, can become crippling for some.

For instance, for someone wondering if they are positive for COVID, it can be like having a stigma and even feel life threatening.

In addition to the general public, health-care workers, on the frontlines, face their own set of unique stressors.

Healthcare workers dealing with people that are in a panic, have to be well-supported. If not, stress from the caregiver compounds the stress of those being treated.

In addition to the virus itself, we are now facing an additional threat of long-term economic instability. For people who are already stressed to their limits, the loss of a job or a significant change in their financial well-

being can be catastrophic.

Stress, anxiety and other mental health issues have a real effect on physical health. The saying, "Stress Kills" is not just a euphemism. Stress can lead to spasms in the vascular system and the suppression of the immune system, which are real health issues.

Four Rivers Behavioral Health is here to help now, during this difficult time, and after things return to some semblance of normal.

One way we are working to help you maintain your mental health is through Telehealth video conferencing. We can now offer outpatient therapy, substance abuse support and more through Telehealth. All you have to do is contact us to set up an appointment and we will structure a treatment plan that works best for you - all from the safety of your home on your computer, tablet or phone.

Call us at 270.442.7121 for detailed information on how you can continue your treatment or to request an assessment to begin treatment.



If you are uncomfortable coming to our offices,
or if you have been ill, especially with a cough or fever,
you can still keep your appointment.

Ask us about video conferencing for your next appointment.

Just give us a call and we will be happy to set it up for you.

Coronavirus and visiting our offices

What You Can Do

WASH YOUR HANDS: Wash them often with soap and water for at least 30 seconds.

USE HAND SANITIZER: Whether it's a car door handle, the door knob or the chair you are sitting in, when you touch something, use hand sanitizer.

DON'T TOUCH YOUR FACE OR MOUTH: Your hands can never be 100% clean so keep them away from your face and mouth.

PRACTICE SOCIAL DISTANCING: Maintain a 6-foot perimeter around you. Don't congregate in lobbies and groups while waiting for your appointment. Check in with reception and, if possible, provide your mobile number to be called to your appointment. This will allow you to wait outside or in your car away from others.

STAY HOME: If you don't feel well, have a cough or a fever - stay home.

PROVIDE IMPORTANT INFORMATION: If you have recently been out of the country, get tested for COVID-19 and other infectious diseases.

What We Can All Do

- We can all remind each other to wash our hands, refrain from close talking and hand shaking and still remember we are human beings.
- Smile. Encourage. Be Helpful.
- This is a stressful, ever-changing, situation for everyone - not just you! Remember, you have no idea what the person next to you is feeling or going through. Help out with a few kind words or a smile! Simple gestures can go a long way in making people feel better about their circumstances.
- Don't panic and try to manage your anxiety and stress.

For Emergencies

You can call our 24-hour Crisis Line 800.592.3980 or our website at www.4rbh.org

If you have questions about COVID-19 visit the CDC's website at www.cdc.org or call their COVID-19 Hotline at 800.722.5725.

We are constantly monitoring the situation and will make decisions about any future restrictions based on recommendations and mandates from the state and other government entities.

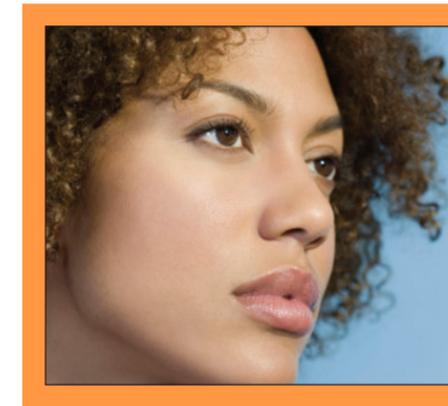
iHOPE

continued

perception change in early psychosis.

Our iHOPE team works closely with others at Four Rivers Behavioral Health including our Center for Specialized Children's Services and our Center for Adult Services.

Referrals should be made when you believe someone is experiencing the first signs of psychosis. If someone is having new, significant and/or worsening difficulties in any of the areas noted in this brochure, please contact us for a consultation.



spreading kindness

greenway trail gets kindness mural



Members of the community got together in June to paint a mural inside the Greenway Trail tunnel with the message "#BeKindPaducah."

The mural was the idea of the Guess Anti-Bullying Foundation. The foundation also organizes the Kindness Walk each August.

Volunteers who helped with the mural included local students and parents, as well as representatives from local businesses, mental health organizations, churches, medical groups, nonprofit organizations, academia and local government.

The Guess Foundation invited staff from Four Rivers Behavioral Health to participate in the painting. They were joined by other volunteers including McCracken County Sheriff Matt Carter, Paducah Police Chief Brian Laird, Paducah McCracken County NAACP President J.W. Cleary, along with CSI President David Culbertson and others..

We were pleased to be invited to participate in the event and help spread some kindness in our community.

medical services

Our Center for Medical Services works closely with other departments and programs at Four Rivers Behavioral Health including our Center for Adult Services, Center for Specialized Children's Services, Crisis Services, and services for those with an Intellectual Disability.

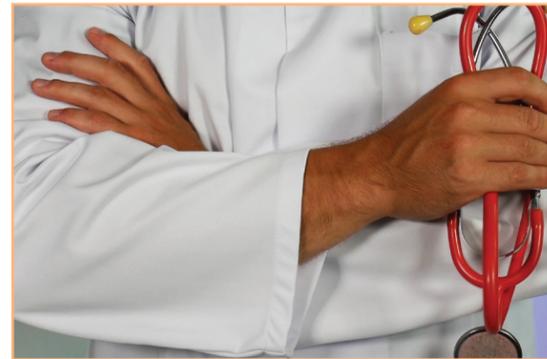
Medical Services also is an integral part of our Children's Partial Hospitalization Program. Children are monitored by our chief psychiatrist, who is the only board certified child psychiatrist in the region.

Our Psychiatrists and Psychiatric Advanced Registered Nurse Practitioners provide medication management to both adults and children in collaboration with their therapy.

These services include psychiatric evaluation, education, diagnostics and the administration of prescription medication.

Medication and medication management are important parts of mental health care and we believe that medication is just one part of a complete plan to treat mental health issues.

Other services offered by the Center for Medical Services include medication refills, addressing medication problems and the distribution of medication samples. These efforts are coupled with patient education and assistance with low cost assessments.



frbh heros



Dr. Duncan E. Darnell
Medical Director

Meet Dr. Darnell.

Dr. Duncan E. Darnell, MD is the Department Head for Four Rivers Behavioral Health's Medical Services Center.

Dr. Darnell graduated medical school from James H. Quillen College of Medicine and completed residency in General Psychiatry and a fellowship in Child/Adolescent Psychiatry at the Medical University of South Carolina's Institute of Psychiatry.

Dr. Darnell is the only Board Certified Child Psychiatrist in the region.

Given Dr. Darnell's specialty, he works closely with the programs for children at Four Rivers Behavioral Health. For example, our partial hospitalization program for children includes daily individual and group therapy with our clinicians and daily monitoring, both on an individual basis as well as in milieu, by Dr. Darnell.

DID YOU KNOW

We offer a weekly injection clinic for consumers who have been prescribed antipsychotic injections.

Making a separate stop to pick up medications can be a hassle. To make things easier for you, we have pharmacies at our Paducah and Mayfield locations provided by Genoa Healthcare.

Genoa Healthcare also manages our Medline prescription refill service.





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