

# Employee Assistance Program



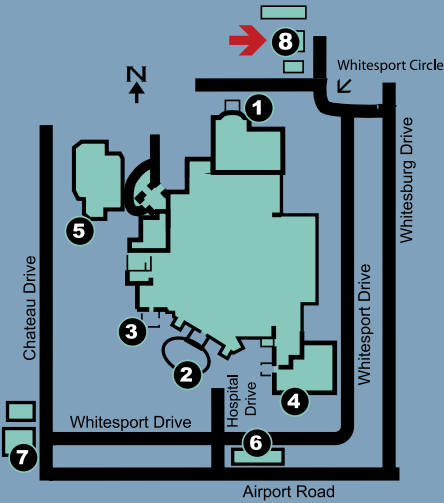
The people we help have an illness - just like diabetes or arthritis. The only difference is that you can't diagnose their illness with a blood test or an X-ray.



At Crestwood, we understand that each person is unique and we treat them with compassion & respect. We are committed to helping people deal effectively with psychiatric, emotional and chemical dependency problems. Our goal is to provide a supportive environment that enable individuals to learn to cope with the problems and pressures they face.

The Employee Assistance Program (EAP) is designed to address an Employer's need to provide a broad-spectrum of benefits to their employees, including provisions to address their psychological and emotional needs. The EAP recognizes that when an employer offers understanding and help to a troubled employee, the employee can often be retained at their job, preserving their talents, experience, and all of the resources that the employer has invested in the employee. This will often include provisions to assess for psychological/ emotional disturbance, risk factors, and substance abuse/addiction.

- The EAP will encompass, as a minimum, an assessment and referral service. The employer will be able to have employees seen by specified Crestwood counselors with two days notice, or screened for emergencies on a 24 hours, 7 days per week basis.
- Other EAP services include setting a predetermined number of counseling sessions to address short-term issues involving work or family. If additional therapy, psychological testing, or medication management is required, a referral will be made by the Crestwood EAP to providers within the employee's insurance carrier.
- Crestwood's Behavioral Health team also offers Supervisor/Employer Training which is often required as part of a government contract or useful in addressing specific problems identified by an employer.



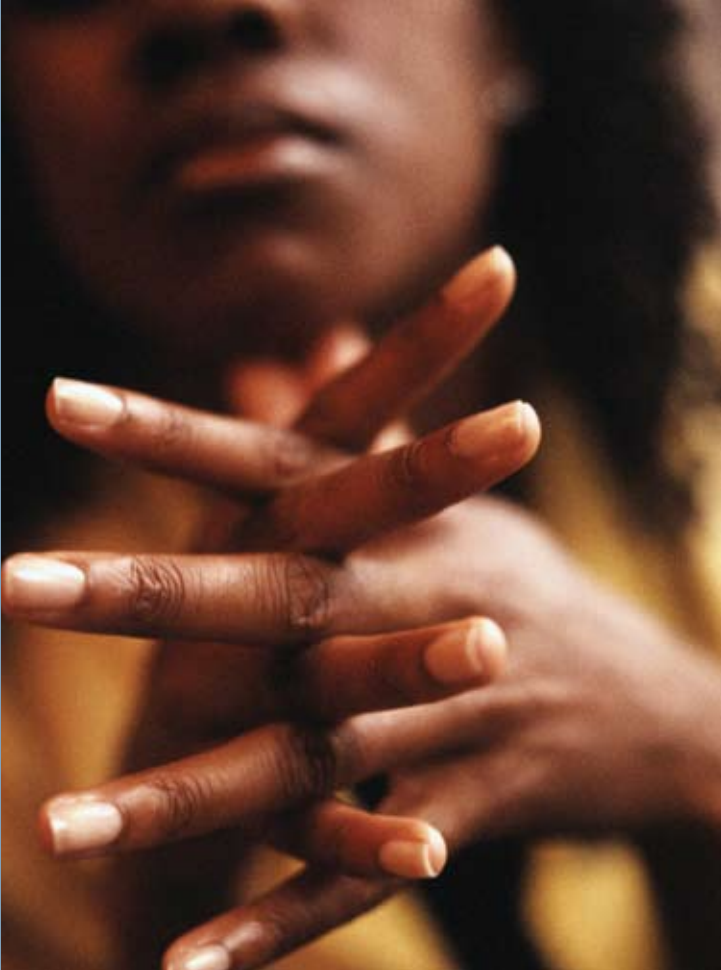
- ① Outpatient Center Entrance
- ② Visitor's Entrance
- ③ Emergency Entrance
- ④ Medical Pavilion
- ⑤ Professional Center
- ⑥ Therapy Services & Sports Care
- ⑦ Women's Center
- ➔ ⑧ Behavioral Health Services

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**CRESTWOOD**  
 MEDICAL CENTER

## Behavioral Health Services



## Outpatient Counseling Services

Crestwood Counseling Services provides individual, group, family and marital counseling services. Our counseling team is made up of licensed professional counselors and social workers committed to providing quality behavioral health care.



**Crestwood Counseling Services covers topics including:**

- **family & couple conflict**
- **challenges in caring for elderly parents**
- **anxiety & depression**
- **job stress**
- **family violence**
- **anger management**
- **grief & loss**
- **parenting concerns**
- **child and/or teen behavioral issues**
- **divorce & re-marriage**
- **retirement and other life issues**
- **unemployment**
- **sexual/ physical abuse**
- **addictions**

Crestwood's Outpatient Counseling program offers convenient same day or next day appointments with licensed counseling professionals.

## Outpatient Detoxification

Crestwood Behavioral Health Services' outpatient detoxification program allows patients chemical dependency problems to recover quickly in a controlled environment while giving them the freedom to work and live almost as they normally would.

Crestwood's highly qualified team will guide patients through the program on an outpatient basis with as little disruption to their lives as possible. This program not only allows patients to keep up their daily routine, but also eliminates withdrawal symptoms normally associated with opioid detoxification.

Our program utilizes recent breakthroughs in the medical treatment of dependency, using the latest medications combined with one-on-one "detox coaching".

Patients arrive for assessment by a master's level therapist and a Board Certified Doctor. Patients are then diagnosed and treated according to their specific needs taking into account bio-psycho-social factors in addition to the physiological symptoms that occur during detox. During the first week, patients attend the program daily, after the first week they only need to come once a week for monitoring and education. Patients return home, to work or to their studies for the duration of treatment. The full course of treatment generally lasts 42 days (six weeks).

## Anger Management Program

Crestwood's Anger Management Program is designed to help participants in all walks of life better cope with the emotion of anger in a positive and productive way.

In the program, patients are given the tools to increase awareness of the positive and negative effects of anger and the many ways that anger is expressed. The goal of the program is to help participants recognize anger and develop positive, non-harmful responses.

During the nine week course, participants will be given assignments with the group and on their own time. Admitted patients will have to complete all assignments and attend all sessions to complete the program.

Our team will communicate with the referral source as to the progress of the participant if necessary.

Crestwood Behavioral Health offers Anger Management treatment that helps clients learn to deal with anger and express it in a healthy and positive manner.



## Adult Inpatient Program

Crestwood has responded to today's health care environment by developing short-term, crisis stabilizing inpatient psychiatric programs to address emotional, psychological and substance abuse issues. In Crestwood's Inpatient Program, patients receive support and guidance in a well-structured 24-hour care environment. The program is led by board certified psychiatrists and staffed with counselors, registered nurses and social workers. Patients participate in solution-focused treatment using individual, group and family therapy modalities.

The Partial Hospital Program (PHP) may serve as a gradual transition from inpatient care to outpatient recovery, or may be used in lieu of inpatient treatment. The Partial Hospital Program has many of the benefits of inpatient care combined with a less restrictive environment. This facilitates the patient's ability to reintegrate into basic everyday living situations while receiving the needed support and therapy to make appropriate life-style adjustments. PHP patients are seen daily by therapist and nurses and continued to be monitored by a psychiatrist. PHP patients come to the program during the day and are back home with their families in the evening.

**For more information regarding Crestwood's Behavioral Health Services, call 256.429.5488 or 256.429.5487, email [detox@tridhospitals.com](mailto:detox@tridhospitals.com) or visit [crestwoodmedcenter.com](http://crestwoodmedcenter.com).**