



UNITED IN SERVICE.
TRUSTED FOR LIFE.



HERITAGE PROGRAM

The Heritage Program is designed for the elderly and their caregivers that have unique problems and needs. Physical decline, loss of independence, safety concerns and multiple losses can contribute to depression, anxiety and other related mental health issues. Health care professionals have identified that emotional problems decrease the ability to cope with the natural aging process.

Who can benefit from the program?

- The person whose quality of life has been diminished by physical or emotional stressors
- The person who has not progressed or benefitted sufficiently in less intensive treatment settings
- The person whose mental health is declining and might require inpatient care unless treatment is provided

Our Philosophy:

To Provide quality care that stresses the importance of dignity, respect and confidentiality while helping the individual achieve an optimum level of functioning.

Treatment Goals:

To restore optimum mental and physical health, to alleviate symptoms that interfere with the individual's ability to function, to support the integrity of the family and maximize independence.



Services We Provide

The Heritage Program for Senior Adults is an outpatient mental health treatment program that provides individualized treatment for older adults who suffer from emotional, behavioral or mental health disorders. The program offers psychiatric intervention to improve the quality of life for elder adults and their families.

- Patients receive group and individual therapy
- Stress Management
- Assertiveness Training
- Conflict Resolution Skills
- Coping-Positive living skills
- Grief and Loss Resolution
- Nutritional Information
- Daily Living Skills
- Medication Management
- Health & Wellness Training

The program provides intensive outpatient treatment Monday through Friday in the least restrictive environment and patients are able to return to their homes each afternoon.

Treatment Team:

Treatment modalities are designed to meet the unique needs of older adults by educating patients, families and caregivers regarding mental health issues affecting daily living. Treatment is supervised by a psychiatrist and provided by a team that includes masters level clinicians and mental health providers. caregivers, families and primary care physicians are encouraged to participate in the process by assisting the identification of problems and solutions.

Assessments and Referrals

The clinical staff is pleased to offer free confidential assessments for the purpose of determining the need for behavioral health services. Referrals to the program may be made by physicians, nurses, social workers or others concerned about the welfare of an individual.

OFFICE HOURS:

Monday - Thursday 8:00 a.m. - 5:00 p.m.
Friday 8:00 a.m. - 12:00 p.m.

If you or your loved one would like a free assessment and depression screening please contact us at:

| **HERITAGE PROGRAM FOR SENIOR ADULTS** |
| **1602 N. MAIN | LOVINGTON, NM** |
| **(575) 396-9050 | FAX: (575) 396-9049** |