

Senior Life Solutions Pride Report

Rhonda Roberts, Program Director



Meet Our Team

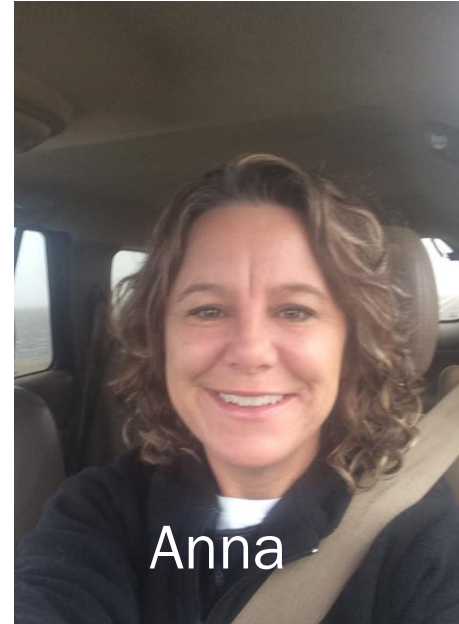
Rhonda Roberts, RN
Program Director



Rachael Holton, LISW
Program Therapist



Anna Creath, OPC
Office and Patient Coordinator

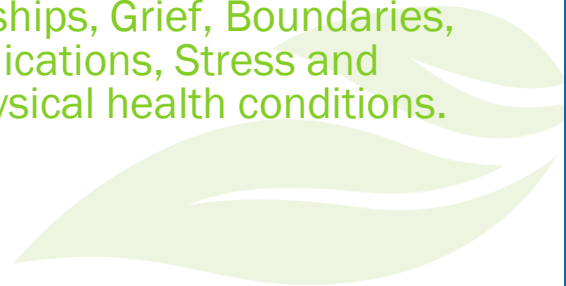


What we do

Senior Life Solutions, an intensive outpatient group therapy program, is designed to meet the needs of individuals over the age of 65 struggling with depression and anxiety often related to aging.

So what does that mean?

Group psychotherapy is the main mode of therapy in the program and it is held every Monday, Wednesday and Friday. Individual Therapy is based on the doctor's orders, but generally ordered 1-4 times monthly. The therapist will help patients increase insight and build healthy coping mechanisms by using psychoeducation and discussing several topics, such as: Managing Depression symptoms, Anxiety, Building relationships, Grief, Boundaries, Healthy Communications, Stress and other mental/physical health conditions.



Words from our Provider...

“We continue to see, as Rhonda says, "amazing progress" of each individual through the outcome studies that are performed with each patient every month. Many of these patients have histories of abuse in their childhood's that has never been acknowledged or diagnosed before. When they are given a chance to finally deal with the burden that has been created, often for most of their lives, it often unloads many other issues, such as insecurities, anxieties, fears, chronic depression and panic which have never before responded to medicine or therapy. They are finally able to feel a sense of peace and are able to feel confident, increased self-esteem and are able to sleep well at night. They are helping each other get there in the group, and individual therapy.”

-Dr. Nina Jordania

WHAT MAKES US PROUD

- We have helped more than 65 people in our community live a better life for themselves
- Our last corporate at-a-distance audit on October 12th resulted in 99.6%
- We purchased a new van to transport patients
- We received an award for the Best Community Participation Events for Suicide Prevention Awareness Month in September of 2021; a company-wide award between 105 programs!

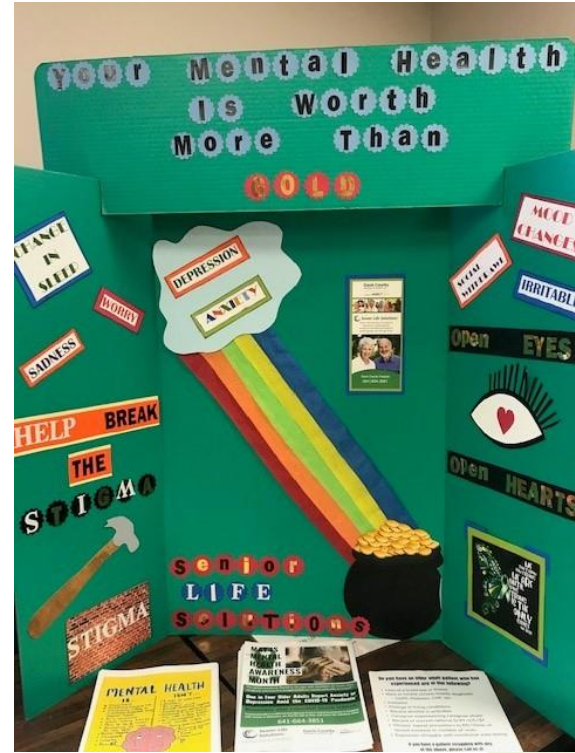




Suicide Prevention Awareness Month

SLS Team worked to bring staff and the community together to raise awareness to Suicide Prevention.

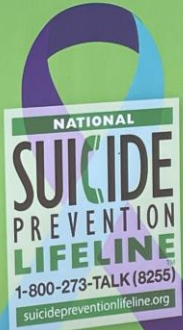




Suicide Prevention Awareness Month

September as Suicide Prevention Awareness Month in Bloomfield, IA.

**DON'T GIVE UP...
YOU
MATTER**



Davis County
HOSPITAL & CLINICS

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