

Mental Health

TRANSFORMING CARE FOR PATIENTS AND THE COMMUNITY



Restoring Hope, Health and Happiness

At Providence Santa Rosa Memorial Hospital, we offer a spectrum of mental health services that are tailored to patient needs and goals. Whether the concern is depression, anxiety, trauma, substance abuse or other mental health issues, we help anyone in need find the best treatment options for their situation. Our team of psychiatrists, psychologists, therapists and counselors are committed to providing compassionate, evidence-based and holistic care for our patients and our community. We also offer support groups, education and resources to help patients cope and thrive.

“I was feeling hopeless and overwhelmed by my depression. I didn't think anyone could help me or that things could ever get better. But then I discovered Santa Rosa Memorial Hospital's behavioral health program. Thanks to this amazing team, I feel like a new person. They gave me back my life.”

– Christine B.



Providence Santa Rosa Memorial Foundation

151 Sotoyome St. Santa Rosa, CA 95405 | GiveToMemorial.org

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Spectrum of Care

We are honored to support our community's mental health needs through a full spectrum of award-winning accredited programs, which are offered in an inpatient, partial hospital or intensive outpatient setting:

- **Chronic Pain:** We understand how living with chronic pain or a disabling illness can impact daily life and family. Our specialized care team provides coping skills, education and stress reduction.
- **Dual Diagnosis:** For patients living with a mental health condition plus alcohol or substance abuse, our dual diagnosis program offers hope and solutions. From group therapy to relapse prevention support, this program helps patients through the recovery process.
- **Dialectical Behavior Therapy (DBT):** This form of therapy gives patients skills to decrease conflicts in relationships and manage painful emotions. Our DBT providers are specially trained to support patients facing self-destructive behaviors and suicidal thoughts.
- **Senior Acute Behavioral Care:** Declining physical health, the loss of a spouse or lifelong friends, or medication side effects are just a few causes of depression and other mental health conditions among seniors. We provide an intensive outpatient program tailored to the unique needs of vulnerable seniors and their families.
- **Psychiatric Emergency Services:** Individuals who are experiencing a psychiatric emergency can get 24/7 crisis intervention, evaluation and stabilization through our Emergency Department's highly trained physicians and social workers.
- **Postpartum Care:** New mothers can receive specialized support for postpartum depression and other mental health challenges that can arise after giving birth.

Vision

Our vision is to be Sonoma County's leader in providing high-quality, compassionate and evidence-based mental health services that meet the diverse needs of our community. We strive to empower our patients to achieve their recovery goals and improve their well-being. We value collaboration, innovation and excellence in everything we do.

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Philanthropy at Work



"We are excited to partner with philanthropy to address some of our community's biggest challenges and bring hope, healing and vitality to our most vulnerable neighbors. Thanks to philanthropy, we have been able to bring Licensed Clinical Social Worker (LCSW) interns in to support our patients, and we have a lovely upgraded space for group meetings. We are so grateful!"

- Amy Chevrolet, LCSW, Manager Behavioral Health

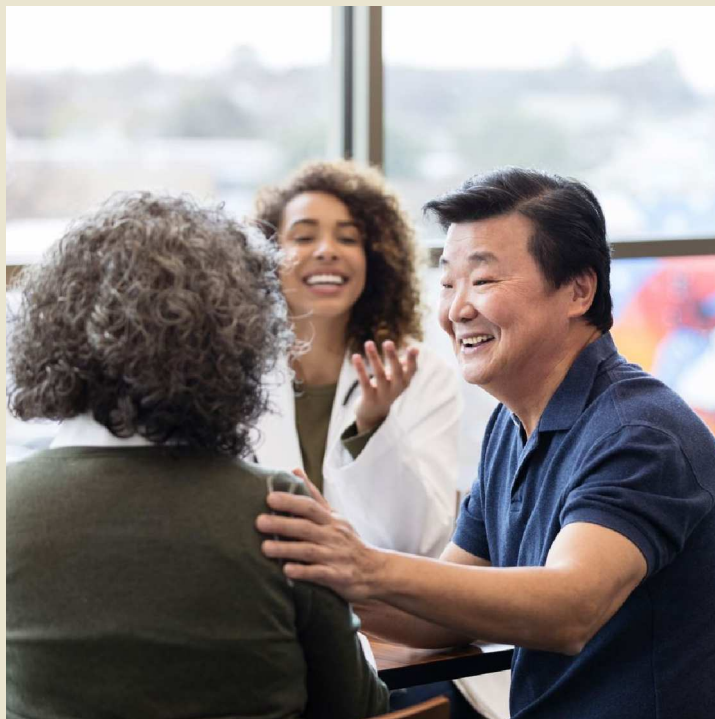
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How you can support mental health

Your gift to Providence Santa Rosa Memorial Hospital Foundation can be designated to mental health overall, or it can be designated to a specific area, such as:

- Providing continuing education for our mental health clinicians
- Upgrading our inpatient and outpatient mental health spaces
- Enhancing the technology used to support mental health
- Increasing access to our nationally-recognized programs
- Investing in research and innovation in the field of mental health



Your generosity can be recognized in many ways:



John Contreras
Senior Philanthropy Officer

- Create a named restricted fund or endowment.
- Name a space or program.
- Honor a clinician with an endowed chair.
- Give in honor or in memory of a loved one.
- Honor a favorite physician, therapist or nurse.

If you would like more information on how to support our mental health program, please contact **John Contreras** at 707-752-0550 or John.Contreras@providence.org.