



# Old VINEYARD

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## BEHAVIORAL HEALTH SERVICES

Everyone experiences anxiety at some point, some more often than others. There is a difference, however, between “normal” anxiety and serious anxiety, which may require treatment of some kind. Some of the symptoms of serious anxiety may include:

- Excessive worry—persistent anxious thoughts on most days for six months which interferes with daily life and is accompanied by noticeable symptoms like fatigue.
- Trouble falling and/or staying asleep because you are agitated or worried, perhaps for no reason in particular. Possibly waking up feeling wired, mind racing, unable to calm down.
- Feeling edgy, restless, jumpy.
- Chronic digestive issues—stomach problems, nausea, diarrhea.
- Uneasiness.
- Panic—Panic attacks may cause shortness of breath, racing or pounding heart, difficulty breathing, tingling hands, dizziness, or feeling suddenly hot or cold.
- Overwhelming or irrational fears.
- Self-consciousness—feeling socially uncomfortable, often blushing, trembling, sweating, or having difficulty talking to people.
- Flashbacks—reliving disturbing or traumatic events.
- Feeling tense, muscle tightness, body aches—you may often ball your fists or flex your muscles.
- Perfectionism and self-doubt.
- Compulsive behaviors such as obsession/compulsive disorder when rituals begin to drive, or interfere with, life. Examples are excessive hand-washing, turning something off or on multiple times, repeatedly checking locks or straightening items.

Whether or not the cause of your anxiety can be pinpointed, it can become too difficult to manage on your own, and the constant feeling of anxiousness may be interfering with your activities of daily living. Locally, here in Winston-Salem, Old Vineyard Behavioral Health Services has years of experience in treating anxiety safely and successfully.

“Old Vineyard Behavioral Health Services (OVBHS) is a private, local hospital, on a beautiful campus, dedicated to individuals who are struggling with psychiatric issues,” said Director of Business Development Lyssa Haynes. We have different levels of service,

depending on the seriousness of the issue. Some individuals may need treatment a few mornings a week, some may need daily treatment, and if it has become a crisis situation, then inpatient service may be more appropriate.” “Anxiety can be that overwhelming feeling of doom following you around and impacting your daily life, outlook, and inhibiting activity,” said Terri Economos, Director of Clinical Services. “Anxiety can prevent you from engaging in the world outside your comfort zone and doing all the things you want to do. It can also be a very physical reaction, similar to that flood of chemicals in your body that take over when you are getting ready to make a presentation, when you are driving in bad weather or traffic, or feel your life is in danger. Patients with generalized anxiety disorders, social anxiety, obsessive-compulsive disorder, post-traumatic stress disorder and panic disorder are the most common at Old Vineyard.”

Finding the right treatment for each patient is the main goal of OVBHS. Each person is evaluated individually to assess the right path for his or her particular symptoms. “OVBHS strives for customer-service excellence and continuously monitors our patient satisfaction,” said Haynes. “We offer free assessments 24/7 and three levels of care, including outpatient services. We treat many types of mental health in a warm, caring environment which involves keeping our patients safe and working closely with them through many styles of therapy on how to lead a better life. Our outpatient services include a morning treatment small-group program that meets with a therapist, or a day-treatment program that includes a treatment team with a psychiatrist, therapist and nurse. This structured therapeutic program is ideal for individuals who are trying to manage medication, as well as build new life-management skills. Skills such as emotion-regulation, stress-management, mindfulness and interpersonal communication are discussed in a group setting for typically two to three weeks.”

In addition to support-group programs, Old Vineyard Behavioral Health offers medications to safely combat these disorders. “Often a combination of medication and therapies is helpful with anxiety disorders,” said Economos. “We use cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT) at OVBHS to assist in teaching skills to work with, and overcome, anxiety. We also have recreational therapy in groups that teach skills through movement and games. There are many therapy modalities which work well for anxiety symptoms, from relaxation therapy to systematic desensitization, eye-movement desensitization and reprocessing (EMDR), CBT, DBT, acupuncture, massage therapy and more which can be done in the outpatient setting, depending on the extent of the anxiety and the specific diagnosis.”

The good work being done at OVBHS has not gone unnoticed. “This fall, we received approval from the state to add 60 more inpatient beds (for adults and teenagers), which will make us the largest behavioral health hospital west of Raleigh,” said Haynes. “This is a huge asset to our local community since psychiatric beds are at a major shortage across North Carolina. Our inpatient hospital serves ages 12 and up with specialty programs for teens, dual diagnosis (mental health/substance abuse) and seniors. We also accept a wide range of insurance for all levels of care.”

Old Vineyard Behavioral Health Services is located at 3637 Old Vineyard Road in Winston-Salem. For more information, including how to schedule an assessment, call 336.794.3550, where you will always reach a live person and not a recorded message. You can also find additional information online at [www.oldvineyardbhs.com](http://www.oldvineyardbhs.com) or by emailing Lyssa Haynes at [lyssa.haynes@uhsinc.com](mailto:lyssa.haynes@uhsinc.com).