

PROGRAMS WE OFFER:

INPATIENT PSYCHIATRIC PROGRAMS

- Adolescents
- Adults
- Seniors

SPECIALTY INPATIENT PROGRAMS

- Dual Diagnosis
- Trauma Program
- Mood Disorders

OUTPATIENT ADULT PROGRAMS

- Partial Hospitalization
Mental Health
- Partial Hospitalization
Dual Diagnosis
- Intensive Outpatient Program



INPATIENT HOSPITAL

Old Vineyard is a hospital specializing in behavioral health. Individuals with mental health and substance use challenges are our priority. With over 160 beds to serve the area, our private facility helps individuals stabilize from crisis, learn to cope, and manage their care to lead a normal life. Our multi-disciplinary approach gives each patient a team of professionals to assure the best treatment.

Resources include:

- On-site psychiatrists, PAs and NPs who meet daily with patients
- A treatment team that emphasizes communication within a multi-disciplinary approach
- Licensed masters-level clinicians to lead group therapy sessions and discharge planning
- Different types of therapy including psycho-educational training, cognitive and dialectical behavioral therapies, trauma focused therapy, recreation therapy, relapse prevention, and pet-assisted therapy.
- Access to enclosed outdoor courtyards
- Dining halls for each program managed by a dietitian
- Family involvement whenever possible
- Aftercare discharge planning
- On-site outpatient full and half-day programs

“Very good treatment plan”

– Seniors Patient



“All of the staff members were great”

– Trauma Recovery Patient

ADOLESCENTS

This program is for teenagers, ages 12-17, who are in crisis from behavioral health challenges. Old Vineyard has a long history with excellent outcomes working with adolescents to improve their mental health.

Treatment involves:

- Daily academic instruction by a certified teacher every school day during the academic year
- Individual workbooks for specific diagnosis (anger management, depression, self-injury, etc.)
- Group therapy sessions several times daily
- Highly structured day with free time and phone time
- Communication and collaboration with family as well as community providers
- Scheduled visitation during the week and on weekends



SENIORS



This program emphasizes learning to improve quality of life through affirmation, mindfulness, and meditation. Old Vineyard inspires our older adult patients to remember their values, have a dream, and to connect with others including their family. Treatment often focuses on works with an older adult with behavioral health changes who is medically stable, cognitively alert, and who may need additional help walking.

Resources include:

- Hospital beds available for easier mobility
- Call buttons for heightened level of care
- Larger rooms and bathrooms with handicap access
- Dining in dayroom of unit
- Age specific programs and sessions

SPECIALTY INPATIENT PROGRAMS

DUAL DIAGNOSIS

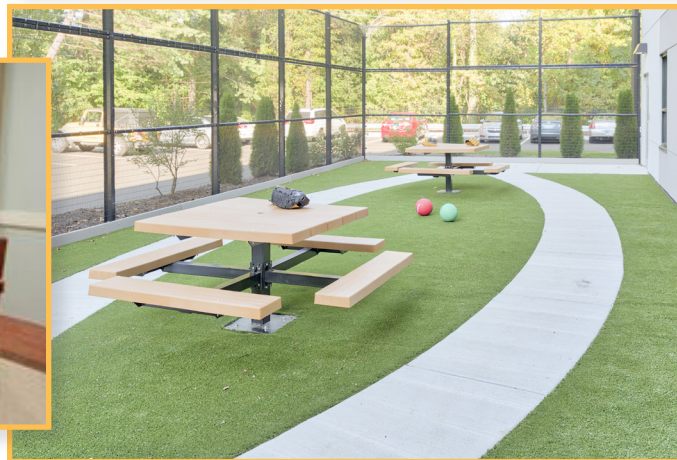
This program specializes in the needs of individuals affected by a behavioral health diagnosis along with addiction to substances. Treatment includes detox, group therapy, and relapse prevention. Group therapy addresses the three dimensions of mental health, substance use, and physical health.

Resources include:

- Clinicians with certifications in addiction
- Dialectical Behavioral Therapy techniques along with the Twelve-Step Approach
- Psycho-educational skill-building groups several times each day
- Modern medication to facilitate ongoing life management

*“All were
informative
and helpful”*

– Dual Diagnosis Patient





TRAUMA RECOVERY PROGRAM

This holistic program is for adult survivors of physical, emotional, or sexual trauma who are in crisis. Trauma-focused treatment involves self-care and learning a new normal. Individuals will learn how to manage stress, regulate their emotions, understand their thoughts, and work on self-esteem. Yoga is taught along with relaxation and deep breathing techniques. At discharge, patients will be connected with a trauma-focused clinician whenever possible.

*“The facility does
miracle work here”*

– Mood Disorders Patient



MOOD DISORDERS

Located in the Franklin building, our latest program addition focuses on disorders such as bipolar disorder, major depression and persistent depression without psychoses. Treatment involves cognitive and dialectical therapies as well as recreation, yoga and pet-assisted therapy to achieve positive patient outcomes.

OUTPATIENT ADULT PROGRAMS

PARTIAL HOSPITALIZATION (DAY) PROGRAMS

The goal of these programs is to enhance life management skills and to develop healthy coping skills for individuals with mental illness or addiction who struggle with everyday life. This program can help prevent a possible hospitalization or transition out of a hospital to the community. Daily groups involve a multi-disciplinary approach with education and therapy using evidence-based practices.

MENTAL HEALTH

- Program Hours: 9:30-3:30 Monday-Friday
- Program Length: 2-3 weeks
- Utilizes Dialectical and Cognitive Behavioral Therapy (DBT and CBT), evidence-based programs to benefit individuals whose lives are affected by mental health issues
- Meet weekly with a psychiatrist
- Aftercare discharge planning

DUAL DIAGNOSIS

- Program Hours: 9:30-3:30 Monday-Friday
- Program Length: 2-3 weeks
- Utilizes the Matrix Model, an evidence-based program to benefit individuals whose lives are affected by addiction to substances.
- Meet weekly with a psychiatrist
- Aftercare discharge planning

*Believe in
Your Dreams*





INTENSIVE OUTPATIENT PROGRAM

The goal of this morning program is to enhance life management skills and to develop healthy coping. Daily groups include education and therapy using evidence-based practices.

- Program Hours: 9:30-12:30, 3 days a week, available Monday-Friday
- Choice of days, attending any three mornings each week for a total of 9 hours
- Program Length: Typically 6 weeks
- Substance use groups available for individuals with Dual Diagnosis



THERE IS NO
BETTER TIME THAN
NOW TO START
LIVING HEALTHY.

*“Everything
is close to
perfect”*

– Seniors Program Patient



ASSESSMENTS AND ADMISSIONS

Old Vineyard is open 24 hours, 7 days a week for referrals and confidential mental health assessments at no cost. Appointments are preferred to expedite care. Our clinical intake team will conduct a clinical assessment, discuss program criteria and determine next steps. Please call 336-794-3550 or use our fax 336-252-2404 for assistance or to make a referral. Old Vineyard will assist with a referral to The Ronald McDonald House and The SECU Family House when overnight family stays are desired.

INSURANCE ACCEPTED

Old Vineyard accepts most insurance and will assist with benefit verification. Insurances include:

- Aetna
- BCBS (Preferred Provider)
- Carolina Behavioral Health Alliance
- Cigna
- Humana
- Magellan
- MedCost
- United
- Medicare and Medicare Advantage
- Tricare (Preferred Provider)
- Medicaid



*"This place has
great staff &
they truly care"*

– Dual Diagnosis Patient



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*Old Vineyard is committed to supporting our
military service members and their families
and is in network with Tricare, accepts
Champus, and will work with your local
Veterans Administration.*