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Barrett Hospital & HealthCare Forms Partnership with Senior Life Solutions, Aims to Assist Older Adults with Age-Related Depression and Anxiety

Dillon, MT., October 13, 2023 – Barrett Hospital & HealthCare announces it has formed a partnership with Senior Life Solutions. Senior Life Solutions is an intensive outpatient program designed to meet the unique needs of older adults experiencing depression, anxiety, or other mental challenges often associated with aging.

Individuals may benefit from the Barrett Hospital & HealthCare's Senior Life Solutions program if they are experiencing any of the following common indicators or triggers of depression and anxiety.

- Anxiety
- Changes in appetite
- Depression
- Difficulty sleeping
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness
- Lost a spouse or close family member
- Loss of energy
- Loss of interest in previously enjoyed activities
- Recently experienced a traumatic event

Barrett Hospital & HealthCare will soon be offering the Senior Life Solutions program to Southwest Montana residents. The professional staff includes a board-certified psychiatrist, a licensed therapist, a registered nurse, and other healthcare professionals.

"In our most recent Community Health Needs Assessment (CHNA) report, mental health is one of the main concerns of our rural community," shared Taylor Rose, Chief Executive Officer of Barrett Hospital & HealthCare. "We are continuing to prioritize mental health support, by increasing available mental health resources dedicated to the emotional well-being of the older adults in the community who are struggling with depression and anxiety."

“The Senior Life Solutions program will help improve the lives of older adults in the community who may be struggling with their mental health. Our team’s knowledge of mental health and older adults will help Barrett Hospital & HealthCare serve a population that is often overlooked by providing a service specific to them,” says Julia Sugg, MSN, RN, Program Director.

After being assessed, older adults can meet up to three times per week for a group therapy session. Individual sessions are also available, as well as teletherapy services offered by phone or computer.

Anyone can make a referral to the Senior Life Solutions program, this includes self, family members, physicians, or other healthcare professionals. Appointments can be scheduled by calling 406-683-3145.

Staff will begin seeing patients on October 23rd, and the Senior Life Solutions program is located at 90 MT Hwy 91 S., Dillon, Montana 59725.

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About Senior Life Solutions

Senior Life Solutions is managed by Psychiatric Medical Care (PMC). Founded in 2003, PMC is a leading behavioral healthcare management company focused on addressing the needs of rural and underserved communities. PMC manages inpatient behavioral health units, intensive outpatient programs, and telehealth services in more than 30 states. The company's services provide evaluation and treatment for patients suffering from depression, anxiety, mood disorders, memory problems, post-traumatic stress disorder, and other behavioral health problems. For more information, visit www.seniorlifesolutions.com.

About Barrett Hospital & HealthCare:

Established in 1922, Barrett Hospital & HealthCare is a non-profit Critical Access Hospital (CAH) and medical clinic provider in Dillon, Montana. Based on The Chartis Center’s Rural Hospital Performance Index, the National Rural Health Association (NRHA) has recognized Barrett Hospital & HealthCare as a Top 20 CAH five times. For more information, visit www.barrethospital.org.