

2475 Broadway
Helena, MT 59601

Meet Our Physician



Board Certified, Montana native Andrea Mow, D.O., is the Medical Director for St. Peter's Behavioral Health Unit. Dr. Mow earned her Medical Degree from New York College of Osteopathic Medicine, and

completed a residency in psychiatry at Westchester Medical Center. She earned Bachelor of Science Degrees in Equestrian Studies from Rocky Mountain College and in Biology from the University of Rhode Island. Dr. Mow grew up in Miles City and spent her high school years in Helena, graduating from Capital High School. She is the daughter of retired Helena Urologist Ron Mow, M.D.

How can the family be involved?

Communicate with the staff. Let us know your concerns to help us better understand the issues your loved one is facing. You can share with us history and experiences that provide us with insight into the difficulties the patient has faced and how long they have struggled. You or your loved one will be asked to complete a satisfaction survey to assist us in ensuring that we provide excellent care and service to everyone we have contact with. Let us know what we've done well, and where we can improve.

Communicate with the patient. Phone calls and visitation are important for the patient to feel connected and supported by the family during their treatment. The family will also gain reassurance that your loved one is in good hands and well cared for. Often the patient will talk about how they are doing or things they have discovered during the treatment process. Encourage your loved one to keep their aftercare appointments and take medications as prescribed. Lastly, keep an eye on how things are going after discharge and talk to their physician if things are not seeming right.

Support our outcomes measurement efforts. Our outcomes measurement team may contact you or your loved one 45 days after discharge from the hospital to see how the patient is doing and assess the impact of the treatment provided.

What Happens In Treatment?



A Guide for Families

Thank you for choosing Behavioral Health Services at St. Peter's Hospital. We know that this may be a difficult time for you, and we encourage you to ask any questions that you have about our program. It is our hope that this brochure will also help answer some of your questions.



About the Program

St. Peter's Hospital Behavioral Health Program offers a team of professionals that are here to help when you or your loved one is suffering from a mental health illness. At St. Peter's we treat the mental health illness as a medical condition. Behavioral Health services at St. Peter's provides a secure unit for adult and geriatric patients who are experiencing psychiatric symptoms that require 24-hour acute inpatient treatment. The average length of stay for adult patients is 7 days and 18 days for geriatric patients. We focus on accurately diagnosing the illness, prescribing the right medications, and providing patients and care givers with education and coping skills. Patients return to their lives with new skills and new hope.

What happens in treatment?

Assessment

Services begin with a comprehensive assessment by the team members. Typically, the staff will discuss the patient's concerns, questions, and ask about problems the patient is experiencing. We understand your interest and concerns, and the team will work with a patient's loved ones when possible to fully understand what brought the patient in for care.

Treatment Team

Your loved one's care is provided by a multidisciplinary team (physicians, nurses, and social workers) under the direction and supervision of a psychiatrist.

Treatment Plan

A treatment approach is mutually agreed on within 24 hours to include coordination of medical and psychiatric needs. Patients are provided individualized nursing care, individual and group therapy, medication management, education, and consultation with disciplines as needed. The focus is on restoring quality of life and improvement of day-to-day management of symptoms.



Discharge Planning

Discharge planning begins soon after admission to the program. The goal is to provide a seamless transition to the best environment for the patient's continued success. The interdisciplinary team will develop a customized discharge plan to meet each patient's individual needs.

What to expect after discharge?

The hospital will provide the patient with a discharge instruction document and typically refer the patient to additional services outside of the hospital. The process of recovery that started in the hospital will often continue on an outpatient basis, with the patient seeing a physician to monitor and manage medications and a therapist to continue addressing the longer term needs of the patient. The patient will be re-evaluated from time to time to ensure that adequate progress is being made.

Treatment Schedule

A daily schedule of treatment related activities is designed to provide each patient with opportunities to focus on a strong recovery.

Examples of typical treatment activities include:

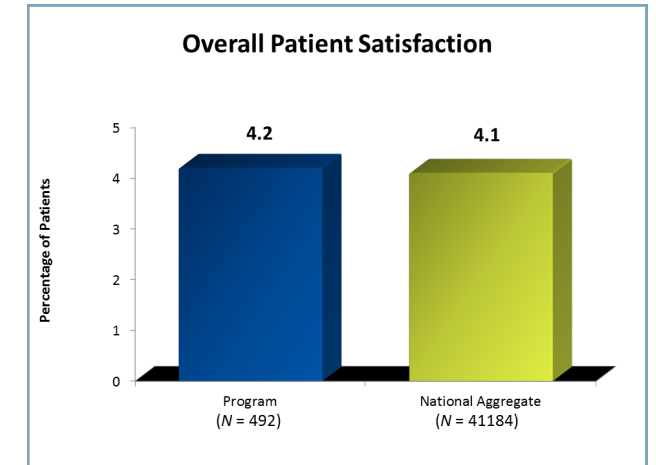
- **Goal Meetings or Goals Groups** are designed to assist the patient and staff to develop a concise focus for the day regarding how the patient and the program staff will collaborate to achieve the overall goals of treatment plan. The purpose of these types of interventions is to model the behaviors of goal setting, goal achievement evaluation, and goal modification.
- **Group therapy** offers the support and companionship of other people experiencing the same or similar problems and issues. There are many different kinds of group therapies for varying purposes, but all therapy groups exist to help individuals grow emotionally and solve personal problems through the power of the group and process.

Medication Management & Education

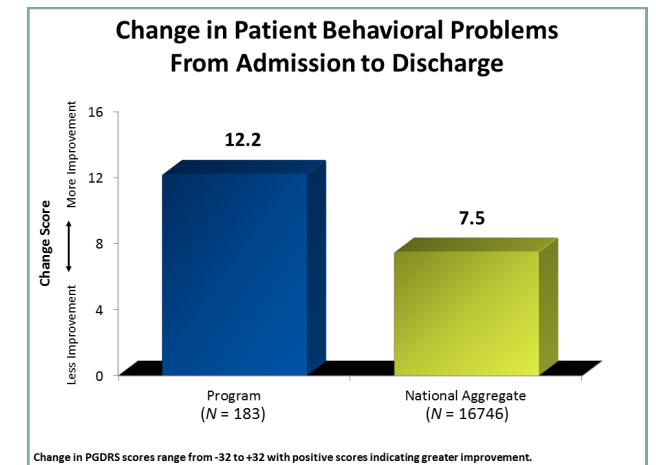
Medications play a significant role in psychiatric stabilization and treatment. As with any medication, there are benefits and risks you should know about. Behavioral Health Services at St. Peter's Hospital will provide education about the medications we prescribe and the importance of taking the medications as prescribed.

Patients and families should always ask questions if the medication doesn't seem to be working, or if they want to discontinue a medication for any reason.

A note about confidentiality. The program fully complies with all state and federal confidentiality rules. This often means that we don't have permission to speak with family members until lawfully authorized. We understand your interest and concern, and the team will work with family or other loved ones when possible.

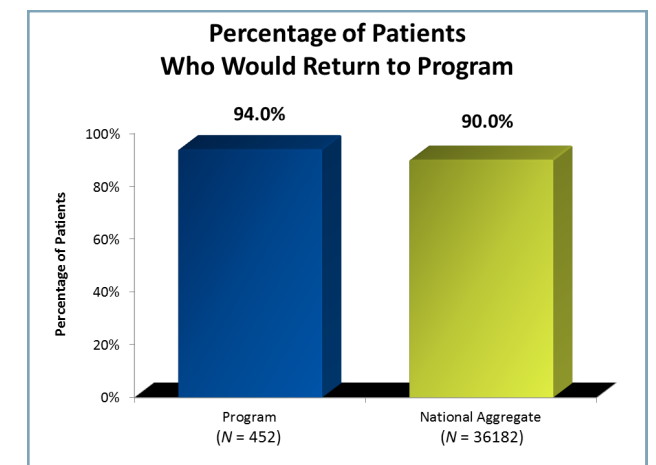


The adult program demonstrates greater Overall Patient Satisfaction compared to the National Aggregate.



Change in PGDRS scores range from -32 to +32 with positive scores indicating greater improvement.

The adult program demonstrates a greater percentage of patients who Would Return to the Program compared to the National Aggregate.



The geriatric program demonstrates greater Change in Patient Behavioral Problems from Admission to Discharge compared to the National Aggregate.