North Valley Hospital Opens North Valley Embrace Health for Senior Adults

WHITEFISH, MT – August 19, 2011: North Valley Hospital is pleased to announce the opening of the North Valley Embrace Health, an outpatient mental health program for adults 55 and older who suffer from emotional, behavioral or mental health disorders.

The new clinic is a division of North Valley Hospital providing an intensive outpatient treatment Monday through Friday in a caring and comfortable environment that follows North Valley Hospital's Planetree philosophy of patient-centered care. It is the only structured out-patient program of its kind in Flathead and Lincoln Counties, thereby filling a gap in in senior mental services for Northwest Montana.

Senior adults and their caregivers have unique problems and needs. Physical decline, loss of independence, safety concerns, and multiple losses are just a few that require special attention. The Embrace Health program was designed for those whose quality of life has been diminished by physical and emotional stressors along with those who have not progressed or benefitted sufficiently in less intensive treatment settings. The psychotherapy program includes, but is not limited to, grief and loss resolution, medication management, and developing skills for coping and positive living, communication, conflict resolution and stress management.

The Embrace Health treatment team is supervised by Medical director and psychiatrist, Dr. James Rougle, who evaluates and oversees the client’s treatment needs. Dr. Rougle is board certified in psychiatry and neurology
with seven years in providing mental health services. He is also a Staff Psychiatrist at Pathways Treatment Center in Kalispell.

Program Director, Mary Jane Fox, provides direction, supervision and program administration. She has a Masters in Social Work and is a Licensed Clinical Social Worker with 35 years of experience. Mary Jane previously held the position of Community Program Officer in the Addictive and Mental Disorders Division of the State of Montana Department of Public Health and Human Services.

Kathryn Clements is a Licensed Clinical Social Worker with 10 years of experience and is in charge of evaluating treatment needs and living situations along with providing group, family and individual therapies.

Any concerned individual may refer themselves or some else to the program. An initial clinical assessment is provided at no cost to determine the need for physician evaluation. Although anyone can refer, only a licensed physician can make an order for admission. North Valley Embrace Health accepts Medicare and many private insurance plans.

“Our goal at Embrace Health is to restore optimum mental and physical health and to help alleviate symptoms that interfere with the individual’s ability to function,” said Mary Jane Fox. “We’re thrilled to bring this service to an area that so greatly needed a way to support the integrity of the family and maximize independence for our senior citizens in our community.”

North Valley Embrace Health is located in the North Valley Professional Office Building located at 711 E. 13th ST in Whitefish. For more information, contact Mary Jane Fox at 406-862-4763 or visit the North Valley Hospital website at www.nvhosp.org and click on the “Clinics” tab.

About North Valley Hospital:

North Valley Hospital is a private 501©(3), non-profit community Critical Access hospital governed by a Volunteer Board of Directors from the North Valley area. North Valley Hospital is the only hospital in Montana affiliated with Planetree. Planetree is a non-profit organization that provides education and information in a collaborative community of healthcare organizations, facilitating efforts to create patient centered care in
healing environments. North Valley Hospital receives no tax support for its services. The hospital and its affiliate clinics serve Flathead and Lincoln counties.