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**Scotland County Hospital Soon to Offer
Geriatric Group Counseling through Senior Life Solutions FOR IMMEDIATE RELEASE**

Scotland County Hospital & Clinics is pleased to announce a partnership with Senior Life Solutions. Senior Life Solutions will be located in the Hospital's Annex Building and sharing the building with International Eyecare Center, near Memphis Medical Services & the Women's Center, off Watkins Street in Memphis.

Aging brings many joys - more time with family and freedom in retirement - but our older years can also bring difficult life transitions including the loss of loved ones and stresses of age-related health concerns.

Scotland County Hospital's Senior Life Solutions program, an intensive outpatient group therapy program, is designed to meet the unique needs of older adults over the age of 65 struggling with depression and anxiety often related to aging. Individuals may benefit from the Senior Life Solutions program if they are experiencing any of the following common indicators or triggers:

- Recently experienced a traumatic event
- Lost a spouse or close family member
- Difficulty dealing with a new, or chronic, illness in yourself or a loved one.
- Loss of interest in previously enjoyed activities
- Changes in appetite
- Difficulty sleeping
- Loss of energy
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness

Following an individual assessment, participants meet three times per week in a supportive, encouraging group setting. The program staff includes a board-certified psychiatrist, licensed social workers, a registered nurse, and other professionals dedicated to the emotional well-being of the seniors in our community.

"Behavioral health issues historically take a back seat to everything else," explained Scotland County Hospital CEO, Randy Tobler, MD. Scotland County Hospital & Clinics staff are very much aware of the impact the lack of mental health services in our area has on the health of our community. This is going to make a big difference for many lives in the region. Our local primary care clinicians have expressed their desires to see more experts and programs in this field and Senior Life Solutions is the partner we needed to help address this unmet need. We are

very excited to implement this program and are looking forward to making a difference in the lives of our seniors."

Self referrals are accepted as well as referrals from family members, physicians, or other health professionals to the program. For more information, call the Scotland County Hospital Senior Life Solutions program at 660-465-7595.

Three local professionals have been hired to manage the program at Scotland County Hospital. Valerie Brown, RN, BSN, is the Program Director. Valerie recently relocated to Memphis, from Kahoka, MO area. She has 20 years experience as a registered nurse with 10 years in geriatrics. Kaci Cantril, CNA, is the Office & Patient Coordinator. She was born and raised in Memphis. You might know her as a Westhoff. Kaci has 2 years of experience as a CNA. Amanda Crabtree, Licensed Professional Counselor (LPC), is the Program Therapist. She has a background in Education and Psychology, specializing in Solution Focused Therapy. She has 10 years in the field and 5 years experience as a licensed therapist. Amanda resides in the Kirksville area. Marcie Shea, MD, Psychiatrist, is the Medical Director of the program.

ABOUT SENIOR LIFE SOLUTIONS

Founded in 2003, Psychiatric Medical Care (PMC) operates inpatient and outpatient programs located in rural communities across the country. Founder and Chief Medical Officer, James A. Greene, M.D., a geriatric psychiatrist, was born and raised in a rural community, which today hosts a rural hospital. He developed PMC with the sole mission to improve the quality of life of older adults living in rural communities. PMC, which operates the Senior Life Solutions outpatient program and Green Oak Behavioral Health inpatient facilities, is one of the largest geriatric mental health management companies within rural hospitals across the United States.

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PHOTO BI-LINE: Senior Life Solutions at Scotland County Hospital will be staffed by three local professionals. Senior Life Solutions is a hospital based intensive outpatient therapy program that provides group and individual therapy to Seniors who deal with stresses brought on by aging, loss of spouse or changes in mental and physical abilities. The program addresses the emotional and behavioral health of adults over 65 through a combination of therapies, education, and wellness program.

L-R: Valerie Brown, RN, BSN, is the Program Director; Kaci Cantril, CNA, is the Office & Patient Coordinator and Amanda Crabtree, LPC, is the Program Therapist.