

Outpatient Psychiatric  
Services

# apollo

BEHAVIORAL  
HEALTH HOSPITAL



**RENEWING HOPE,  
REBUILDING LIVES**

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Outpatient Psychiatric Services



# RENEWING HOPE, REBUILDING LIVES

Why is hope important? People talk about holding on to hope. That can mean different things for each and every individual.

Hope can be a desire for something to happen, a wish for things to change for the better or a specific dream or goal. It is important for us to have hope in our lives — to look positively into our future. Hope is a major **protective factor** in helping us tackle dangerous ideation or intrusive thoughts.

Hope is also a very personal thing. It is important to not measure goals by others' standards. Each person's aspirations are theirs personally and important for personal reasons.

Hope reduces helpless feelings, increases happiness, reduces stress, and improves our quality of life. Knowing that a "better life" awaits is a first step towards healing.

Our goal at Apollo is to help patients renew hope.











## FOR WHEN THERE IS A NEED..

Apollo Behavioral Health offers outpatient programs to ages 18 and above for those individuals who require an intensive level of care but do not require the 24 hour monitoring of an inpatient facility. Apollo Behavioral Health provides partial hospitalization and intensive outpatient programs to assist with psychiatric and/or substance abuse needs.



# SIGNS & SYMPTOMS

Signs and symptoms of mental health disorders can vary, depending on the particular disorder and the severity of the illness. **Apollo Behavioral Health** offers comprehensive care for a variety of illnesses, including but not limited to depression, anxiety, bipolar disorder, and schizophrenia. Mental illness affects emotions, thoughts, and behaviors and daily functions, but they are treatable, and **Apollo Behavioral Health** has a variety of programs to help.

Signs and symptoms of **mental illness** include:

- Feeling sad / depressed
- Fear or suspiciousness of others
- Excessive fears, worries and anxieties
- Increasing inability to cope with daily problems and stress
- Dramatic changes in appetite and/or sleep
- Recent social withdrawal
- Excessive anger, hostility or violence
- Problems with concentration / memory or confused thinking
- Extreme feelings of highs and lows
- Delusions or hallucinations
- Vague feeling of being disconnected from oneself or one's surroundings
- Suicidal or homicidal thoughts

**Apollo Behavioral Health** was established to help those suffering from a variety of psychiatric disorders. Apollo provides the latest methods in treatment and care for patients ages 18 and above and provides support for their families.





## OUTPATIENT SERVICES

**Apollo Outpatient Program** participants return to their home-setting for the evening, minimizing disruption to their daily routine while maintaining contact with family, friends and the community. Returning to their home-setting also facilitates learning by encouraging immediate practice of newly acquired communication and coping skills. While in our outpatient program, the following services are provided:

- Psychiatric Evaluation
- Medication Management
- Activity Therapy
- Courtesy Transportation
- Treatment Planning
- Individual Therapy
- Group Therapy
- Lunch, Snacks, etc.

**The Partial Hospitalization Program (PHP)** is offered 5-6 days a week. The program serves as a step-down from inpatient services but individuals do not need to transfer from an inpatient program in order to access services.

**Intensive Outpatient Program (IOP)** is offered 2-4 days a week depending on individual needs. Individuals appropriate for IOP have some stability, but could benefit from more intensive treatment than just an occasional trip to a private counselor.

**Substance Abuse Intensive Outpatient Program (SAIOP)** Offered 3 days a week, outpatient substance abuse is for those individuals seeking long term recovery yet desire the flexibility of an outpatient program. The program provides a safe, structured and supportive environment for individuals to begin recovery.

## OUR TEAM

Our team is comprised of a board certified psychiatrist, internists and nurse practitioners, LPNs, clinical social workers, professional counselors, addiction specialists, therapeutic recreation specialists, and mental health technicians. We are dedicated to providing high-quality care and work closely with the patient to formulating a personalized treatment plan.

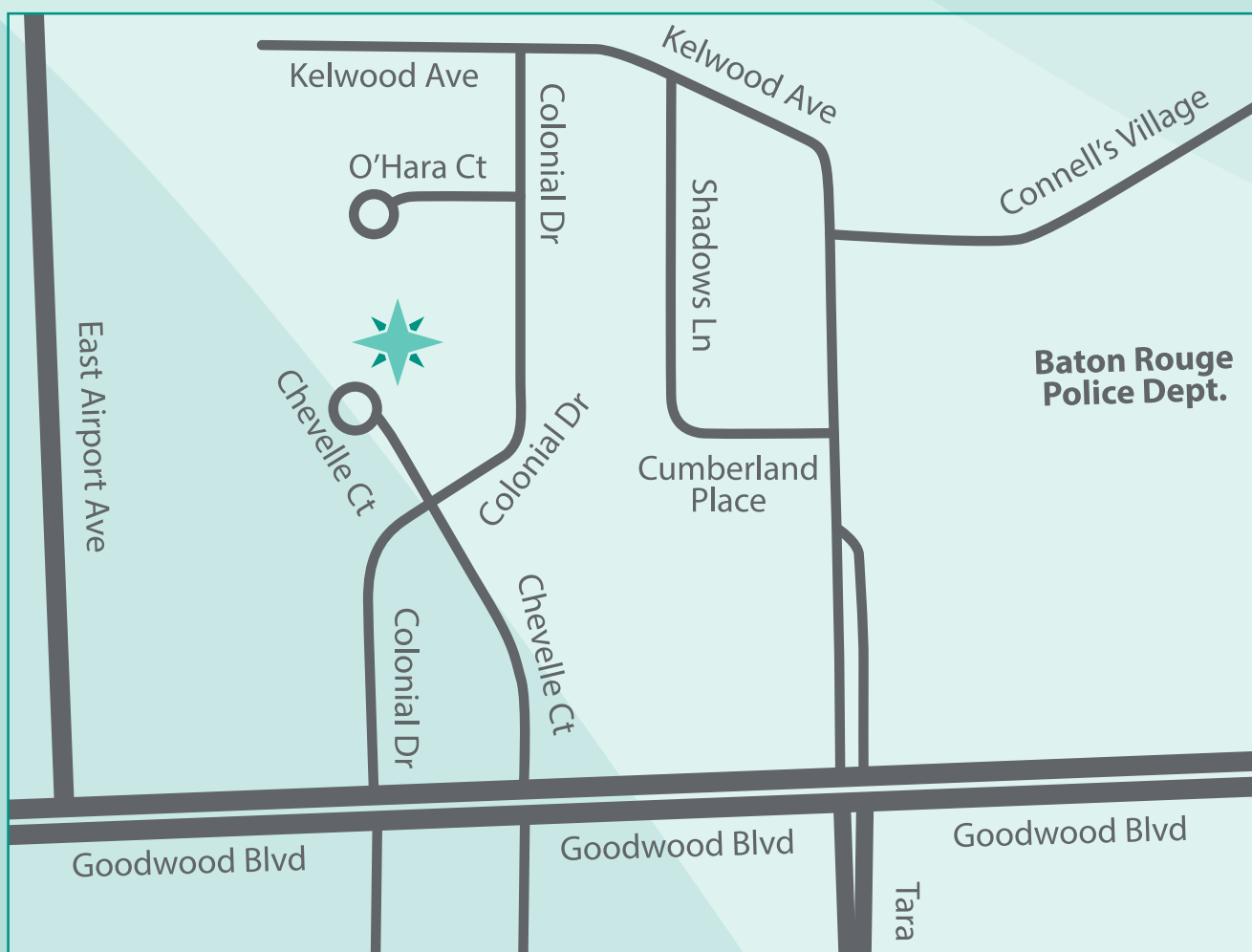
## REFERRAL PROCESS

Our staff is available Monday – Friday, 8:00 a.m. – 4:30 p.m. for referrals. Please call our intake coordinator or fax us patient info.

**(225) 303-0212**

**225-424-1587** Fax

[admissions.opf@apollo-bhh.com](mailto:admissions.opf@apollo-bhh.com)



## COME VISIT US

We would be happy to provide a tour of our outpatient facility and introduce you to our team. Please contact us to schedule a tour or for any assistance.

**Apollo Behavioral Health - Outpatient** is centrally located at 615 Chevelle Court, off of Goodwood Drive, in the office neighborhood behind the Baton Rouge Police Department.

# THE STANDARD OF EXCELLENCE FOR BEHAVIORAL HEALTH

Apollo Behavioral Health Hospital was established to help those suffering from a variety of psychiatric disorders. Apollo provides the latest methods in treatment and care for patients ages 18 and above and provides support for their families. Offering a full continuum of care including inpatient, a partial hospitalization program (PHP), an intensive outpatient program (IOP), and a substance abuse intensive outpatient program (SAIOP), Apollo ensures consistency throughout treatment and eases the transition from one level of care to another.

## Outpatient Referrals

Intake staff is available Monday-Friday  
8:00 a.m. - 4:30 p.m. for outpatient referrals.

**(225) 303-0212**

**225-424-1587** Fax

[admissions.opf@apollo-bhh.com](mailto:admissions.opf@apollo-bhh.com)

For adult patients (18+), please call our  
intake coordinator or send us patient info.

### For INPATIENT Services and Referrals:

Ph: 225-663-2881 • Fax: 225-355-1555

Toll-Free: 855-435-4322 • [intakefax@apollo-bhh.com](mailto:intakefax@apollo-bhh.com)

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