



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

**IMMEDIATE RELEASE**

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## **MENTAL HEALTH PROGRAM FOR SENIORS TO BEGIN SOON**

SPRINGFIELD, IL – A new day treatment program to help seniors overcome mental health issues is set to open late May. St. John's Senior Renewal will provide a comprehensive level of treatment without the cost or restrictions of inpatient hospitalization.

As seniors face difficulty coping with change, deterioration of daily living skills, loneliness and isolation, transition into retirement, debilitating problems with grief and loss, anxiety and depression and more, the Senior Renewal program will be available to help its patients navigate those challenges.

“Through a combination of group, individual and family therapy, Senior Renewal gives seniors and their families’ insight and effective ways to cope with mental illness,” said Mark Staff, MSW, LCSW, Senior Renewal Program Director.

A psychiatrist will supervise the care of each client managing the pharmacotherapy and medical needs. Seniors struggling with anxiety disorders, mood disorders, mild cognitive impairment and other mental health problems can typically attend the program for individual and group counseling up to three times a week.

For those clients in need of transportation, Senior Renewal can coordinate assistance. A specially equipped van is available for those who require wheelchair access or other accommodations. The program also provides a nutritious lunch to senior participants.

“There’s a significant need for this type of resource for seniors in our community,” said Sandy Mollahan, Director of Behavioral Health Services at St. John’s Hospital. “It’s a great addition to our local health services and St. John’s is proud to bridge this gap in mental health services. Our goal is to bring hope back to client’s lives.”

The program will be located at 2667 Farragut Drive in Springfield and staffed with a program director, medical director, licensed therapist, registered nurse and a technician. Program hours will be 10 am – 2 pm on Mondays, Wednesdays and Fridays.

Medicare Part B will generally reimburse 80 percent and secondary insurance may cover the remaining 20 percent. Screenings are free and confidential; anyone can make a referral.

For further information or to make a referral, call Mark Staff at 217-757-6154.

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#### ABOUT ST. JOHN'S HOSPITAL

St. John's Hospital in Springfield, Illinois is a regional medical center offering a comprehensive array of health care services to Central and Southern Illinois. Founded in 1875, St. John's is the flagship hospital of Hospital Sisters Health System and is home to the Prairie Heart Institute, St. John's Children's Hospital, St. John's Women's Services, St. John's Neurosciences Institute, St. John's Cancer Institute, Center for Living, Orthopedic Services and AthletiCare. St. John's now has one of the most advanced Surgery Centers in the nation and a renovated patient tower to offer all private rooms. St. John's is designated as a Level I Trauma Center on a yearly rotating basis, has its own College of Nursing and is a teaching hospital for the Southern Illinois University School of Medicine. For more information about St. John's Hospital, visit [www.st-johns.org](http://www.st-johns.org)

#### ABOUT HOSPITAL SISTERS HEALTH SYSTEM

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and in Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit [www.hshs.org](http://www.hshs.org).