



The Road to Recovery
Starts Here

- » Located in Lexington, KY
- » 110 beds
- » **Acute Psychiatric and Chemical Dependency**
- » 24-hour-a-day free confidential assessment
- » No appointment needed, walk-ins welcome
- » **Referrals** : Physicians, hospital/emergency room social workers, counselors, other healthcare professionals or family members may refer patients.
- » **Inpatient & Outpatient Services**
- » Swimming Pool, Courtyard, Basketball Court, Gym, Fitness Room for Recreational Therapy
- » A professional staff of Psychiatrists, Medical Physicians, RNs, Therapists, and MHTs dedicated to Quality Patient Care and Service Excellence

RIDGE SUMMARY >

- » The Ridge Behavioral Health is now offering **FREE Mobile and Tele-health ZOOM** assessments to address mental health and substance abuse issues.
- » **Zoom works similar to “face time” on a cell phone and is confidential and HIPAA compliant**
- » It is quick, easy, and convenient



FREE Mobile & ZOOM Assessments



Inpatient

Acute Child Psych

Acute Adolescent Psych

Adolescent Chemical
Dependency

Seven Challenges-42 days

Acute Adult Psych

Adult Chemical Dependency

Recovery Dynamics-28 days

Older Adult Psych

Best Friends elements

ECT

Partial Hospitalization

Child Psych

Adolescent Psych

Adult Psychiatric

Adult Chemical Dependency

Intensive Outpatient

Adolescent Psych

Adolescent Chemical Dependency

Adult Psych

Adult Chemical Dependency

Outpatient Treatment

ECT

Tele-psychiatry

The Ridge Programs



Acute Child Psychiatric Services >>>

Age 5-11 years

Depression, anxiety

Overwhelmed due to family conflicts

Reactions to stress, trauma, or substance abuse

Behavioral conflicts with siblings, parents

Aggressive towards self or others

Clinical Approach:

Trauma-informed
Care

Collaborative
Problem-solving



**Dr. Tamela Gilbert &
Dr. Andre Fernandez**

Board Certified in
Psychiatry

Board Certified in
Child & Adolescent
Psychiatry

Acute Adolescent Psychiatric Services >>>

Youth 12-18 years old
Mood disorders, family conflicts
Reactions to stress, trauma, or substance abuse
Self-abusive, aggressive towards others
Risky behavior

Clinical Approach:

Dialectical Behavior
Therapy (DBT)-
elements of

Trauma-informed
Care



**Dr. Tamela Gilbert &
Dr. Andre Fernandez**

Board Certified in
Psychiatry

Board Certified in
Child & Adolescent
Psychiatry

Adolescent Recovery Center (ARC) >>>

Ages 12-18 years old
Chemical dependency problems
Legal problems
Relationship problems
School difficulties
Inability to maintain sobriety

Clinical Approach:

Seven
Challenges
Program

42 Day Program



Dr. Tamela Gilbert

Board Certified in
Psychiatry

Board Certified in
Child & Adolescent
Psychiatry

Acute Adult Psychiatric Services >>>



Dr. Michael Rieser
Board Certified in Psychiatry
and in Child & Adolescent
Psychiatry

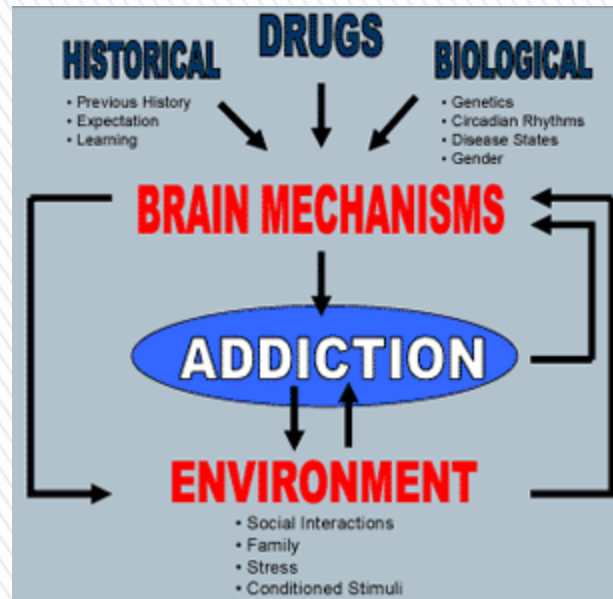
Ages 18- older adult
Primary Psychiatric Diagnoses
Secondary Diagnoses may include Substance
Abuse
Clinical Approach: Rational Emotive Behavior
Therapy (REBT)

Adult Chemical Dependency >>>

Ages 18 & over
Primary Chemical
Dependency
Diagnosis

Offers Detox and
Rehab Treatment

Recovery
Dynamics, closely
integrated with
12-Step Model



Dr. Maya Devi
Board Certified in Psychiatry
and Psychosomatic Medicine



Acute Older Adult Services >>>

Ages 55 and older

With Primary Psychiatric Diagnoses and may have
Secondary Medical Diagnoses

Clinical Approach:

Elements of Best Friends Approach



Dr. David Shraberg
Board Certified in
Psychiatry and Neurology

Electroconvulsive Therapy (ECT) >>>

For treatment-resistant psychological illnesses

Electroconvulsive therapy can be an effective treatment for severely depressed or psychotic patients when medication and therapy are not enough



Ridge ECT Outcomes exceed National Benchmarks for ECT

Dr. Maya Devi & Dr. David Shraberg

-ECT Physicians, trained at Emory University



OUTPATIENT SVCS >

OUTPATIENT PSYCHIATRIC & >>> CHEMICAL DEPENDENCY PATIENTS

INTENSIVE OUTPATIENT & PARTIAL HOSPITALIZATION PROGRAMS



Four to Six Week Program

- » Treatment Team: Licensed Therapists, Board Certified Psychiatrist, and Sober Living Staff
- » Deliver an intensive drug and alcohol treatment program in a private setting
- » Includes 12 Step meetings and sober living activities that are emphasized throughout treatment to assist patients in establishing a solid foundation for recovery.



A Program That Offers Support Away from Home

- » The **Hilton House** provides a supportive and supervised place to stay while in our program
- » For individuals who live a distance from Lexington and want to seek treatment
- » For individuals who do not have a home environment currently conducive to recovery

Adult Substance Abuse Sober Living Program





» Licensed Clinical
Therapist

Partial Hospitalization

(Mon-Fri, 8:25am-12:25pm)

Will meet with a Psychiatrist or Psych Nurse Practitioner weekly

Intensive Outpatient

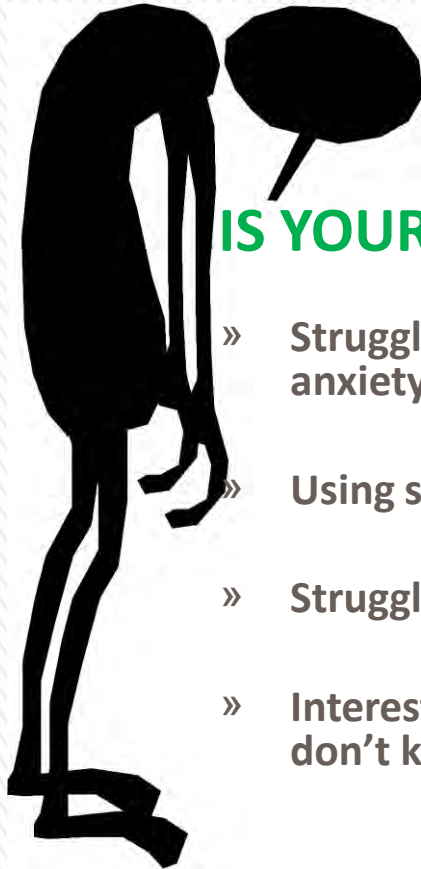
(Mon-Thurs, 8:25am-11:25pm)

Students will participate in Group Therapy

Elements of Dialectical Behavioral Therapy are used in treatment (DBT)

ADOLESCENT SERVICES AT BRYAN STATION HIGH SCHOOL





IS YOUR CHILD.....

- » Struggling with depression, anger or anxiety?
- » Using substances?
- » Struggling socially or academically?
- » Interested in seeking counseling but don't know where to start?

» **The Ridge is providing services in the following schools:**

- » Martin Luther King Jr. Academy
- » Edith J. Hayes Middle School
- » Crawford Middle School
- » Paul Laurence Dunbar High School
- » Henry Clay High School

The Ridge partners with Fayette Cty Schools to help children



The Road to Recovery Starts at The Ridge...



...so life can go on....

