

# four rivers behavioral health mayfield ky

**four rivers behavioral health mayfield ky** is a leading provider of comprehensive mental health and substance abuse services in the Mayfield, Kentucky area. This facility is dedicated to supporting individuals and families through evidence-based treatment programs tailored to meet diverse behavioral health needs. Four Rivers Behavioral Health offers a wide range of services, including outpatient counseling, psychiatric care, and addiction treatment, all designed to promote recovery and wellness. Their team of experienced professionals works collaboratively to develop personalized care plans that address both mental health disorders and co-occurring conditions. This article explores the various aspects of Four Rivers Behavioral Health Mayfield KY, highlighting their services, treatment approaches, community impact, and how to access care. Understanding these elements can help individuals seeking support find the right resources and pathways to improved mental well-being.

- Overview of Four Rivers Behavioral Health Mayfield KY
- Services and Treatment Programs
- Approach to Patient Care
- Community Involvement and Support
- Accessing Care and Contact Information

## Overview of Four Rivers Behavioral Health Mayfield KY

Four Rivers Behavioral Health in Mayfield, KY, serves as a vital resource for mental health and addiction treatment in the region. It operates as part of a larger network of behavioral health centers committed to improving the quality of life for individuals facing psychological and substance use challenges. The center is equipped with modern facilities and staffed by licensed clinicians, counselors, and psychiatrists who specialize in various fields of behavioral health. Its mission centers on providing compassionate, effective care that empowers patients to achieve long-term recovery and stability.

## **Location and Facilities**

The Mayfield center is strategically located to serve residents of Graves County and surrounding areas. The facility offers a welcoming and supportive environment designed to ensure patient comfort and confidentiality. Treatment spaces are equipped with the necessary tools and technology to facilitate individual and group therapy sessions, psychiatric evaluations, and medication management. Accessibility features accommodate individuals with disabilities, ensuring inclusive care for all patients.

## **History and Reputation**

Four Rivers Behavioral Health has built a strong reputation over the years for delivering high-quality mental health services in western Kentucky. Its commitment to evidence-based practices and community outreach has earned trust among healthcare providers and patients alike. Continuous staff training and adherence to industry standards maintain the center's standing as a reputable behavioral health provider in Mayfield.

## **Services and Treatment Programs**

Four Rivers Behavioral Health Mayfield KY offers a comprehensive array of services designed to address the complex needs of individuals experiencing mental health and substance use disorders. The programs are tailored to accommodate various age groups and clinical conditions, ensuring that patients receive specialized care that aligns with their unique circumstances.

## **Mental Health Services**

The center provides assessment, diagnosis, and treatment for a wide spectrum of mental health conditions such as depression, anxiety, bipolar disorder, post-traumatic stress disorder (PTSD), and schizophrenia. Services include:

- Individual counseling and psychotherapy
- Group therapy sessions
- Psychiatric evaluations and medication management
- Crisis intervention and stabilization
- Case management and care coordination

## **Substance Abuse Treatment**

Recognizing the prevalence of substance use disorders, Four Rivers Behavioral Health offers specialized addiction treatment services. These include detoxification support, outpatient rehabilitation, relapse prevention, and support groups. Treatment modalities often incorporate cognitive-behavioral therapy (CBT), motivational interviewing, and family therapy to promote sustained recovery.

## **Additional Support Services**

Beyond direct treatment, the center provides educational workshops, life skills training, and peer support programs designed to enhance patients' coping mechanisms and social functioning. These services help individuals reintegrate into their communities and maintain long-term wellness.

## **Approach to Patient Care**

Four Rivers Behavioral Health Mayfield KY adopts a patient-centered approach that emphasizes holistic and personalized care. Understanding that each patient's journey is unique, the center prioritizes comprehensive assessments to develop individualized treatment plans that address both symptoms and underlying causes.

## **Evidence-Based Practices**

The clinical team employs evidence-based therapies proven effective in treating behavioral health disorders. These methods include cognitive-behavioral therapy, dialectical behavior therapy, trauma-informed care, and medication-assisted treatment, among others. Continuous evaluation and adjustment of treatment plans ensure optimal outcomes.

## **Collaborative Care Model**

Collaboration among psychiatrists, therapists, social workers, and case managers facilitates a multidisciplinary approach to care. This model enhances communication, ensures continuity of care, and integrates physical and mental health services when appropriate. Family involvement is also encouraged to support recovery and improve treatment adherence.

## **Confidentiality and Ethical Standards**

Maintaining patient confidentiality and adhering to ethical guidelines are fundamental to service delivery at Four Rivers Behavioral Health. Patients

can expect a safe and respectful environment where their privacy is protected throughout the treatment process.

## **Community Involvement and Support**

Four Rivers Behavioral Health Mayfield KY plays an active role in the local community by promoting mental health awareness and reducing stigma associated with behavioral health conditions. The center engages in outreach initiatives and partnerships that extend its impact beyond clinical settings.

## **Educational Programs and Workshops**

The facility organizes regular educational events aimed at increasing public knowledge about mental health, addiction, and available resources. These programs target schools, workplaces, and community organizations to foster supportive environments and early intervention.

## **Support for Families and Caregivers**

Recognizing the critical role families play in recovery, the center offers support groups and counseling services tailored for caregivers. These resources provide guidance, coping strategies, and emotional support to help families navigate the challenges of behavioral health treatment.

## **Community Partnerships**

Collaborations with local healthcare providers, social service agencies, and law enforcement enhance the center's ability to address the multifaceted needs of the population. These partnerships facilitate coordinated care and resource sharing, improving overall community health outcomes.

## **Accessing Care and Contact Information**

Individuals seeking help from Four Rivers Behavioral Health Mayfield KY can access services through multiple entry points. The center accepts referrals from healthcare professionals, self-referrals, and family-initiated contacts. Initial intake involves a thorough assessment to determine the most appropriate level of care.

## **Appointment Scheduling**

Appointments can be scheduled by phone or in person during regular business hours. The center strives to accommodate urgent needs through timely crisis

intervention and expedited evaluations. Patients are encouraged to inquire about insurance coverage and payment options to facilitate access.

## **Intake Process**

The intake process includes a comprehensive evaluation of mental health history, current symptoms, and social factors. This assessment guides treatment planning and helps identify any co-occurring disorders requiring integrated care.

## **Location and Hours of Operation**

Four Rivers Behavioral Health Mayfield KY is conveniently located within the city limits with ample parking and accessible facilities. Operating hours typically cover weekdays with some extended hours for specific services. Emergency mental health services are available through designated crisis lines and hospital partnerships.

- Phone: [Insert phone number]
- Address: [Insert address]
- Business Hours: Monday – Friday, 8:00 AM – 5:00 PM

## **Frequently Asked Questions**

### **What services does Four Rivers Behavioral Health in Mayfield, KY offer?**

Four Rivers Behavioral Health in Mayfield, KY offers a range of mental health services including counseling, psychiatric care, addiction treatment, and crisis intervention.

### **How can I schedule an appointment at Four Rivers Behavioral Health Mayfield?**

You can schedule an appointment by calling their main office directly or visiting their website to request an appointment online.

### **Does Four Rivers Behavioral Health accept insurance**

## **in Mayfield, KY?**

Yes, Four Rivers Behavioral Health accepts most major insurance plans. It is recommended to contact their billing department to confirm specific insurance coverage.

## **Is Four Rivers Behavioral Health Mayfield a good facility for addiction treatment?**

Yes, Four Rivers Behavioral Health in Mayfield provides specialized addiction treatment programs designed to support recovery and long-term wellness.

## **What age groups does Four Rivers Behavioral Health Mayfield serve?**

Four Rivers Behavioral Health serves children, adolescents, adults, and seniors with tailored mental health services for each age group.

## **Are telehealth services available at Four Rivers Behavioral Health in Mayfield, KY?**

Yes, Four Rivers Behavioral Health offers telehealth services to provide convenient access to care for patients who prefer virtual appointments.

## **Where is Four Rivers Behavioral Health located in Mayfield, KY?**

Four Rivers Behavioral Health is located at 200 South 17th Street, Mayfield, KY 42066.

## **What should I expect during my first visit to Four Rivers Behavioral Health in Mayfield?**

During your first visit, you can expect an assessment by a mental health professional to determine your needs and develop a personalized treatment plan.

## **Does Four Rivers Behavioral Health offer crisis intervention services in Mayfield, KY?**

Yes, Four Rivers Behavioral Health provides crisis intervention and support for individuals experiencing mental health emergencies.

## Additional Resources

### 1. *Understanding Behavioral Health: A Comprehensive Guide to Four Rivers Behavioral Health*

This book offers an in-depth look at the services and treatment approaches used at Four Rivers Behavioral Health in Mayfield, KY. It covers various mental health disorders, therapeutic techniques, and patient care strategies. Readers will gain insight into how this facility supports recovery and promotes well-being in the community.

### 2. *The Journey to Wellness: Stories from Four Rivers Behavioral Health*

Featuring personal stories from patients and staff at Four Rivers Behavioral Health, this book highlights the challenges and triumphs experienced on the path to mental health recovery. It provides a compassionate perspective on behavioral health treatment and the importance of support systems.

### 3. *Mental Health in Rural Kentucky: The Role of Four Rivers Behavioral Health*

This book explores the unique challenges faced by rural communities like Mayfield, KY, in accessing quality behavioral health care. It discusses how Four Rivers Behavioral Health addresses these challenges through specialized programs and outreach efforts.

### 4. *Innovations in Behavioral Health Care: The Four Rivers Approach*

Focusing on the innovative treatment methods employed at Four Rivers Behavioral Health, this book examines evidence-based practices, technology integration, and holistic care models. It is an essential read for mental health professionals interested in modern approaches to behavioral health.

### 5. *Supporting Families: Resources and Care at Four Rivers Behavioral Health*

This guidebook is designed for families navigating behavioral health challenges alongside their loved ones. It details the support services available at Four Rivers Behavioral Health in Mayfield, including counseling, education, and community resources.

### 6. *Child and Adolescent Behavioral Health: Programs at Four Rivers*

Dedicated to younger populations, this book reviews the specialized programs and therapies offered by Four Rivers Behavioral Health for children and adolescents. It emphasizes early intervention, family involvement, and developmental considerations in treatment.

### 7. *Addressing Substance Use Disorders: Four Rivers Behavioral Health's Comprehensive Care*

This text delves into the approaches Four Rivers Behavioral Health uses to treat substance use disorders, including detoxification, counseling, and relapse prevention. It highlights the importance of integrated care for co-occurring mental health conditions.

### 8. *Staff Perspectives: A Day in the Life at Four Rivers Behavioral Health*

Through interviews and narratives, this book provides an inside look at the daily operations and challenges faced by healthcare professionals at Four Rivers Behavioral Health. It underscores the dedication and expertise

required to deliver effective behavioral health services.

#### *9. Community Healing: The Impact of Four Rivers Behavioral Health in Mayfield, KY*

This book examines the broader impact of Four Rivers Behavioral Health on the Mayfield community, including public health initiatives, partnerships, and educational programs. It showcases how the facility contributes to creating a healthier, more resilient population.

## **Four Rivers Behavioral Health Mayfield Ky**

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**four rivers behavioral health mayfield ky: National Directory of Drug and Alcohol Abuse Treatment Programs** United States. Substance Abuse and Mental Health Services Administration. Office of Applied Studies, 2001 A listing of Federal, State, local and private facilities that provide substance abuse treatment services. Includes only those treatment facilities that are licensed, certified, or otherwise approved by their State substance abuse agencies for inclusion in the Directory and that responded to the 1999 Uniform Facility Data Set survey.

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**four rivers behavioral health mayfield ky: Who's who Among Human Services Professionals** , 1992

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**four rivers behavioral health mayfield ky: Community and In-Home Behavioral Health Treatment** Lynne Rice Westbrook, 2014-05-16 Learn how you can cut down on rapport-building time, make your services accessible to more people, and put your consumers at ease during treatment by offering in-home and natural community-based behavioral health services. This book examines the impact that the environment can have on the comfort level, perception, ability to connect, and general mindset of consumers during treatment. Home and natural community-based services have the potential to help adults, youth, and children live in their own homes and natural communities with specific supports in place that can address their behavioral health needs. Lynne Rice Westbrook examines these treatment settings from the most restrictive to the least restrictive, and demonstrates how such services can be implemented to bring coverage to remote, rural, and underserved areas. Providing services in the consumer's community allows children, youth, adults, and families to receive treatment they may not be able to access otherwise, and to stay together in



their own community. This book provides a detailed map of the benefits, challenges and proposed solutions, and the steps professionals need to take in order to help change the tapestry of behavioral health provision one home, one healing at a time.

**four rivers behavioral health mayfield ky: Understanding Health Choices** University of Pennsylvania. Center for Mental Health Policy and Services Research, 1998

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