



News Release

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**Columbus Community Hospital senior behavioral health unit provides:  
Assistance + Compassion + Support**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital is proud to offer its senior behavioral health unit, a 10-bed, short-term inpatient unit that specializes in caring for older patients. Located on the second floor of the hospital, this dedicated unit provides inpatient comprehensive, coordinated and individualized care and support for patients aged 65 and older. Those ages 55-65 are considered on a case-by-case basis.

“We want to offer something meaningful that will make a difference,” said Dorothy Bybee, vice president of patient care services. “The senior behavioral health unit meets the medical needs of a vulnerable, elderly population.”

The unit’s care philosophy focuses on its multidisciplinary team, which has specialized training in geriatric mental health. The treatment team is composed of physicians, nurses and various other caregivers who provide a coordinated approach to care. Treatment emphasizes providing tools, resources and coping skills to promote healing and healthy functioning on an ongoing basis.

It is uniquely complicated to treat mental health issues in older adults, compared to other populations. The hospital understands how chronic health conditions, medications, life-changing circumstances, losses and physical changes all add stress. Although research indicates older people can take many steps to improve symptoms, some are reluctant to acknowledge and address these issues.

“We believe in recovery and resilience,” said Ed Thornbrugh, senior behavioral health program director. “We want people to thrive in the least restrictive setting possible, and sometimes they need our brief support to do that.”

Physicians, other health care professionals, families and patients can make referrals for admission. Anyone age 65 or older who experiences symptoms such as depression, anxiety, loss of coping ability, cognitive changes or severe changes in behavior patterns may benefit from the services offered.

For more information regarding the senior behavioral health unit, visit our website at [www.columbushosp.org](http://www.columbushosp.org).

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