

## Accessing Mental Health Services

Telling the difference between “normal” or healthy behavior and what might be signs of a mental illness isn’t easy. Common signs of mental illness in adults and adolescents can include: excessive or extreme emotions (worrying, sadness, crying, highs, lows, anger, etc.), changes in typical behavior (sleeping, eating, energy, sex drive, etc.), difficulty in perceiving reality (hallucinations, delusions), thinking about suicide, and the inability to carry out daily activities or handle daily problems.

The first step in getting help for a mental illness or substance use disorder is to be evaluated by a mental health professional. If you have medical insurance, contact your carrier to identify treatment providers and schedule an assessment. If you’re not sure, let us know and we can help! Here is some information about local treatment services:

### Willowbrooke at Tanner

Willowbrooke at Tanner is a psychiatric treatment center. For immediate help or to schedule a free, confidential mental health screening, call the 24-hour helpline at 770/836-9551. A list of treatment recommendations and providers will be provided based on the results and insurance coverage.

Willowbrooke provides inpatient (20 Herrell Rd., Villa Rica) and outpatient (in Villa Rica and 523 Dixie St., Carrollton) treatment programs for mental health and addiction. Outpatient care includes treatment services that do not require an overnight hospital stay. Recover services include mental health counseling/therapy, psychiatric services, medication management and tele-health services. Medication management services focus on identifying the appropriate medications, including the type, combination and quantity, as well as risks and side effects. For more information about treatment programs, call 770/812-3266.

### Pathways Behavioral Health Clinic

Pathways Behavioral Health Center offers a wide array of community-based treatment services. To begin service, mental health assessments are available on an open access/walk-in basis at the Pathways Office (153 Independence Dr., Carrollton.) You are encouraged to arrive at 7:30am and take a bottle of water, snacks, phone charger, book, etc. Be prepared to wait for the ‘next available’ appointment. Be sure to take a current photo ID, proof of income/pay stubs, Social Security card and Insurance card. Services are covered by Medicaid and Medicare. Pathways offers sliding fee for uninsured and low- to no-income. Call 770-836-6678 for more info.

Outpatient Treatment program offers mental health and substance abuse treatment services, including individual and group counseling, psychiatric treatment, medication management, peer support and case management.

Crisis Inpatient services are available at Pathways Center Care Campus (74 Hospital Rd., Newnan). The Crisis Walk-In Center is available 24/7 for crisis mental health assessments. Temporary Observation beds are available for up to 23 hours, for those who may be referred for inpatient treatment. The Inpatient Crisis Stabilization Unit provides inpatient psychiatric crisis stabilization and detoxification as an alternative to hospitalization. Contact numbers: Adult Crisis Unit (678) 854-6090; Child & Adolescent Unit (678) 854-6083.

### Crisis Care/Emergency Care/Urgent Care

A mental health crisis in any situation in which a person’s behavior puts them at risk of hurting themselves or others or prevents them from being able to care for themselves or function effectively in the community.

#### Important numbers to have:

- ✓ **Georgia Crisis and Access Line**  
1-800-715-4225
- ✓ **Crisis Text Line**  
Text HELLO to 741741
- ✓ **Suicide Prevention Hotline**  
1-800-273-8255
- ✓ **Veterans Crisis Line**  
1-800-273-8255 (press 1)
- ✓ **CARES Warm Line** (8:30am – 11pm)  
1-844-326-5400
- ✓ **Willowbrooke at Tanner**  
770-836-9551
- ✓ **Pathways Center**  
770-836-6678

**Crisis Hotlines** – Crisis hotlines offer telephone (and text) crisis services that include screening, assessment, preliminary counseling and information and referral services. Often crisis situations can be resolved over the phone.

### **Calling 9-1-1**

If an individual is at risk of imminent harm to themselves or others or is unable to care for their own physical health and safety creating a life-endangering crisis, call 9-1-1 and request a CIT officer respond to assist with a mental health crisis. Give specifics about the situation: what is the person doing and saying, do they have access to weapons, are they taking medications, etc.

Upon arrival, the officers will attempt to de-escalate the situation. In some cases, the individual may be transported to the local hospital emergency department or charged with a criminal offense and taken to jail.

### **Obtaining a Court-Ordered Psychiatric Evaluation**

An involuntary psychiatric evaluation for a mentally ill person can be initiated through the Probate Court of the county where they reside. Two people must go to the Court and complete affidavits testifying to the following:

- He/She has seen the mentally ill individual within the last 48 hours, AND
- The individual presents an imminent danger to self/others, as evidenced by recent overt acts or expressed threats of violence OR,
- The individual is unable to care for their own physical health and safety creating an imminently life-endangering crisis.

Based on the affidavits, the Probate Judge can then order the county sheriff to apprehend (an “OTA”) the mentally ill person and transport them to a psychiatric facility for evaluation. The court order to apprehend is valid for 7 days. The evaluation may result in involuntary psychiatric hospitalization. If it is determined that the individual is not at risk of harm to themselves or others, they may be referred to outpatient services and released. To schedule an appointment, contact the Carroll County Probate Court at 770/830-5840, 311 Newnan Street, Room 2022, Carrollton, GA.

### **Psychiatric Evaluation Via Psychiatrist/Licensed Counselor/Hospital Emergency Department**

A “1013” is a form completed by a physician, psychologist, or licensed clinical social worker/clinical nurse specialist that states that the patient appears to be a mentally ill person requiring involuntary treatment. Persons experiencing a psychiatric crisis may be brought to the Emergency Department by family/friend, law enforcement, or emergency medical services. If necessary, the Emergency Physician can order involuntary inpatient treatment (1013) and arrange transportation to a psychiatric facility. If it is determined that the individual is not at risk of harm to themselves or others, they may be referred to outpatient services and released.

### **Receiving a Diagnosis**

Getting an accurate diagnosis is the first step in a treatment plan. A mental health professional will use the Diagnostic and Statistical Manual of Mental Disorders (DSM), published by the American Psychiatric Association, to assess symptoms and make a diagnosis. After diagnosis, a health care provider can help develop a treatment plan. Treatments vary by diagnosis and by person. A treatment plan could include medication, counseling/therapy, social support, education, or other lifestyle changes.

**Carroll County Mental Health Advocates** offers support services, resources, and education for individuals and their families affected by mental illness and substance abuse. Contact us if we can be of assistance to you.

### **Carroll County Mental Health Advocates**

306A Bradley Street, Carrollton, GA 30117

(770) 830-2048

cmhadvocacy@gmail.com www.ccmhadvocates.org