

# SENIOR SERVICES



**COASTAL**  
BEHAVIORAL HEALTHCARE, INC.

*Caring for Our Community*



*Our Mission:*

*To provide behavioral healthcare services that exceed expectations for quality, availability and satisfaction.*

**(941) 492-4300**  
**[www.coastalbh.org](http://www.coastalbh.org)**

## HEALTHY AGING

Mental health problems are NOT a normal part of aging. When seniors show signs of memory loss, seem depressed, or begin to behave in a way that is out of character, these may be symptoms of deteriorating mental health, medication or substance misuse. Through early diagnosis, these conditions can be successfully treated through our individualized programs and services.

Senior Services include:

### Florida BRITE Program

(Brief Referral and Treatment for Elders):

Early in-home or on-site intervention and referral, FREE of charge, for persons 60 years and over having medication/substance misuse or emotional difficulties.

### Healthy Living Program:

Specialized counseling and care management are offered to persons 55 years and older who struggle with substance abuse (prescription medications, alcohol and illegal drugs) and may be at risk of relapse due to mental health issues and environmental stress. Our goal is to develop new and healthier coping skills to address social, emotional, educational and relationship issues.

### Get Connected:

Healthy life styles classes for seniors. These FREE classes include education on preventive measures to ensure healthy aging.

# (941) 492-4300

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## We can help

If you or a loved one answers “YES” to any of the following questions, it may be time to call us for more information:

In the last year have you tried to cut down on the drugs (including tobacco) or medication that you use?

In the last year have you used prescription or other drugs more than you meant to?

During the past month, have you often been bothered by feeling down, depressed, or hopeless?

During the past month, have you experienced a decrease in interest or pleasure in daily activities?

