



# **Touchette Regional Hospital Extends its Behavioral Health Services with the Opening of New Intensive Outpatient Program in Alton**

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**Alton, Ill. (Dec. 2, 2019)** Recognizing the growing need for outpatient behavioral health services, Touchette Regional Hospital is expanding its reach to the Riverbend area with the opening of its new Intensive Outpatient Program in Alton, Ill., at 2 Memorial Drive, Building A, Suite 120.

Touchette's Intensive Outpatient Program will provide services to those adults, age 18 and older, experiencing acute mental illnesses or emotional disorders. The program helps patients remain out of the hospital, while they receive the treatment and support they need. Clients will learn to develop problem solving and coping strategies, while managing behavior health symptoms and emotions from a dedicated and compassionate healthcare team.

Specifically, the Touchette Regional Hospital Behavioral Health team provides patients with a comprehensive assessment and evaluation, medication management, mental health education, substance abuse education, group therapy sessions, Individual and family therapy and goal- setting.

"Everyone will be touched by mental illness sometime in their life, whether it affects a friend, a family member or even themselves," said Joe Jansen, Touchette Regional Hospital president. "That's why everyone deserves access to quality, compassionate care regardless of their ability to pay. At Touchette Regional Hospital, we've treated patients with mental illness for more than 60 years and are dedicated to expanding our footprint so we can provide much needed help to those in our region."

Touchette Regional Hospital made a significant investment when it opened its Behavioral Health Center in Centreville in 2016, where it provides inpatient and outpatient care. The addition of its Intensive Outpatient Program in Alton is part of Touchette's mission to reach as many people as possible, in a convenient and compassionate way, with its behavioral health services.

The Adult Intensive Outpatient Program for Behavioral Health is a group-focused program offered Monday through Friday. A minimum of three days of attendance is required each week. Illinois Medicaid, MCOs, Medicare, and private insurance are all accepted. Contact your insurance company directly to verify your coverage.

If you would like more information, please contact Touchette Regional Hospital's 24/7 referral line at 618.332.4028 or visit [www.touchette.org](http://www.touchette.org) to learn more about the services offered.

### **About Touchette Regional Hospital**

Touchette Regional Hospital (TRH) has proudly served the communities of the Metro-East for more than 60 years. TRH offers Cardiopulmonary, Laboratory, Radiology, Home Healthcare, Medical Specialty Services, Pharmacy, Transportation, Sleep Center, Physical Therapy, Senior Care Services, Start Now Breast Cancer Awareness Program, Obstetrical Services, 24-hour Emergency Department, Special Needs Dentistry for children, Behavioral Health (inpatient and outpatient), Medical/Surgical/Telemetry, Intensive Care and newly updated suites for Surgical Services (inpatient and outpatient). For more information, visit [www.touchette.org](http://www.touchette.org).