



# SHADOW MOUNTAIN BEHAVIORAL HEALTH SYSTEM

## FREQUENTLY ASKED QUESTIONS

Call for Help

**918-492-8200 or 800-821-6993**

### WHAT IS SHADOW MOUNTAIN BEHAVIORAL HEALTH SYSTEM?

For more than 30 years, Shadow Mountain has provided inpatient hospitalization and outpatient services. We have professionals available 24/7 to evaluate the needs of anyone experiencing a mental health crisis. When someone is a danger to themselves or others, admitting to the hospital may be necessary to keep them safe.

### WHEN CAN YOU GET AN ASSESSMENT?

All assessments take place at Shadow Mountain Hospital and Assessment Center located just south of East 61st Street on the west side of Sheridan at 6262 S. Sheridan, Tulsa, OK 74133 (a map is on the back of this form). You can call and schedule an assessment, or just walk into the facility – whatever is convenient for you and your family.

### WHAT HAPPENS AFTER YOU ARRIVE?

When you arrive at Shadow Mountain for an assessment, a mental health professional will interview you and talk with a doctor. The most critical part of the assessment is determining what level of care is required to keep you safe. For this reason, we will ask a lot of questions: any thoughts or attempts to harm themselves or anyone else; if you are seeing a counselor; if you have other professionals working with you. Thank you for your patience while we gather information to make the best assessment possible.

### WHAT SHOULD YOU BRING?

Please bring (If the assessment is an emergency, you can provide these items within 24 hours of admission):

- Your insurance card
- A list of your medications
- Your social security card
- Clothing (3-5 changes)

*Additionally, for children, please bring:*

- Your child's immunization records
- Your child's birth certificate
- Custody papers (if applicable)

(Toiletries like soaps, shampoo, etc. are provided)

### WHAT IF YOU ARE ADMITTED TO THE HOSPITAL?

Once the assessment is complete, the assessor consults with a psychiatrist, who ultimately decides on the medical necessity of your admission. Individuals are admitted to an “acute” or “residential” program, depending on the level of need. Our psychiatrist will see you within 24 hours of admission and will develop a treatment plan with our team of professionals: therapists, nurses, mental health technicians and supervisors. The treatment team interacts with you and measures your progress on a daily basis. You will get a handbook at admission that lists expectations, visiting hours, and phone numbers.

### IS THE FAMILY INVOLVED?

Family therapy is a critical part of treatment at Shadow Mountain. The therapist will schedule family therapy on a regular basis. Family involvement is critical for recovery during hospitalization and after discharge.

### IF THE PATIENT IS A CHILD: WHAT ABOUT SCHOOL?

All children continue with school while at Shadow Mountain. Tulsa Public Schools is on-site at all Tulsa Shadow Mountain locations. After discharge, children need to re-enroll in their local school district.

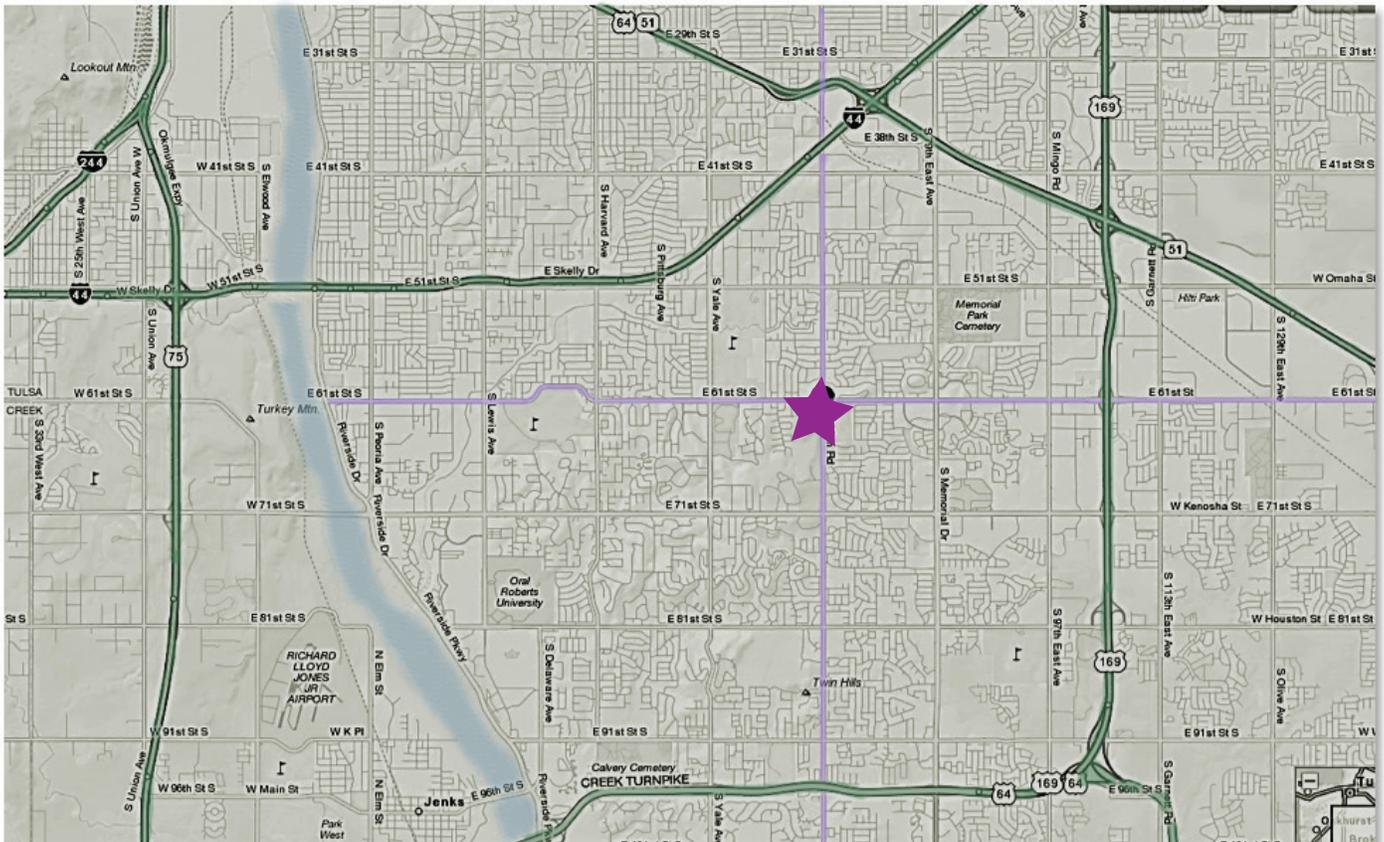
## DIRECTIONS TO SHADOW MOUNTAIN HOSPITAL AND ASSESSMENT CENTER

**From 169:** Take the 61st street exit and go west on 61st street to Sheridan. Turn left on (south) on Sheridan. Hospital is on the right (west).

**From Hwy 51:** Take the Sheridan exit and travel south on Sheridan. Go straight through the 61st Street light. Hospital is on the right (west).

**From 44:** Take the 41st street exit. You will need to turn right (east) onto 41st street at the end of the off ramp. Proceed on 41st street to Sheridan. Turn right (south) onto Sheridan. Go straight through the 61st street light. Hospital is on the right (west).

**GPS:** 6262 South Sheridan  
Tulsa, Oklahoma



Shadow Mountain provides trusted, compassionate care to all individuals and their families. We are dedicated to helping people heal and start the process of recovery.

We are here...just call...we can help.

918-492-8200 | 800-821-6993  
(phones answered 24 hours a day)  
Fax: 918-497-4952

[shadowmountainbhs.com](http://shadowmountainbhs.com)