

Frequently Asked Questions (FAQs)

Q: WHO MIGHT BENEFIT FROM TREATMENT AT RED RIVER BEHAVIORAL HEALTH SYSTEM?

Individuals who receive care in the hospital are likely experiencing an acute mental health crisis and need therapeutic or medicinal interventions to stabilize their condition. Inpatient hospitalization is appropriate for individuals who will benefit from a safe, structured, supervised environment.

Q: HOW LONG WILL YOU BE IN THE HOSPITAL?

An average length of stay in an inpatient treatment program is 7-10 days.

Q: HOW IS SOMEONE REFERRED INTO TREATMENT AT RED RIVER?

Red River welcomes referrals from healthcare professionals, case managers, community agencies, hospitals, schools, clergy, family members, friends, and patients themselves. Our 24/7 Access Department offers free confidential assessments for those seeking services and to help determine appropriateness for our inpatient level of care.

Q: WHAT KIND OF STAFF ARE INVOLVED IN MY TREATMENT?

Red River uses a multi-disciplinary team approach to delivering inpatient care. In respect to each patient's individual needs, a treatment team may consist of a Psychiatrist, Physician's Assistant, Nurse Practitioner, Master's Level Therapist, Licensed Social Worker, Registered or Licensed Nurse, Occupational Therapist, Licensed Addiction Counselor and Behavioral Health Technician.

Q: DOES INSURANCE COVER TREATMENT AT RED RIVER BEHAVIORAL HEALTH SYSTEM?

Red River works closely with our patients to determine all possible payment options. We are credentialed with insurance companies, managed care providers and county agencies to utilize any funding available. We also accept personal payment for individuals who do not have access to insurance. We are an approved in-network provider for most major insurance companies and are willing to do single-case agreements with those we are not.

Q: IS THERE ANY FAMILY INVOLVEMENT IN TREATMENT AT RED RIVER?

Mental illness affects the entire family. For this reason, Red River encourages family participation in treatment. Prior to discharging, adolescent patients are offered a family therapy session with the goal of enhancing support within the family system. A family session may also be arranged for adult patients, if requested. All other visitation (during designated visitation time) and treatment involvement must be approved by the patient's treatment team and is determined with the patient's best interests in mind.

Q: WHAT CAN I BRING WITH ME TO TREATMENT?

To ensure safety, all clothing and belongings are screened for appropriateness for our treatment units upon arrival. Patients are encouraged to bring a list of current medications (medication itself not necessary - we will provide), three changes of clothing (no strings, hoods, belts), a pair of soft soled shoes (no laces), personal hygiene products (cannot contain ethanol or ethyl alcohol) and books or leisure magazines. Food, drink or anything that may be considered dangerous is not permitted on the units. Excess clothing and/or other non-approved items will be sent home with family members or stored in a secure place until discharge. Money or other valuables are strongly discouraged.