

# Behavioral Health

Kalispell, MT

## About Logan Health Behavioral Health:

- **How many beds:** Licensed 40-bed unit, including adolescent, adult and the special care unit.
- **Patient demographics:** Adults (ages 18+) and adolescents (ages 12-17). With the exception of not being able to accommodate very young children, we service people of all identities and backgrounds, which is important as everyone is susceptible to mental health challenges at some point in their lives.
- **Schedules and call requirements:** We use self-scheduling and provide patient care 24/7. There are no on-call requirements. Shifts range from 8 to 12 hours and start at 0500, 0700, 1500, and 1700.



## Common treatments and skill sets/procedures:

Common treatments include major depressive disorder (MDD), schizophrenia and other psychotic disorders, bipolar disorder, anxiety disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), reactive attachment disorder (RAD), oppositional defiant disorder (ODD), attention-deficit/hyperactivity disorder (ADHD), autism, personality disorders like borderline personality disorder (BPD), and substance use disorders (SUD).

The skill set is somewhat different from other nursing specialties. The most important skills in behavioral health are related to psychiatric nursing assessment, applied empathy, therapeutic communication, crisis intervention, and psychoeducation. Non-psychiatric-specific nursing procedures performed in an inpatient behavioral health setting are generally restricted to PO and IM drug administration, venipuncture, basic wound care, and vital signs. IVs, heparin locks, PICC lines, and insulin pumps are removed prior to admission, as they could pose a safety threat for patients seeking to harm themselves or others.

Patients who require a higher level of non-psychiatric medical care and the application of those relevant nursing skills would not be admitted to Behavioral Health. **If you are seeking nursing practice that is slightly less procedure and task-oriented and more about the relationship-building, psych nursing may suit you!**

## Qualities of a behavioral health nurse:

Thriving as a psychiatric nurse requires emotional intelligence, a commitment to safety, a nonjudgmental attitude in response to even the most challenging behaviors, the belief that people are always doing the best they can with what they have in the moment (even if there is room for improvement after gaining insight and resources), healthy boundaries that function to protect both you and your patients, and self-awareness

about how your own experiences of everything from trauma to privilege manifest into the perspectives and behaviors that will inevitably impact your patients (or, at the very least, receptivity and a commitment to growth in this area).

## A day in the life of our unit:

A day in the life of a psychiatric nurse can vary. Our patients have a programming schedule and have an opportunity to attend groups throughout the day. The multidisciplinary team works closely together and consists of psychiatrists, nurses, therapists, mental health technicians, HUCs, and even dedicated pharmacists, housekeeping and dietary staff, to ensure a holistic patient-centered approach.

Our department is known for improving the well-being of those in both the immediate community and outlying areas. People recognize mental health is everywhere and want to share their story if they hear you work at Logan Health Behavioral Health! We are known for everything from our gym and gardening for the patients to empowering people with hope at what is often the lowest point of their lives.

