

Clinic services

Mercy Options offers outpatient mental health and addictions counseling in Janesville, Beloit, Lake Geneva, Evansville and Whitewater. Group counseling is also available at some locations.

Through one-on-one, family and group counseling, individuals of all ages can learn to replace concerning emotions, thoughts and behaviors with effective coping skills. Medication may also be prescribed if appropriate.

Counseling can be effective for treating:

- Depression
- Anxiety and panic disorders
- Anger outbursts
- Disruptive behavior
- Mood swings
- Grief and loss
- Eating disorders
- Poor work or school performance
- Poor concentration or attention
- Withdrawal from family and friends
- Family and relationship difficulties
- Suicidal thoughts
- Addictions

For a comprehensive mental health or alcohol or drug assessment, call (608) 756-5555 or toll-free (800) 341-1450.

Child and Adolescent Day Treatment

Our staff has the professional and life experience to understand your difficulties, and to guide children and families through challenging times toward lasting solutions. Our typical participants have:

- Behavioral symptoms such as impulsiveness, tantrums, chronic failure to comply with rules, hitting, social withdrawal and disruption in classroom settings
- Emotional/cognitive symptoms such as irritability, depression, anxiety and poor concentration
- Difficulties functioning at their potential in school, home or community settings

For more information about the Child and Adolescent Day Treatment program, call (608) 741-2117.

Autism services

Mercy Options offers comprehensive evaluation and treatment for children with a variety of autism spectrum disorders. Following a phone screening and in-person evaluation, Mercy Options can offer intensive, in-home behavioral services to children aged two to eight, and non-intensive services to all children.

For more information, call Mercy Options Behavioral Health Services at (608) 756-5555 or (800) 341-1450 and ask for autism services.

How may we help?

We are committed to exceeding your expectations and want your experience with us to be a positive one. Our goal is to always give you excellent care and to:

- Promptly respond to your needs
- Help you manage your condition effectively
- Communicate clearly with you in terms you understand
- Include you in all decisions about your care
- Respect your right to privacy and confidentiality

Thank you for letting us serve you.



Mercy Options Behavioral Health Services

903 Mineral Point Ave., Janesville
(608) 756-5555 (800) 341-1450

MercyHealthSystem.org

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Mercy Options Behavioral Health Services

Mental health and addictions programs



With all our heart. With all our mind.



Life can challenge us all at times. When you need professional guidance getting through a rough patch, let us help smooth the way for you and your family.

Our trusted team includes:

- Board certified psychiatrists (MD)
- Licensed psychologists (PhD, PsyD)
- Licensed social workers
- Specially trained nursing staff
- Masters-level experienced mental health and addictions professionals
- Nurse practitioners

Whatever you need, we are here to help.

Inpatient program

(Behavioral Health Unit—Mental Health and Detoxification)

Our adult inpatient program at Mercy Hospital and Trauma Center offers 24-hour support, supervision and nursing care, with the goal of helping individuals through a period of unsafe behavior and symptoms. The Behavioral Health Unit also provides medical detoxification services for safe withdrawal. Our psychiatric and detoxification services are generally followed by treatment in our less-intensive programs such as W.I.N.G.S., Addiction Day Treatment or clinic services.

Inpatient hospitalization should be considered if an individual has:

- Suicidal thoughts with imminent risk
- Made a suicide attempt
- Homicidal thoughts with imminent risk
- Extreme or dangerous anger outbursts
- An inability to function due to psychiatric problems
- Acute/significant withdrawal symptoms requiring medical intervention

For more information about Mercy Options' inpatient program, call (608) 756-6508.

W.I.N.G.S.

“Working Interdependently for New Growth and Stabilization”

is Mercy Options' partial hospitalization program. This two-week mental health program serves adults who need more than outpatient counseling, but do not require inpatient care. Participants meet with a psychiatrist throughout their program for medication management. The W.I.N.G.S program is held at the Henry Palmer Building Monday through Friday, 9 am-2:30 pm.

Participants attend sessions focused on stress management, improving coping skills, communication, healthy boundaries and anger management. W.I.N.G.S. can also help treat various mental health concerns, including:

- Depression
- Bipolar disorder
- Anxiety
- Grief and loss
- Family conflict
- Mood swings
- Poor work performance
- Suicidal thoughts with no imminent risk
- Difficulty in completing normal daily responsibilities

For more information about W.I.N.G.S., call (608) 756-6530.

Addiction treatment programs

Recover from addiction and regain your life

Our three substance recovery programs are effective for adults struggling with an addiction to opiates, alcohol, cocaine, cannabis (pot), prescription medicines and other drugs.

Each of the three levels gives you the knowledge and skills to regain and sustain control of your life. You will learn about coping mechanisms and support resources that will improve your chances of long-term recovery.

Level 1:

Addiction day treatment (ADT)
Monday-Saturday
9 am-2:30 pm

Level 2:

Intensive outpatient program (IOP)
Monday-Thursday
9 am-noon or 5-8 pm

Level 3:

Extended care (EC)
Tuesday and Thursday
12:30-2:30 pm or 6-8 pm

To learn more about these levels, or how we can help you, please call (608) 756-6545. After a short interview, we will determine which program best meets your needs.