

# Ridgeview — Where life's complexities are met with hope

**M** Scott Peck popularized the motto, "Life is difficult," in his best-known work, *The Road Less Traveled*. Fifteen years later, Peck would amplify his thought in the continuation, "Further along the Road Less Traveled, by adding, "Life is also complex." He went on

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to observe, "Each one of us must make his own path through life. There are no self-help manuals, no formulas, no easy answers. The right road for one is the wrong road for another."

Indeed, life can be both difficult and complex. We are all subject to the realities of life. The evidence is everywhere — just look around and within and you're sure to have witnessed or experienced the difficulty and complexity life presents: a fractured marriage, an immeasurably stressful job, the insecurities of parenting, an unshakable dependence upon drugs or alcohol, a dim and painful sadness that never lifts — and on and on. Life has bright passages and pleasant vistas, too and though we may long for a more pleasing road, life's complexities keep appearing around the bend.

"Where there is life, there is hope," shared

Dennis, a consumer of mental health services. "And where there is hope, there are dreams and they become goals. The response to the challenges of life can be found sometimes through treatment and there is hope for

everyone who's facing adversity and strife." Sometimes we need a little help along the way.

Ridgeview Behavioral Health Services is committed to being a place where you are welcomed, holistically, including your difficult struggles and complex needs.

Ridgeview's commitment to values centered on safety, acceptance, compassion, and hope mean that our door is open and our programs and services are here to help you.

We have a proud history of serving the communities of Anderson, Campbell, Morgan, Roane, and Scott counties since 1957 with a full continuum of supports and services for children, adults, and families. We recognize the first step to seeking help can be the hardest. The road to help and hope in meeting life's difficulties and complexities begins with the courage to reach out. Know that Ridgeview is ready to welcome you and help you today.

Your care is our priority. Our approach is to under-



**Pictured, from left, is Executive Leadership: Brian Buuck, CEO and Terry Meece, Chair of the Board of Directors.** SPECIAL TO THE OAK RIDGER

stand your needs, strengths, and preferences so that we can provide the support, care, and treatment you deserve. With our Walk-In Clinic open from 8:30 to 10:30 a.m. at 240 W. Tyrone Road in Oak Ridge, you don't have to have an appointment to access immediate help; regular clinic hours remain at 8 a.m. to 5 p.m. on weekdays. Please call (865) 482-1076, or the Mobile Crisis Team, that is available 24 hours a day at 1-800-870-5481.

Yes, life is difficult and complex. Yes, treatment works. Ridgeview is here to help. Our professional, caring staff is committed to providing high quality behavioral health services through prevention, treat-

ment of mental illness and substance abuse, and support to improve the overall health, well-being, recovery, and hope of the people we serve.

## Home Care by Seniors for Seniors

There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior. The concerns you have. The need for independence. Someone who like you, has a little living under his or her belt.



Our loving, caring, compassionate seniors are there to help. We offer all the services you need to stay in your own home, living independently.

- Companion Care
- Housekeeping Services
- Meal preparation/cooking
- Personal Care
- Overnight and 24-hour Care
- Yard Work
- Handyman Services
- and more!