



For executives, a mental health provider can ‘get you and your employees back to your best’

Whether it's a stressful project, a difficult client or a busy schedule, high-performing professionals are used to powering through challenges. But what happens when it all becomes too much?

Burnout from workplace demands as well as personal stressors — like a death in the family or divorce — can take star executives and employees alike from the top of their game to a shell of their former selves. It can be tough — especially for professionals accustomed to handling everything themselves — to recognize when it's time to seek assistance. But Dr. Majid Khan, medical director of Elemental Health, warns against the temptation to keep on keeping on.

“There's a stigma toward mental health,” Khan says. “There's an idea that when something bad happens, you pull yourself up by the bootstraps, you keep working to hold things together for your workplace, your partner, your mortgage. There's an immense pressure that, regardless of what happens, you keep moving forward.”

Burnout, stress, depression and other mental health concerns don't mean someone is weak or lazy, Khan says. These issues should be taken seriously, as they impact individuals and entire workplaces. Organizations rely on leaders in C-Suite roles to guide operations; they need to be capable of making good decisions. Good mental health is important for employees, too.

“Maybe they have dedicated a decade or more of service to the company,” Khan says. “Wouldn't an employer want to have that normally high-functioning person back?”

An outpatient provider like Elemental Health can help restore a sense of balance — and top-notch job performance.

“It's to get you back to your best,” Khan says. “You've gotten to that position by having been good at balancing everything in your life at some point. You are excellent at what you do, but you do everything else because you've built a life — and now something's off because you're not able to balance. You're doing the job so you can keep the rest of your life going — yet it's lost all its color and flavor. That's not what life is supposed to be.”

WHEN TO SEEK HELP

Khan says many people can benefit from the services of a mental health care provider. Some common signs indicating a need for help include:

- Prioritizing work and doing the bare minimum in other aspects of life.
- Neglecting responsibilities, relationships and activities at home.
- No longer participating in hobbies.
- Considering quitting a job that normally is enjoyable and fulfilling.

“If someone's not sure, if they're even asking themselves the question of whether this can help,” Khan says, “in most cases, the answer is yes.”

Some people who have seen a therapist or taken antidepressants before with minimal results may be reluctant to try another approach to improving their mental health. But Khan encourages them to give a multifaceted strategy like Elemental Health's outpatient program a chance.

ELEMENTAL HEALTH'S APPROACH

People can stop by Elemental Health for a tour, and if they want to enter as a new patient, an assessment is scheduled within a couple of days. Within the week, Khan meets with the patient to go over medications, if required.

“The fact that we can immediately get started in a time of personal crisis for someone is significant,” Khan says.

Elemental Health's program takes about eight weeks for most patients. Khan and his team employ a unique mix of therapeutic modalities, providing six forms of therapy each week, such as cognitive behavior therapy, dialectical behavior therapy, family systems, art therapy and more. Khan calls it “a college course of therapy.” Plus, evidence-based medication management is offered.

“When someone is facing incapacitation due to their emotions, it requires a high level of focused, coordinated therapy and an appropriate amount of medication assistance,” Khan says. “They walk out of here in eight weeks in a much, much stronger position.”

He says the program works in conjunction with a person's existing therapist, psychiatrist and primary care providers, taking care of all medical leave paperwork while the patient is taking time to prioritize their mental wellbeing.

Elemental Health is one of the only mental health providers of its kind in the Baton Rouge area and accepts most commercial insurance plans. For information, visit elementalhealthbr.com or call 225-218-6774.



AUTHOR

MAJID KHAN, MD

is the Medical Director and Psychiatrist of Elemental Health, as well as of Regions Behavioral Hospital, a 24-bed acute inpatient psychiatric unit.

