



A Better Way to a Better Life

CUTTING-EDGE TREATMENT

SOVEREIGN HEALTH EXPERTS TREAT ADDICTION, MENTAL ILLNESS AND THOSE WHO SUFFER FROM BOTH
FOR MENTAL ILLNESS

Experts estimate a need for a minimum of 1 public psychiatric bed for every 2,000 people for hospitalization for individuals with serious psychiatric disorders.



Currently, California has only 1 psychiatric bed for every 5,975 people.

One in four individuals will experience mental illness this year, according to mental health experts.



Statistically that means about 800,000 of Orange County's 3.2 million residents will experience major depression, bipolar disorder, schizophrenia or another mental illness in 2016.

ACUTE CARE INPATIENT PSYCHIATRIC BED DISTRIBUTION

26
counties have no inpatient psychiatric services of any kind

47
counties have no child/adolescent psychiatric beds

56
counties have no psychiatric geriatric long-term beds

50
counties have no chemical dependency beds

One in four individuals will experience mental illness this year, according to mental health experts. Statistically that means about 800,000 of Orange County's 3.2 million residents will experience major depression, bipolar disorder, schizophrenia or another mental illness in 2016.

"Mental illness is a matter of fact across humankind," notes John Leyerle, president of the National Alliance of Mental Illness's Orange County office. "In our lifetimes, half of us will be touched by mental illness."

Yet despite the need for immediate mental health treatment, California hospitals have been closing psychiatric units, entire acute psychiatric hospitals are closing and decreasing bed counts for patients needing acute inpatient psychiatric care over the past 15 years, a drop in facilities called 'devastating' by the California Hospital Association.

Southern California-based Sovereign Health, however, is addressing the needs of adolescents and adults suffering from mental illness, alcoholism, drug addiction or a dual condition of both substance abuse and mental illness by offering state-of-the-art, broad spectrum care at its San Clemente facility. Utilizing innovative,

cutting-edge cognitive testing, rehabilitation and evidence-based treatments, Sovereign Health's programs specialize in addressing underlying mental health conditions.

Dr. Tonmoy Sharma, CEO of Sovereign Health, acknowledges the lack of licensed residential health care facilities and says that individuals from across the country come to Sovereign Health's four California centers for treatment. Its San Clemente center has been operating since 2009; the company also has California facilities in Los Angeles, Palm Desert and San Diego, in addition to centers in Utah, Texas, Arizona and Florida.

"This is a brain issue," Dr. Sharma explains. "We know so much about the brain and we need to be aware that mental illness is something that commonly occurs. It's expensive for society if not treated."

Dr. Sharma brings a wealth of knowledge and experience to the management of Sovereign Health as an academician, scientist and psychiatrist. He has done extensive research work in the areas of psychosis and memory disorders and his research has examined the relationship between psychological changes and changes in the brain function during the treatment of psychiatric disorders, especially schizophrenia.

Patients come to Sovereign Health to receive high-quality behavioral health treatment

services for a variety of mental health issues, including trauma, schizophrenia, bipolar disorder and eating disorders, as well as treatment for cognitive impairment, Dr. Sharma says.

One factor that differentiates Sovereign Health from other treatment providers is its ability to offer separate mental health and addiction or dual diagnosis treatment programs, he added. Sovereign Health's centers have been awarded Gold Seal accreditation by independent accreditation organization The Joint Commission, the highest level of accreditation available in the behavioral health field.

Dual diagnosis treatment is important, NAMI's Leyerle says, because the two conditions are complex, often occur simultaneously, and are both difficult to treat. "Dr. Sharma gets credit for being a pioneer in this type of treatment," he adds.

"We see Sovereign Health as a group of professional people who are doing the kind of work that the industry now understands is the right way to offer simultaneous treatment," Leyerle says. "They are doing good work and they are passionate about it. While there is a shortage of treatment everywhere, Sovereign Health is supportive of whatever it takes to provide good care."

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Dr. Tonmoy Sharma, MBBS, MSc
CEO Sovereign Health

Dr. Tonmoy Sharma, CEO of the Sovereign Health Group has more than a decade of experience managing mental health treatment facilities. His background as a psychiatrist gives him unique insight into the management of such health facilities in the US, Europe and in India. Dr. Sharma has published over 150 academic papers and book chapters in the field of cognition. In addition, he has published five books on schizophrenia, including two by Oxford University Press.