

### **CAPE FEAR VALLEY MEDICAL CENTER**

Cape Fear Valley Medical Center specializes in heart care, cancer treatment and surgical services. A full-service Family Birth Center as well as a Level-III Neonatal Intensive Care Unit (NICU) to care for the tiniest members of the community is also available. Cape Fear Valley is considered one of the states top 10 hospitals for its care of patients with cardiovascular disease.

### **HIGHSMITH-RAINEY MEMORIAL HOSPITAL**

Highsmith-Rainey Memorial Hospital provides continuing acute care as well as a 24-hour urgent care facility. In 1983, the new hospital opened its current location on Robeson Street, with state-of-the-art medical capabilities and all private rooms.

On June 1, 2004, Highsmith-Rainey began a new chapter in its proud history, opening additional continuing acute-care beds for a total of 112, including a four-bed Intensive Care Unit. Continuing acute care is highly complex acute care for patients who are usually very sick and require electronic monitoring and bedside care by nurses with advanced clinical skills.

At the same time, Highsmith-Rainey's Emergency Department became ExpressCare, Fayetteville's first 24-hour urgent care center.

Highsmith-Rainey is also set to open its new 8-bed Palliative Care unit, the first inpatient unit of its kind in our area. Palliative care is an approach that improves the quality of life of patients and families facing serious life-threatening illnesses. Palliative care works to address emotional and physical issues to decrease suffering and promote comfort.

Highsmith-Rainey is accredited by the Joint Commission on Accreditation of Healthcare Organizations. The hospital remains linked to its historical past, while it embraces the future as an institution renowned for its compassionate, quality care.

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### **SOUTHEASTERN REGIONAL REHABILITATION CENTER (SRRC)**

Located directly behind Cape Fear Valley Medical Center, SRRC is a 70-bed facility that provides inpatient stroke, neurological impairments and orthopedic injuries. Southeastern Regional has been ranked in the Top 10 percent nationally in patient outcomes. Services provided include Physical & Occupational Therapy; Therapeutic Recreation, Speech & Audiology; Sports Therapy; Psychology & Neuropsychology; Vocational Evaluation; Back To Work Industrial Rehabilitation; Spine, Joint & Hand Therapy; Rehabilitation Nursing; Vocational Rehabilitation; Wound Management; Pediatric Rehabilitation and Aquatic Therapy. For more information, please call (910) 609-6091 or 1-800-682-7005 (in North Carolina).

## **BEHAVIORAL HEALTH CARE**

Behavioral Health Care is a comprehensive psychiatric hospital with inpatient and outpatient services for children, adolescents and adults. Behavioral Health Care offers psychiatric treatment, including evaluations, medical management, and group, family and individual therapy. Substance abuse treatment is also available. Behavioral Health Care's Outpatient Services ranked in the Top 5 percent nationally for outpatient behavioral health services in 2004.

Behavioral Health Care is accredited by the Joint Commission for the Accreditation of Healthcare Organizations (JCAHO) and licensed by the state of North Carolina. Staffed by psychiatrists, psychologists, clinical social workers, psychiatric nurses, licensed professional counselors and other mental health professionals, Behavioral Health Care of Cape Fear Valley Health System provides a team approach to mental wellness. For more information about Inpatient Services at Behavioral Health Care, please call (910) 609-3000.

The county of Cumberland offers resources, in addition to the Cape Fear Valley Health System, in support of the healthcare of county residents. Among these resources are:

The Public Health Department  
The Mental Health Department  
<http://publichealth.sr-ahec.org/cumberland/>  
The Department of Social Services  
[www.dss.co.cumberland.nc.us/home.htm](http://www.dss.co.cumberland.nc.us/home.htm)

## **HEALTHPLEX**

HealthPlex of Cape Fear Valley Health System is Fayetteville's largest, most comprehensive fitness and wellness center.

The spacious fitness floor has more than 140 pieces of next-generation cardiovascular and strength-building equipment. Also within HealthPlex's 65,000 square feet, are two pools, a supervised Play Center for the children, aerobics studio with shock-resistant floor, 1/10 mile Mondo® indoor walking and running track, private massage therapy rooms, full-court gymnasium, whirlpools and more!

The team of fitness professionals will work with you to tailor a program that will help you achieve your goals - whether your goal is to lose weight, improve your strength or endurance, control high blood pressure or reduce your cholesterol. No matter what your age or physical condition, you'll feel right at home at HealthPlex.

## **HEALTH PAVILION NORTH EXPRESS CARE**

Located in northern Cumberland County, on Ramsey Street, Cape Fear Valley Health

Systems - Health Pavilion North is an urgent care facility for such things as ear infections, flu-like symptoms, etc. The center also offers family care, physical therapy, lab, X-rays and EKG's. Health Pavilion North also has a Cancer center. This location is convenient and accessible to Cumberland County residents.