

## Sometimes, We Are Hurting – But Not in a Physical Way.

You don't have to struggle alone. Penn Highlands Healthcare is proud to offer specialized and comprehensive Behavioral Health care in both outpatient and inpatient settings for those age five and up.

Using a multidisciplinary approach, we offer psychiatric evaluation, medication management, psychological assessment, and individual and family psychotherapy. Our skilled team consists of psychiatrists, psychologists, a neuro-psychologist, physician assistants, nurse practitioners, licensed clinical social workers and licensed professional counselors at each hospital.

### WE OFFER:

- Addiction Medicine
- Adult Inpatient Behavioral Health Services
- Adult Outpatient Behavioral Health Therapy Services
- Child and Adolescent Inpatient Program
- Child and Adolescent Outpatient Behavioral Health Therapy Services
- Geropsychiatric Inpatient Units
- Outpatient Group Therapy for Adults
- Medication Management

We accept many commercial insurances, Medicare, Medicaid, HMOs and managed care.

For more information or to make a referral, please call us at 814-375-6353.



### Addiction Medicine at Penn Highlands Healthcare

#### PENN HIGHLANDS INTEGRATED RECOVERY CARE

635 Maple Avenue | DuBois, PA

#### PENN HIGHLANDS INTEGRATED RECOVERY CARE

1033 Turnpike Avenue | Clearfield, PA 16830

#### BROOKVILLE RURAL HEALTH CENTER

22 Industrial Park Road | Brookville, PA

#### CAMERON COUNTY RURAL HEALTH CENTER

416 N. Broad Street | Emporium, PA

#### HOUTSDALE RURAL HEALTH CENTER

120 Spring Street | Houtsdale, PA

#### JOHNSONBURG RURAL HEALTH CENTER

111 Cobb Street | Johnsonburg, PA

#### MOSHANNON VALLEY RURAL HEALTH CENTER

271 Railroad Street | Philipsburg, PA

**For more information or to make a referral, please call us at 814-375-6353.**

[www.phhealthcare.org/addiction](http://www.phhealthcare.org/addiction)



### Behavioral Health Services at Penn Highlands Healthcare

#### THE STERN CENTER FOR BEHAVIORAL HEALTH CENTER

Penn Highlands DuBois, East Campus  
635 Maple Avenue | DuBois, PA

- Adult Inpatient Behavioral Health Program
- Adult Outpatient Behavioral Health Therapy Services
- Child and Adolescent Inpatient Program
- Child and Adolescent Outpatient Behavioral Health Therapy Services

#### PENN HIGHLANDS BROOKVILLE

- 100 Hospital Road, Third Floor | Brookville, PA
- Geropsychiatric Inpatient Unit  
90 Hospital Road | Brookville, PA
- Adult Outpatient Behavioral Health Therapy Services

#### PENN HIGHLANDS CLEARFIELD

- 809 Turnpike Avenue, 2nd floor | Clearfield, PA
- Adult Outpatient Behavioral Health Therapy Services
- Child and Adolescent Outpatient Behavioral Health Therapy Services
- Geropsychiatric Inpatient Unit

#### PENN HIGHLANDS CONNELLSVILLE

- 401 E. Murphy Avenue | Connellsville, PA
- Outpatient Behavioral Health Therapy Services
- Inpatient Behavioral Health Therapy Services

#### PENN HIGHLANDS HUNTINGDON

- 1225 Warm Springs Avenue, 3rd floor | Huntingdon, PA
- Adult Inpatient Behavioral Health Services

#### PENN HIGHLANDS MON VALLEY

- 1163 Country Club Road | Monongahela, PA
- Adult Inpatient Behavioral Health Services

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[www.phhealthcare.org/bhs](http://www.phhealthcare.org/bhs)

May 2023

# Behavioral Health Services

*Penn Highlands Healthcare*





## OUTPATIENT SERVICES

### Outpatient Behavioral Health Therapy

We provide patients with a variety of outpatient counseling, therapies and assessments for mild to severe behavioral health conditions. We offer psychiatric evaluation, medication management, psychological assessment and individual and family psychotherapy.

We offer these outpatient services for adults as well as children and adolescents in Brookville, Clearfield, Connellsville and DuBois.

### Addiction Medicine

Addiction, or substance abuse disorder, is a treatable chronic medical disease involving complex interactions among brain circuits, genetics, the environment and an individual's life experiences. Addiction is the compulsive use of substances despite loss of money, relationships, family members, employment, freedom, health, dignity and even life. Throughout the United States, addiction impacts millions of lives including thousands in Pennsylvania.

Addiction medicine provides evidence-based prevention, evaluation, diagnosis treatment and medical management services for people struggling with unhealthy substance abuse.

### Services Offered

- Individual therapy
- Medication-assisted treatment
- Intensive outpatient group therapy

We offer addiction medicine services for adults in Brookville, Clearfield, DuBois, Emporium, Johnsonburg, Houtsdale and Philipsburg.

## INPATIENT SERVICES



### Adult Inpatient Program

Our adult inpatient programs in Connellsville, DuBois, Huntingdon and Monongahela specialize in the treatment of emotional and behavioral difficulties experienced by individuals 18 years or older. These units operate 24/7 and feature both private and semi-private bedrooms as well as living, dining and recreational areas. Intensive psychotherapies, nursing and educational services aim to re-establish emotional and cognitive stability, enhance self-confidence, instill and reinforce coping capabilities and initiate a plan of post-hospital care to complete and sustain recovery.

### Child and Adolescent Inpatient Program

Our child and adolescent inpatient program at the Stern Center for Behavioral Health in DuBois

offers personalized care to young people age 5-18 who are exhibiting behavioral problems impairing their ability to function in the home and/or school. The unit operates 24/7 and has private rooms, a classroom, a dining room, a recreational lounge and therapy offices.

Patients are seen daily by a board-certified child and adolescent psychiatrist and members of our multidisciplinary treatment team. Classroom instruction with a certified special education teacher enables patients to keep up with their studies while hospitalized. Recreational activities are also integrated into the program on a daily basis.

### Geropsychiatric Inpatient Program

Inpatient care for those age 55 and older is available in Brookville and Clearfield. Both locations feature a geropsychiatric inpatient unit specializing in the treatment of emotional and behavioral difficulties often experienced by individuals 55 years and older.

Services are offered in a calm and quiet home-like environment, while ensuring patients receive the highest quality care for both their medical and mental health needs. The program has a strong emphasis on wellness and therapeutic activities, ensuring patients receive the highest quality care for both their medical and mental health.

### Conditions treated:

- Depression
- Schizophrenia
- Suicidal threats and/or actions
- Bipolar disorder
- Excessive fears and anxiety
- Acting out or dangerous behaviors
- Confusion or mental status changes
- Compulsive disorders
- Hallucinations and delusions

- Behavioral disturbances and problems associated with dementia
- Paranoia

### Services include, but are not limited to:

- 24-hour nursing care and support
- Psychiatric assessment and stabilization
- Medication evaluation and management
- Multidisciplinary treatment planning
- Coordination of care with other providers
- Psychotherapy services (individual, group and family therapy)
- Diagnostic and laboratory testing
- Exercise, nutrition and wellness education
- Leisure and recreational therapeutic activities
- Daily comprehensive physical and emotional assessment by a registered nurse
- Physical, occupational and speech therapy as needed
- Case management and placement services
- Discharge planning and referrals
- On-site face-to-face assessments
- Family and patient education and support
- Music therapy (at Penn Highlands Brookville)

## Referrals To Behavioral Health Services

The Psychiatric Admissions Department is available 24/7 to provide assessments by trained mental health staff for inpatient placement or can provide a referral for Outpatient services. Direct referrals can be made directly to the Psychiatric Admissions Department by Emergency Departments, County Crisis Agencies, and Case Managers, provided that sufficient clinical information is available. If admission is indicated, the referred patient must be medically cleared and admitted through an Emergency Department.

**For more information or to make a referral, please call us at 814-375-6353.**