

Senior Transitions Unit

The **SENIOR TRANSITIONS UNIT** is a 10 bed 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.

CONDITIONS TREATED:

- Major depression
- Excessive fears and anxiety
- Suicidal thoughts and/or actions
- Acting out or dangerous behaviors
- Compulsive disorders
- Hallucinations and delusions
- Behavior problems associated with dementia

SERVICES INCLUDE, BUT ARE NOT LIMITED TO:

- Psychiatric assessment and stabilization
- Medication evaluation and management
- Multidisciplinary treatment planning
- Coordination of care with other providers
- Psychotherapy services (individual, group, and family)
- Exercise, nutrition and wellness education
- Leisure and recreational therapeutic activities
- Music therapy
- Daily comprehensive physical and emotional assessment by a registered nurse
- Physical, occupational and speech therapy as needed
- Case management/Discharge planning
- On-site face-to-face assessments

REFERRALS ACCEPTED 24 HOURS/DAY

Senior Transitions Unit

814-849-1850 or 814-849-1844

PENN HIGHLANDS BROOKVILLE

100 Hospital Road, 3rd floor
Brookville, PA. 15825



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BEHAVIORAL HEALTH SERVICES

The **BEHAVIORAL HEALTH CENTER AT PENN HIGHLANDS BROOKVILLE** consists of a team of providers, including:

- Psychiatrist
- Certified Registered Nurse Practitioner (CRNP)
- Licensed Clinical Social Worker (LCSW)

GEROPSYCHIATRIC SERVICES are utilized to provide supportive psychiatric treatment to individuals 55 years and older, while psychotherapy services are offered to the adult population.

Specific **SERVICES PROVIDED BY THE PROGRAM** may include:

- Initial psychiatric evaluation
- Medication evaluation and monitoring
- Coordination of care with other providers
- Psychotherapy services

PSYCHOTHERAPY SERVICES are provided by staff specializing in geriatrics needs.

Individual and family psychotherapy include:

- Depression
- Post traumatic stress disorder
- Anxiety
- Grief and loss
- Bi-polar disorder
- Emotional response to illness

OFFICE HOURS:

Monday - Friday - 8 a.m. to 4 p.m.

To make an appointment, call **814- 849-1396**



**Penn
Highlands
Healthcare**

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