

## 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 5 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, licensed clinical social workers and licensed professional counselors at each hospital.

### WE OFFER:

- 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

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.

## Referrals To Behavioral Health Services

Direct referrals for inpatient Behavioral Health Services can be made by mobile crisis services, community mental health agencies, case managers, physicians, school staffs and other professionals in the community. Individuals may also present themselves to the Emergency Department at any Penn Highlands hospital for a face-to-face assessment provided by trained mental health staff for inpatient placement or outpatient services referral. In addition, parents can bring their child to the Penn Highlands DuBois Emergency Department for an assessment with a trained mental health worker for inpatient placement or outpatient services referral.

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



## Behavioral Health Services at Penn Highlands Healthcare

### THE STERN CENTER FOR BEHAVIORAL HEALTH CENTER

Penn Highlands DuBois, East Campus  
635 Maple Avenue  
DuBois, PA 15801

- 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, 3rd floor  
Brookville, PA 15825

- Adult Outpatient Behavioral Health Therapy Services
- Child and Adolescent Outpatient Behavioral Health Therapy Services
- Geropsychiatric Inpatient Unit

### PENN HIGHLANDS CLEARFIELD

809 Turnpike Avenue, 2nd floor  
Clearfield, PA 16830

- Adult Outpatient Behavioral Health Therapy Services
- Child and Adolescent Outpatient Behavioral Health Therapy Services
- Geropsychiatric Inpatient Unit

### PENN HIGHLANDS HUNTINGDON

1225 Warm Springs Avenue, 3rd floor  
Huntingdon, PA 16652

- Adult Inpatient Behavioral Health Services

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

# 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 for children and adolescents.

### Outpatient Group Therapy For Adults

Our physician-supervised treatment program is for patients age 60 and older who continue to live within their community and need additional psychiatric support. This program is for older adults who don't require the level of care provided by one of our inpatient geropsychiatric units. Instead, patients attend our Outpatient Group Therapy program Monday through Friday, from 10:00 AM to 2:00 PM.

**The program is designed to relieve emotional and personal distress for patients suffering from:**

- Anxiety and panic disorders
- Complicated grief
- Confusion and memory loss
- Depression

- Dysfunctional patterns of behavior that impede daily living
- Grief reaction
- Mood changes
- Psychosis
- Reaction adjustment
- Sleep disorders
- Unfounded fears
- Unspecified pain

**Conditions treated, include but are not limited to:**

- Adjustment Problems
- Anxiety Disorders
- Cognitive Disorders
- Depression
- Developmental Problems
- Mood Disorders
- Psychosis
- Thought Disorders

## INPATIENT SERVICES



### Adult Inpatient Program

Our adult inpatient programs at the Penn Highlands DuBois East Campus and Penn Highlands Huntingdon 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 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 at Penn Highlands Brookville and Penn Highlands Clearfield. Each location features 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. 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)