

## *Bright Horizons Inpatient Unit*

**BRIGHT HORIZONS INPATIENT** 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 safe and quiet home-like environment, while ensuring patients receive the highest quality treatment for 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
- 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**

Bright Horizons Inpatient

**814-768-2184**

### **PENN HIGHLANDS CLEARFIELD**

809 Turnpike Avenue, 2nd floor  
Clearfield, PA 16830



# PENN HIGHLANDS CLEARFIELD

## BEHAVIORAL HEALTH SERVICES

The **BRIGHT HORIZONS OUTPATIENT CENTER AT PENN HIGHLANDS CLEARFIELD** consists of a team of providers, including:

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

**PSYCHIATRIC SERVICES** are utilized to provide supportive psychiatric treatment and therapy services to individuals 19 and older in a community office setting.

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 individual and group therapy.

Conditions treated, but not limited to:

- 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 **814-768-2137**



Penn  
Highlands  
Healthcare

**PENN HIGHLANDS CLEARFIELD  
BRIGHT HORIZONS OUTPATIENT CENTER**

1033 Turnpike Avenue, Suite 300  
Clearfield, PA 16830