

DIRECTORY OF MENTAL HEALTH PROVIDERS IN THE LEBANON AREA



Compiled by the
Mental Health Association of Lebanon County
15 South 9th Street - Lebanon, PA 17042
www.mhaleb.org
Phone: (717) 273-5781 ✧ Fax: (717) 273-6908
E-mail: mhaoffice@mhaleb.org

The Mental Health Association of Lebanon County has compiled this directory of Mental Health Providers based on their responses. The MHA can not endorse or recommend any one provider, but can assist you in determining the type of service that addresses your needs. Reading the complete directory including credentials, fees and areas of specialization is recommended. The MHA attempted to contact all known providers and regrets any omissions.

The Directory is divided into three sections. The first section defines terms and answers questions about seeking help. Section two is an alphabetical listing of providers giving names, addresses, telephone numbers and areas of specialization. This section is organized by: I. Hospitals, II. Agencies, III. Counseling Groups (a group is defined as having more than one person) and IV. Individual Counselors.

The third section is an alphabetical listing of single providers, their services and areas of specialization. These are printed as the providers gave us the information. Some providers did not list every area of specialization and some services may be called by a different name by different providers. It is best to call and check if you have questions.

The Mental Health Association is a private, non-profit organization. We are United Way funded. Our mission is to promote good mental health, prevent mental illness and to insure the best possible service for the treatment of those living with a mental illness.

We are located at 15 South 9th St., Lebanon, PA 17042. Telephone: (717) 273-5781. Fax: (717) 273-6908. E-mail: mhaoffice@mhaleb.org. Our office hours are 8:30 a.m. – 2:00 p.m. Please feel free to contact the office with any questions or comments.

Seeking help is never easy. Only one in five people suffering from a mental disorder ever seek help. But help is available and the success rate in treatment is high, in some cases, higher than the success rate for medical illnesses such as heart disease or cancer. Recent advances in the understanding of how our mind and body interact have made it possible to treat mental illness more successfully than ever. If you need help please seek help so that you or your relative or friend can begin to feel better and live life to its fullest.

However, a couple of “blue” days are not the same as a mental illness.

WARNING SIGNS OF MENTAL ILLNESS

Life is painful at times and all of us have days when we have trouble coping with the demands made on us. If you, or a friend or relative has several of these symptoms for at least three weeks or more, please seek professional help.

- ✓ Loss of energy and interest in activities
- ✓ Marked personality change over time
- ✓ Confused thinking, strange or grandiose ideas
- ✓ Prolonged severe feelings of depression or apathy
- ✓ Feelings of extreme highs and lows
- ✓ Excessive anxieties, fears or suspiciousness; blaming others
- ✓ Social withdrawal, friendlessness; abnormal self-centeredness
- ✓ Denial of obvious problems; strong resistance to help
- ✓ Dramatic, persistent changes in eating or sleeping habits
- ✓ Numerous, unexplained physical ailments
- ✓ Anger or hostility out of proportion to the situation
- ✓ Delusion, hallucinations, hearing voices
- ✓ Abuse of alcohol or drugs
- ✓ Growing inability to cope with problems and daily activities
- ✓ Sudden, unexplained feelings of panic or terror
- ✓ Thoughts or talk of suicide (these should always be taken seriously)

WHO ARE MENTAL HEALTH PROVIDERS?

Primary Care Physician (M.D., D.O.) - *A good place to start is often with your doctor or primary care physician. A physical examination may rule out other causes and many primary care physicians are knowledgeable about psychiatric disorders.*

Psychiatrist (M.D., D.O.) - *A medical doctor who has completed four years of specialty training after medical school. Psychiatrists can prescribe medication and supervise its use. Some psychiatrists prefer to manage medication only and may refer the patient to another therapist for psychotherapy.*

Psychologist (Ph.D., Psy. D., Ed.D., M.D.) - *Psychologists are trained in the evaluation and treatment of emotional problems. They always have at least a Masters Degree (two years of graduate training) and often a doctorate (five years of post undergraduate training).*

Psychiatric or Clinical Social Worker (M.S.W., A.C.S.W., L.C.S.W.) - *Social Work is a highly varied specialty; generally they have been trained to work directly with people and under the supervision of other professionals.*

Psychiatric Nurse (R.N., B.S.N., M.S.N.) - *Registered nurses who have had specialized training to work with people with mental and/or emotional disorders.*

Family Therapists (M.F.T., M.S., M.A.) - *Therapists trained in graduate programs or special certificate programs designed to give them specific experiences and training with families and their relationships.*

Pastoral Counselors - *Many pastors take post-masters programs in pastoral counseling and psychotherapy.*

Other Mental Health Care Providers (M.Ed., L.P.C.) - *There are many other types of mental health workers with a variety of degrees and level of expertise. It is quite appropriate to ask a mental health professional about the nature of his or her education, training, experience, certification, and licenser.*

ABOUT THE MENTAL HEALTH ASSOCIATION OF LEBANON COUNTY

MHA's Mission Statement: We are an agency of education and advocacy whose mission is to promote good mental health, to help prevent mental illness, and to insure the best possible services for the treatment and recovery of those living with a mental illness.

Difference Between MHA and MH/MR/EI

Mental Health Association (MHA)

Location: 15 South 9th Street – Lebanon, PA 17042

Phone #: (717) 273-5781

Office Hours: 8:30 a.m. – 2:00 p.m.

Purpose: the MHA is a non-profit organization established in 1953 by citizens of Lebanon County to: 1) educate about mental health problems and available services; 2) be the watchdog of community mental health programs, and advocate for new programs; 3) initiate pilot programs as needed; 4) act as mental health referring agency.

Affiliations: became a United Way agency in 1957.

Funding: United Way, Fund-Raisers and private donations.

Organization: Part-time staff responsible to a Voluntary Citizen Board of Directors elected by members of the MHA of Lebanon County. Programs and activities are conducted by committees, chaired by members of Board of Directors and involving many volunteers.

Major services: 1) Promotion of mental health and prevention of mental illness, and acceptance of the mentally ill, to know the mental health services available, and to create understanding as prevention; 2) Information and referral – to provide information about mental health programs and services, employment and volunteer opportunities, and available educational resources; 3) **Social Action** – to affect legislation, state plans, and regulations. To advocate for mental health services, locally and statewide; 4) Support groups – to effect preventive mental health.

Mental Health / Mental Retardation (MH/MR)

Location: 220 E. Lehman St – Lebanon, PA 17046

Phone #: (717) 274-3415

Office Hours: 8:00 a.m. – 5:00 p.m.

Purpose: Mandated by PA Act of 1966 to be one of 41 units in the state responsible for: 1) mental health community services; 2) mental retardation services.

Affiliations: 1) PA department of Welfare; 2) Offices of Mental Health and Mental Retardation; 3) Lebanon County Commissioners

Funding: PA State Allocations; Federal Funds; Patient Fees and Insurances; Lebanon County Funds.

Organization: Full time administrator with a staff of professionals (fiscal, consultation and education, MH, MR, Children and Youth Services) responsible to County Commissioners and advised by a Voluntary Citizen Board appointed by the Commissioners.

Major services: Services are designed to help people overcome their difficulties, to grow and increase their abilities, and to live independent lives in the community. 1) Case Management – helping a person decide what services he/she needs and how they will be paid for; 2) Treatment Services – provided as in-patient hospitalization, out-patient therapies, arranging residential care, emergency care, and rehabilitation; 3) **Consultation and Education** – prevents mental illness by promoting mental health through life enrichment workshops for general public, in-service training for human service professionals, and educational programs for schools, parents, and other special groups.

I. HOSPITALS

Penn State Milton S. Hershey Medical Center

500 University Drive

Hershey, PA 17033-0850

www.hmc.psu.edu/psychiatryservices

1-800-243-1455 (CareLine – patient self-scheduling)

1-800-233-4082 (MD Network – physician referral scheduling)

The Department of Psychiatric at Penn State Hershey Medical Center is the only university-based psychiatric service meeting the mental health needs of the people of central Pennsylvania. Programs include inpatient units designed to offer comprehensive evaluations and intensive treatment for both children and adults. The highest level of expertise is offered for consultation, evaluation, and effective treatment of patients. After appropriate assessment, the necessary level of care is tailored to meet the needs of the individual, couple, or family. The approach may vary from brief counseling and reassurance to more intensive treatment as indicated.

All clinicians, supervisors, therapists, as well as their support staffs, work under the direction of Thomas W. Uhde, M.D., chair, Department of Psychiatry, and director, Penn State Hershey Neuroscience Research Institute.

Outpatient Adult Psychiatry

The adult outpatient services offers a complete range of diagnostic and treatment programs - from behavior modification to intensive, insight-oriented psychotherapy. The therapeutic approach varies from crisis intervention to more-lengthy individual, group, marital, or family therapy. Psychopharmacological drug treatment is used when appropriate. The ultimate goals of the outpatient service include emotional reintegration, social and vocational rehabilitation, and prevention of recurrent emotional illnesses. This division also provides direct diagnostic, treatment, and consultation services to community organizations and agencies.

Outpatient Bipolar Disorder Program

The Bipolar Disorder Program provides specialized evaluation and treatment of patients with bipolar disorders. Services include psychiatric consultation, pharmacological management, and, when indicated, psychological testing. Individual and group psychotherapy is also available.

Outpatient Geriatric Psychiatry

This program provides psychiatric services to elderly persons to help them identify and adjust to changes in their health and preserve their ability to function in their home environment as long as possible. The Geriatric Psychiatry Clinic is a key component in evaluating patients suffering from a wide spectrum of disorders, including Alzheimer's disease and affective disorders such as depression, thought disorders, and intermittent confusional states. Through a comprehensive evaluation and recommendation, families and caregivers are assisted in their efforts to provide support to individual patients.

Eating Disorders Intensive Outpatient Program

A joint offering of the Department of Psychiatry and the Department of Pediatrics, this program provides treatment for individuals, 13 to 25 years-of-age, with a primary diagnosis of anorexia nervosa or bulimia nervosa. The program meets three days a week from 4:00–7:00 p.m., and consists of individual and family therapy, nutritional counseling, psycho educational group, medication management, and medical management as needed.

Anxiety Disorders Intensive Outpatient Program

This program provides intensive treatment for adults with anxiety disorders of any type. Such disorders may include panic conditions, phobic disorders, obsessive-compulsive disorders, and generalized anxiety disorders. The program is held three afternoons weekly, lasting approximately three hours.

Adult Partial Hospitalization Program

This program provides acute care and crisis stabilization services to adults, ages 18 and older, with emotional disorders of all types. Programming centers on an intensive group-oriented psychotherapeutic approach. Individual and family therapy augment the treatment plan, based on the individual needs of the patient.

Adult Hospital Services Division

This service provides both consultation liaison services and inpatient treatment for adults. A consultation-liaison service is available to all Penn State Hershey Medical Center departments, including medicine, surgery, obstetrics and gynecology, and family and community medicine. Staff members work closely with faculty and residents of the other departments to offer practical recommendations that can be used by the attending physician, residents, and nursing staff for the care of a given patient.

The adult psychiatry service offers a full range of psychiatric care for patients ages 16 and above, including individual, family, and group psychotherapy, psycho-pharmacological treatment, an eating disorders program, electroconvulsive therapy, and occupational and recreational therapy. Areas of program emphasis include eating disorders and mood disorders. Psychiatric care, psychological testing, and psychiatric social services are provided. In addition, the psychiatric nurses and psychiatric assistants are skilled in providing an overall therapeutic milieu. Coordination of discharge planning with referring physicians and community agencies facilitates the patient's return to the community.

Child and Adolescent Psychiatry Division

The Child and Adolescent Psychiatric Division provides a wide array of diagnostic and treatment services. The division offers both outpatient services and an inpatient unit.

Frequently encountered disorders of mild to moderate severity are assessed and treated in the outpatient service. These disorders include depression, attention deficit hyperactivity disorder, obsessive compulsive disorder, anxiety disorders (school refusal, fears, anxiety about school tests, health worries), family conflicts, learning problems, and school problems. Psychiatric assessment and psychological testing are available. Adolescent medicine and child psychiatry specialist jointly treat eating disorders (such as anorexia and bulimia). A variety of "talk therapies" are offered in the outpatient clinic, including cognitive therapy, behavior therapy, play therapy, parent counseling, and family therapy. Medications are used when needed.

The child and adolescent psychiatric inpatient unit serves children up to the age of 16 in a short-term, family-oriented program. Areas of program emphasis include eating disorders and mood disorders. The unit has a school operated by the local school district and has pediatric consultants such as geneticists, neurologists, and medicine specialists, in addition to its team of psychiatrists and other mental health professionals.

The division also provides child psychiatric consultation to pediatricians to assist them in the management of psychological aspect of physical illness.

Sleep Research and Treatment Center

This program evaluates and treats patients with sleep disorders such as insomnia, enuresis, somnambulism, narcolepsy, and sleep apnea. The evaluation procedure includes a general questionnaire and comprehensive sleep history, physical examination, laboratory tests, psychological test batteries, psychiatric interviews, and, when indicated, hypnopolygraphic evaluation in the sleep laboratory component of our sleep disorders program. Following this comprehensive evaluation,

patients are referred back to their physicians with special medical, pharmacological, and psychological recommendations.

Education, Health Services, and Outcome Research Division

This Division offers a variety of comprehensive training and educational programs for teachers and school personnel, community mental health, mental retardation professionals, and other human services personnel. These include daylong child and geriatric regional training programs presented at sites throughout the central region of the Commonwealth.

Philhaven

Inpatient, Day Hospital, Outpatient, Behavioral Health Rehabilitation Services (BHRS), Family Based Mental Health Services (FBMHS) and Summer Therapeutic Activities Program (STAP)

283 S. Butler Road, P O Box 550 - Mt. Gretna, PA 17064

Phone: (717) 273-8871

Fax: (717) 270-2452

Outpatient Scheduling: 800-459-7497

www.philhaven.org

Outpatient

204 Hathaway Park

Lebanon, PA 17042

Phone: (717) 274-9777

Fax: (717) 274-9815

Type of Services provided: Philhaven provides inpatient, residential, day treatment, outpatient, Family Based, Summer therapeutic activities program and community based psychiatric and counseling services (BHRS). Community and professional education services are also offered.

BHRS: Includes both afterschool and community based services intended to assist children and adolescent to develop coping skills to enhance emotional and behavior management.

Family Based Mental Health Services: Provide treatment in the home for children and their families by a team of two therapists. Family and individual therapy, case management and family support services 24/7.

Areas of specialization: Specialized services are provided for older adults, adults, children and adolescents.

Fee Schedule: Fees vary depending on type of service.

Medical Insurances Accepted: Most medical insurances accepted.

Sliding Scale: No

Spanish: Interpreters available when needed.

Professional Staff:

Psychiatrists:

Jeff Okamoto, MD

Olaniyi Oluleye, MD

Richard Pakola, MD

Nhien Nguyen, MD

Francis Sparrow, MD

Tom Fenstermacher, MD

Jeremy Walters, MD

Magdalena Janicka, MD

Spencer Brown, MD

Linda Raymond, MD

Eugenia Abonyi, MD

Mustafa Kaleem, MD

Habibah Mosley, MD

Amanulla Khan, MD Hemant Shah, MD

Paul Yeung, MD

Lorriane Wharton Mohammad, MD

Psychologists:

Melanie Baer, PsyD

Tom Crotty, Ph.D.

Julie Gordon Dueck, Ph.D.

Cary Haegger, Ph.D.

Ted Hummel, MA

Tammy Lazicki, Ph.D.

Ron Vogt, Ph.D.

Social Workers:

Karen Boyer, MSW
 Stephanie Dobroski, MSW
 Janet Donato, MSW
 Kelly Harnish, MSW

Steve Huber, MSW
 Anne Lavin, MSW
 Sonja martin, MSW

Charlene Peachey, MSW
 Katherine Ranck, MSW
 Barry Stoner, MSW

Allied Mental Health:

Dale Brickley, Ph.D., LPC
 Judith Clark, MS, LPC
 Linda Easter, MA, LPC

Heather Hostetter, MA, LPC
 Janice Miller, MA, LPC

Alison Pidgeon, LPC
 Ralph, Whitaker, LPC

Veterans Administration Medical Center

1700 S. Lincoln Ave.
 Lebanon, PA 17042

Phone: (717) 272-6621
 1-(800) 409-8771
 Fax: (717) 228-6045

Type of service provided: General Psychiatry, Drug & Alcohol Rehab/Detox, Vocational Rehabilitation, Geriatric Psychiatric and Behavioral Science

Area of specialization: General psychiatry – above areas addressed

Fee schedule: Eligibility determined based on military service

Name, credentials and area of specialization: Frank Wilson, Behavior Health & Sciences

Wernersville State Hospital

P.O. Box 300
 Wernersville, PA 19565-0300

Phone: 610-678-3411
 (800) 828-3354
 Fax: 610-670-4101

CEO: Andrea B. Kepler

Chief Medical Officer: Dale Adair, MD

Chief Social and Rehabilitative Services Executive: Sylvia Winfrey

Type of service provided: State Hospital offering persons over 18 years of age extended inpatient psychiatric treatment with a rehabilitation/recovery focus.

Spanish: Some Spanish speaking staff. Language Interpreters available if/when needed.

Mission Statement: Wernersville State Hospital is committed to provide all persons who have serious mental illness, including those with a co-occurring disorder, the opportunity for growth, recovery, and inclusion in their community. This is provided through evidence and promise-based psychiatric treatment and substance abuse services, access to the supports and services of their choice, so individuals may enjoy a quality of life that facilitates personal growth and achievement.

Wernersville State Hospital Values:

- People with serious mental illness deserve and demand the same respect and basic human rights as people without serious mental illness.
- People are people first regardless of any diagnoses, problems, or other human conditions.
- People have the right to make their own choices, to speak for themselves, and to express their own opinions.
- People must become empowered to think independently and to seek a high quality of life (as defined by each person).
- People with serious mental illness, their talents, and their concerns must be the focus of all who serve them.
- People require a sense of autonomy, identity and meaning in their lives.

- People share more commonalities than differences, regardless of whether or not one has a mental illness.
- People have the right and need to feel accepted and worthy as individuals and to not be judged for their differences.
- People have the right to take an active role in all parts of their lives and to strive toward self-determination.
- People are individuals with unique perspectives, needs, and desires.

Admission Process: All referrals for admissions are coordinated through the Mental Health/Mental Retardation Program of the county in which the individual who is in need of care resides. State Hospital referral is only considered after s/he has had the benefit of inpatient psychiatric treatment in an acute care setting and has been determined to be in need of extended in patient treatment. Admission to Wernersville State Hospital will occur according to the guidelines of the Mental Health Procedures Act of 1976.

Admissions: All referrals for admission are received and coordinated by the Admissions Coordinator within the Social Work Department which is located on the first floor of building 37. The hospital is located at: Sportsman Road and Route 422 - Wernersville, PA 19565

Hours of Operation and Contact Information: The Admissions Coordinator is available Monday - Friday from 8:00 a.m. till 4:00 p.m. to answer questions and help with procedures at: 610-670-4156. Referral information and accompanying clinical justification must be received from an approved referral source before consideration for admission can be acted upon.

Patient Programs: The Wernersville State Hospital provides assessment, individualized active treatment and discharge planning in the context of a seven day per week 24 hour supportive setting. Services are designed to promote recovery and return to one’s community as soon as possible. Evidenced-based and promised based services are available including medication management and illness management; co-occurring education and support, physical health management, family psycho education and supportive and site based employment.

The hospital is physically organized across three buildings which house up to nine living units. Each unit has an identified treatment team each led by a Treatment Team Leader or psychiatrist. The team is responsible for working with all individuals admitted for services in effort to develop a meaningful treatment plan to promote recovery and discharge as soon as possible.

II. AGENCIES

Catholic Charities

503 Cumberland St
Lebanon, PA 17042

Phone: (717) 273-8514
Fax: (717) 273-5942

Type of service provided: Individual, family, and marital counseling. Family Focus provides family-based mental health services.

Catholic Charities: Outpatient Counseling

Family Focus: 503 Cumberland St. – Lebanon
Phone: (717) 273-3011

Fee schedule: \$0-\$70
Sliding scale: Yes

No charge if eligible for sessions
No

The program is a Family Therapy Program which is

provided “in home” for families who have a child who is “at risk” of placement because of his or her emotional/behavioral problems.

Medical Insurances Accepted: Self-pay or medical assistance only. No medical insurances accepted.

Spanish: Outpatient has limited Spanish speaking staff. Spanish speaking child and adolescent psychiatrist available if/when needed.

Name, credentials and area of specialization:

Outpatient:

- Kirk Reider, LCSW, ACSW, Associate Executive Director Outpatient Behavioral Health
- Ivonne Acrich, MD child and adolescent psychiatrist
- Pam Maiello, MAMFT, Family Therapist
- Steven Reinoehl, MA, Family Therapist
- Michael Witmer, MSW, Family Therapist

Family Based:

- Chris Vandenberg, Associate Executive Director Family Based Programs
- Jan Edwards, Program Director for Family Focus

Crisis Intervention/Information and Referral Service

4th & Walnut Streets
The Good Samaritan Hospital
Lebanon, PA 17042

Phone: (717) 274-3363
Fax: (717) 274-3373

*Se habla
español*

Type of service provided:

- 1) Crisis Intervention for mental health, drug and alcohol or severe emotional problems
- 2) Support, assessment, referral
- 3) Mental Health delegate services
- 4) Information and referral

Areas of specialization: depression, drug & alcohol problems, mental health or retardation, parent/child conflicts, suicidal thoughts or actions.

Fee schedule: No fee for certain services; we do bill medical assistance.

Spanish: Spanish speaking staff available but not 24/7.

Names, credentials and area of specialization: Carol Saltzer, Director. All counselors must have B.A or B.S. degrees in Psychology, social work or related fields.

Mental Health/Mental Retardation/Early Intervention (MH/MR/EI)

220 East Lehman St.
Lebanon, PA 17046
Monday through Friday, 8:00 a.m. – 4:30 p.m.

Phone: (717) 274-3415
Fax: (717) 274-0317

Type of service provided: Case Management Services, Programs – Educational/Speaker, Psychiatric Evaluation, Referral Services, and Psychiatric Medication Monitoring (Spanish translation available if needed).

Area of specialization: chronically and persistently mentally ill and mental retardation.

Fee schedule: Sliding fee scale based on a completed liability

Sliding scale: Yes

Spanish: No Spanish speaking staff. Interpreters available if/when need.

Names, credentials and area of specialization: All case managers are civil service employees who have at least a bachelors degree in social service fields or have completed a designated number of course credits in social service curriculum.

- Kevin J. Schrum – MH/MR Program Administrator

- Jessica Creter – MH/MR Program Deputy Administrator
- Holly Leahy – Director of Mental Health Services
- Brenda Mettley – Director of Mental Retardation Services

Lebanon County Commission on Drug and Alcohol Abuse

220 East Lehman St.
 Lebanon, PA 17046
 E-mail: trudy@lebcnty.org

Phone: (717) 274-0427
 Fax: (717) 274-0420

Type of service provided: Lebanon County Commission on Drug and Alcohol Abuse (LCCDAA) was established to provide drug and alcohol services to people in Lebanon County. LCCDAA is the overall agency for planning services to prevent, intervene, and treat substance abuse problems through contracts with private providers. LCCDAA finances education and information services to all Lebanon County residents. In addition, LCCDAA finances treatment for eligible uninsured, low-income residents of Lebanon County through licensed professional providers, including: Outpatient Counseling, Partial Hospitalization, Detoxification, Rehabilitation, Halfway House, Specialized services for Pregnant Women and Women with Children, Methadone Maintenance treatment. LCCDAA also provides both Care and Case Management Services for consumers of drug and alcohol treatment.

Area of specialization: Substance abuse

Fee schedule: Sliding

Spanish: No Spanish speaking staff. Interpreters available if/when needed.

Name, credentials and area of specialization: Susan F. Klarsch, Director sklarsch@lebcnty.org

Office Hours: Monday through Friday - 8:00 a.m. to 4:30 p.m.

Sexual Assault Resource and Counseling Center of Lebanon County (SARCC)

P.O. Box 836
 Lebanon, PA 17042
<http://www.sarcclebanon.com/>

Phone: (717) 272-5308 – 24 hr. hotline
 Business Phone: (717) 270-6972
 Fax: (717) 270-6987

*Se habla
español*

Type of service provided: 24 hour hotline, 24 hour medical and legal accompaniment. Individual and group therapy.

List of Services:

- ✓ Free and confidential crisis counseling and intervention 24 hours a day
- ✓ Prevention education programs to schools and the public; hospital, court and police accompaniment
- ✓ Information and referral
- ✓ Support groups
- ✓ Empowerment groups/workshops
- ✓ Prison support groups
- ✓ Accessible facility
- ✓ Services for survivors with mental health issues
- ✓ Drug induced sexual assault information
- ✓ Lending library

Area of specialization: Sexual assault

Fee schedule: No fee, donations accepted

Spanish: Spanish speaking counselors available.

Name, credentials and area of specialization: Jenny Shifflet, President/CEO

III. COUNSELING GROUPS

Another Chance Counseling

(Facility License #387016)
607 S. 14th Ave.
Lebanon, PA 17042
Phone & Fax: (717) 272-7897

(Facility License #387022)
756 Cumberland Street – Suite #3
Lebanon, PA 17042
Phone: (717) 507-1386

Type of service provided: Drug and Alcohol Assessments, Outpatient Drug & Alcohol Treatment, DUI Counseling, Outpatient Drug Free, Individual and Group Counseling, IOP, D.O.T./SAP Assessments and Referral.

Areas of specialization: Drug and Alcohol Assessment and Treatment, Depression, Marriage Counseling, Women's Issues, D.O.T./SAP Assessment and Referral.

- 756 Cumberland Street Office: Drug and Alcohol Assessments, DUI Assessments and Counseling, Outpatient Drug Free, Individual and Group Counseling; IOP, D.O.T./SAP Assessments and Referral

Name, credentials and are of specialization: J. D. Streiff, BA, CAC/CCS, SAP

- 14th Avenue Office: Mental health, family and marriage

Name, credentials and are of specialization: Barbara A. Reda, RN, MHS, CACD, LPC – Drug and Alcohol Treatment Specialty, Mental Health, Marriage Counseling, Codependency, Women's Issues, Family Counseling,

Sliding scale: No, by appointment only.

Medical Insurances Accepted: Some medical insurances accepted.

Spanish: Sorry, no Spanish speaking staff or translators available.

Hershey Psychiatric Associates

928 East Chocolate Avenue
Hershey, PA 17033

Phone: (717) 533-4797
Fax: (717) 533-1574

Type of service provided: Psychiatric psychotherapy, outpatient services only.

Area of specialization: Adult psychiatry.

Fee schedule: Information may be obtained from office Manager.

Sliding scale: No

Spanish: Sorry, no Spanish speaking staff or interpreters available.

Medical Insurances Accepted: Varies, depending on therapist. Please call the office to verify.

Names, credentials and area of specialization:

- >> Barbara G. Kuhlengel, M.D., F.A.P.A. Psychiatrist
- >> Jane Barr, DCSW (listed as a provider in this directory)
- >> Diane L. Brontsema, MA, LPC, NCC - individual and marital counseling
- >> Sharon Semic, MS, LPC - individual and marital counseling

Pennsylvania Counseling Services – Lebanon

Pennsylvania Counseling Services - Lebanon
200 North 7th St.
Lebanon, PA 17046

Phone: (717) 272-1653
Fax: (717) 272-4166

Type of service provided: Individual, Marriage, Family, Adolescent, Child, Adult Psychotherapy and Psychological Testing.

Area of specialization: *Depression, Anxiety, Marital, Family, and Adult Psychotherapy*

Fee schedule: Fees vary. Most insurances accepted

Sliding scale: N/A

Medical Insurances Accepted: Please call the office.

Spanish: Sorry, no Spanish speaking staff.

Names, credentials and area of specialization: Call for appointment availability.

Pennsylvania Counseling Services - Renaissance

618 Cumberland Street
Lebanon, PA 17042

Phone: (717) 274-2741
<http://pacounseling.com>

Type of service provided: Psychiatry Services, Wrap Around services, Family Based Program, Drug and Alcohol Program (Intensive Outpatient), drug & alcohol evaluation/ assessment, individual counseling and psychotherapy, group therapy, family educational group, employee/employer consultation, aftercare planning for client and family counseling, individual counseling for drug and alcohol issues and dual-diagnosis issues. Mental health issues: depression, anxiety, adjustment stressors, sexual survivor's issues, and eating disorders.

Group counseling for: Drug/alcohol addiction, drug/alcohol continuing care – adult & adolescent drug & alcohol, parenting, sexual offenders, sexual addiction, non-offending parent group .

Area of specialization: Psychiatry, Mental Health, Drug and alcohol issues, individual, couple, family, and marital counseling.

Fee schedule & Insurance: Most insurance accepted. Fees vary.

Sliding scale: N/A

Spanish: Yes, we do have Spanish speaking staff.

Name, credentials and areas of specialization: Multiple clinicians. Call for appointment availability.

New Perspective of White Deer Run Treatment Center

3030 Chestnut St.
Lebanon, PA 17042

Phone: (717) 270-3900
Fax: (717) 270-3904

Type of service provided: Chemical dependency treatment for drug and alcohol addictions, four levels of care are provided: Detoxification, Residential Rehabilitation Inpatient Treatment, Intensive Outpatient Treatment, (3 evenings per week), traditional outpatient individual and group therapy.

Area of specialization: Addiction treatment

Fee schedule: Evaluations are completed free of charge. Other fees are examined on an individual basis. There are numerous funding options available.

Sliding scale: Persons with limited or fixed incomes are considered for alternative funding options.

Medical Insurances Accepted: Most medical insurances accepted. (Not accepted: Medicare, Medicaid, Tricare). Please call the office to verify.

Spanish: Sorry, no Spanish speaking staff or interpreters available.

- **Names and credentials of staff:** Jody Skiles, Regional Director

Psychological Health Affiliates

108 South Main Street
Manheim, PA 17545
Phone: (717) 665-2675
Fax: (717) 665-6193

934 East Chocolate Ave
Hershey, PA 17033
Phone: (717) 531-3398

101 S. Seventh Street
Akron, PA 17501
Phone: (717) 859-4110

205 E. Main Street
New Holland, PA 17557
(No phone # as of yet)

Web-site: www.PHACentralPA.com

E-mail: support@phacentralpa.com

Type of service provided: PHA provides comprehensive services to children, adolescents, and families, including: play therapy, individual therapy, family therapy, group therapy, behavioral modification, child management training, custody evaluations, brief or full-scale psychoeducational evaluations, personality testing, developmental screening, intellectual testing, social skills training, parent training.

Areas of Focus:

- ✓ Obsessive Compulsive Disorder
- ✓ Attention-Deficit Hyperactivity Disorder
- ✓ School phobia
- ✓ Enuresis/encopresis (bed wetting/soiling)
- ✓ Child obesity
- ✓ Parent/child problems
- ✓ Adjustment problems (e.g., divorce, loss of parent)
- ✓ Sexual, physical and emotional abuse
- ✓ Eating disorders
- ✓ Anxiety disorders
- ✓ Conduct and behavior problems
- ✓ Depression, withdrawal
- ✓ Learning disabilities
- ✓ Temper problems
- ✓ Socialization problems
- ✓ Development delays
- ✓ Tourette’s disorder

Fees and scheduling: All outpatient services are scheduled individually, by appointment, by contacting either the Manheim or Akron offices. Office hours, daytime, evenings, or weekends, are determined by the availability of the individual’s clinician. Sessions are generally 45-50 minutes in duration, unless planned otherwise. Psychoeducational and psychological evaluations typically involve more time and are billed accordingly, based on time. All services are provided by, or supervised by licensed, doctoral level psychologists, so insurance coverage may be utilized.

Fees: \$170.00 – initial evaluation; \$120.00 - follow-up individual sessions, \$130 – follow-up couples or family sessions.

Sliding scale: No, but will discuss situations with people individually to work out a payment program if possible.

Spanish: Sorry, no Spanish speaking staff or interpreters available.

Medical Insurances Accepted: Highmark Blueshield, Medicare, AmeriHealth Administrators, Tricare Standard. Please call the office to verify other insurances.

Names, credentials and area of specialization:

| Name & Contact | Specialty | Offices |
|---|---|----------------------|
| Tegan Blackbird, Ph. D. tblackbird@PHACentralPA.com | Family, Marital, Child & Adolescent, psychoeducational assessment, OCD, anxiety, depression, Tourette's, ADHD, child/parent problems, Parenting strategies and training | Manheim, Hershey |
| Doug Friesen, Ph.D. dfriesen@PHACentralPA.com | Family, Marital, Child & Adolescent, psychoeducational assessment, OCD, anxiety, depression, men and depression, ADHD, child/parent problems | Manheim, Akron |
| W. Jesse Gill, Psy.D. jgill@PHACentralPA.com | Child, Teen, & Families, Marital, Adult, Psychological Testing, Depression, Anxiety, OCD, Tourette's, ADHD, Child/Parent concerns, Anger management | Manheim, Hershey |
| Abby Keiser, M.S. akeiser@PHACentralPA.com | Family, Marital, Child & Adolescent, Anxiety, depression, men and depression, ADHD, child/parent problems | Manheim, New Holland |
| Alicia Young, Ph.D. ayoung@PHACentralPA.com | Child and Adolescent, Family, Family Violence, Physical and Sexual Abuse, Women's Issues Women's Issues, Pre-Marital/Marital, Anxiety, Depression | Manheim, Hershey |

| | | |
|--|---|----------------------|
| Darrell G. Walmer, M.A., L.P.C. dwalmer@PHACentralPA.com | Stress Management/Anxiety Disorders, Grief and Loss, Depression and Mood Disorders, Conflict Management/Communication Skills, Marital/Couple Problems, Parenting Problems, Child & Adolescent Disorders, Family and Blended Family Issues | Hershey |
| Michele Romeo Martin, Psy.D. mromeomartin@PHACentralPA.com | Children and Adolescents, Family Therapy, trauma, abuse/neglect, preschool behavior problems, faith/spiritual issues, life transitions, sexual identity. | Manheim, Akron |
| Lynne Babbitt, M.A.. lbabbitt@PHACentralPA.com | Children and Adolescents, Family Therapy, faith/spiritual issues, Life transitions, Grief and Loss, Depression and Mood Disorders . | Manheim, New Holland |
| McKenzie L. Walker, Psy.D. mwalker@PHACentralPA.com | Children and Adolescents, Family Therapy, Trauma, Abuse/Neglect, Personality Disorders, Autism, Behavior Disorders, Cognitive Behavioral Therapy, Mood Disorders, Depression, Anxiety, ADHD, Psychological Testing | Manheim, Hershey |
| Diana Coulson-Brown, Psy.D dbrown@PHACentralPA.com | Children and Adolescents, Family Therapy, Trauma, Abuse/Neglect, Personality Disorders, Autism, Behavior Disorders, Cognitive Behavioral Therapy, Mood Disorders, Depression, Anxiety, ADHD. | Hershey |

T.W. Ponessa & Associates Counseling Services, Inc. – Lebanon

15 S. 9th Street.
Lebanon, Pa 17042

Phone: (717) 273-5992
Fax: (717) 273-5995

Se habla español

Contact number for first appointment: (800) 437-5405. Ask to speak with an intake screener.
Hours of Operation: Monday – Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 5:00 PM
Website: www.twponessa.com

Type of Service Provided: TW Ponessa & Associates provides comprehensive services to children, adolescents, families and adults including: Individual therapy, Couples therapy, Family therapy, Play therapy, group therapy, behavioral medication and psychological evaluations; psychiatric evaluations and medication management; Behavioral Health Rehabilitation Services (BHRS); School Based Outpatient Therapy

Area of Specialization: Child, Family and Adult Psychotherapy; Depression, Anxiety

Fee Schedule: \$160.00 per Intake Session

\$105.00 per 45 minute session of individual therapy

\$325.00 per Psychiatric Evaluation

\$80.00 Medication Management

Sliding Scale: No

Medical Insurances Accepted: Medical Assistance, CBHNP, Lebanon County MH/MR, Many private insurances and self-pay; please contact the office or see website for additional insurances

Spanish: Spanish speaking interpreter available.

Names, credential and area of specialization:

- Alida Covaci, MD- Psychiatrist
- Yury Yaroslavsky, MD- Psychiatrist

- Rizalino Cruz, MD- Psychiatrist
- Dale Horst, MA – Psychologist
- Dan Delcollo, MS- Psychotherapist
- Deb Fuss, LCSW – Psychotherapist
- Andrea Harmuth, LSW- Psychotherapist
- Carrie Mondorff, LSW- Psychotherapist
- Doris Rogers, MS- Psychotherapist
- Bob Weaver, MS- Psychotherapist

IV. INDIVIDUAL COUNSELORS

Fredericksburg Family Therapy and Counseling Center

122 S. Tan Alley
Fredericksburg, PA 17026

Phone: (717) 865-0496

Type of service provided: Marital, Family, and Individual Therapy (children through adult)

Fee Schedule: \$75.00 per 50 minute session.

Sliding scale: No

Medical Insurances Accepted: Blue Cross, Blue Shield, Federal BC/BS. Please call the office to verify other insurances.

Spanish: Sorry, no Spanish speaking staff or interpreters available.

Names and credentials of staff: Janet R. Stauffer, Ph.D, LMFT, LSW,
Clinical Member Association for Marriage & Family Therapy.

Services: Marriage & Family therapy, Individual Therapy and Children & Adolescents.

Mary Beth Backenstose, M.S.

218 W. Governor Road
Hershey, PA 17033

Phone: (717) 534-2134

Type of services provided: Family systems oriented psychotherapy for individuals, married couples and families.

Area of specialization: Family-systems theory and therapy, abuse of clients/patients in professional settings.

Fee schedule: \$95.00/hour

Sliding scale: Will negotiate a fee after meeting the client to determine therapist client relationship.

Spanish: Sorry, no Spanish speaking staff or interpreters available.

Medical Insurances Accepted: Tricare only.

Credentials: Self employed, solo practice; in private practice for 39 years.

Connie Davis, M.S. Psychologist

Box 122 Lake View Road
Mt. Gretna, PA 17064

Phone: (717) 964-3850

Type of service provided: Individual and group counseling, family, marriage (couples)

Areas of specialization: Individual, Grief, Adolescents, Addiction, Couples, Attention Deficit Disorder, Families School Related Problems, Groups, Co-Dependence and ACOA, Depression and Child Management.

Fee schedule: \$90.00 per hour

Sliding Scale: No

Spanish: Sorry, no Spanish speaking or interpreters available.

Medical Insurances Accepted: Blue Cross Blue Shield, Tricare. Please call to verify others.

Stephanie (Stevie) Falk, Ph.D., Licensed Psychologist

475 N. Weaver St.
Annville, PA 17003

Phone: (717) 867-1889

Type of service provided: General psychotherapy practice serving adults, adolescents and children in individual, couples, and family therapy. As a consultant, I provide vocational and psychological assessments as well as providing training to the community. I am trained in and utilize both short term and long term psychotherapy.

Therapeutic Style: Being non-directive and interactive in the therapy process, I take care to understand my clients' unique world view and value system. By utilizing a model of wellness, I think in terms of mental health instead of mental illness. In this way we built a person's strengths rather than dwelling on weakness. My belief is that our lives are enriched by improving our connectedness with others and by increasing our awareness of and the use of the special gifts that we bring to our relationships. Theoretically, I conceptualize problems in an object relations framework; that is I consider my clients' difficulties in the context of their past and present relational experiences. I am trained in both short term and long term therapy.

Areas of specialization: Depression, Sexuality, Anxiety, Bereavement and loss, Eating Disorders, Career Counseling, Survivors of Sexual Abuse, Marriage and Family Dysfunction, Parenting Issues, Sports Psychology and Bariatric Surgery Evaluations.

Fee schedule: \$100.00 per 50 minute therapy session, \$100 per hour consultant fee for non profit organizations, \$300 per hour consultant fee for profit bearing organizations.

Sliding scale: Yes, dependent upon current caseload.

Insurances Accepted: Medicare, PrimeSource, GSH's Lebanon Valley Health Net (LVHN).

Spanish: Sorry, no Spanish speaking staff or interpreters available.

Services Offered to Individuals and Families:

Adolescents

- ✧ Depression
- ✧ Conflict mediation
- ✧ Behavioral problems
- ✧ Eating disorders
- ✧ Stress and anxiety management
- ✧ Sexuality issues
- ✧ Behavioral contracts for home and school

Couples

- ✧ Premarital counseling
- ✧ Marital difficulties
- ✧ Parenting skills development
- ✧ Extended family issues
- ✧ Encore marriages
- ✧ Non-traditional couples
- ✧ Dysfunctional communication patterns

Adults

- ✧ Bereavement and loss
- ✧ Managing relationships
- ✧ Eating disorders
- ✧ Surviving sexual abuse
- ✧ Identity development
- ✧ Depression and anxiety
- ✧ Career counseling
- ✧ Spirituality
- ✧ Group therapy

Families

- ✧ Blended families
- ✧ Parenting skills development
- ✧ Effect of substance abuse
- ✧ Conflict resolution
- ✧ Family communication patterns
- ✧ Death and illness in the family
- ✧ Family enrichment
- ✧ Single parenting

Retreats, Training & Workshops

- ✧ Woman's retreats
- ✧ Premarital Workshops
- ✧ Myers-Briggs Workshops: Team building and conflict resolution in organizations
- ✧ Stress management
- ✧ Relaxation training
- ✧ Discussing sexuality with your kids
- ✧ Dealing with death
- ✧ Assertiveness training
- ✧ Positive parenting

Chris L. Taylor, M.S.W.

Counseling Services
901 S. 2nd Ave.
Lebanon, PA 17042

Phone: (717) 273-1341

Type of service provided: Counseling & Consultation for individuals, couples, families, groups, organizations

Areas of specialization: Individual, marriage & family, adult children of alcoholics/codependency, depression, anxiety disorders, grief & loss, adults, children & adolescents.

Fee schedule: \$85.00 per 50 min. session

Sliding scale: No.

Spanish: Sorry, no Spanish speaking staff or interpreters available.

Medical Insurances Accepted: Most Medical Insurances Accepted. Please call the office to verify. Work with some employee assistance programs.

Names, credentials and area of specialization: Chris L. Taylor, Licensed Social Worker, LCSW, MSW (University of Maryland) ACSW, Family therapy including step-family relations, Codependency/adult children of alcoholics, eating disorders, substance abuse assessment, Critical Incident debriefing, Depression, and Anxiety Disorders.

Ventura Psychological Services

Georgette Ventura, MS – licensed psychologist
409 E. Elm Street
Lebanon, PA 17042

Phone: (717) 270-8844

Type of services provided: individual, Marital, Family and Group therapy, Psychological Evaluation and Testing, Education, and Consultation.

Areas of specialization: Couples problems, Child and Adolescent problems, Domestic Violence, Low Self-Esteem, Depression, Dissociative Disorders, Phobias, Stress, Confusion, Relationships, Parenting, Habit Problems, Adult Children of Dysfunctional Families, Sexual Abuse, Anxiety, Premarital, Anger, Sexuality, and Shame.

Fee schedule: \$85.00 per hourly session for Individual, Couples, Family Therapy,

Sliding scale: No

Spanish: Sorry, no Spanish speaking staff or interpreters available.

Name, credentials and area of specialization:

Georgette Ventura, M.S., Licensed Psychologist (Millersville University) Post-traumatic Stress, Marital Problems, Parent-child Problems, Abused Spouse, Adult Child of Alcoholic, Incest Victim.

V. TREATMENT CENTERS IN CENTRAL PA

The Meadows Hospital – Universal Community Behavioral Health

132 The Meadows Drive
Centre Hall, PA 16828

Phone: 1-800-641-7529

www.themeadows.net

Facility Profile:

The Meadows is the leading behavioral health treatment facility of Central PA and is the core of an integrated delivery system for the treatment of mental illness. The Meadows, a 101-bed private behavioral health care facility on a beautiful 52-acre rural campus, is located minutes outside State College. As an integrated behavioral health care delivery system, the Meadows provides

comprehensive services to children, adolescents, adults and older adults. Treatment is provided in separate units based on age appropriate care. Offering a wide referral network of providers throughout Central PA, The Meadows represents a regional specialty system structured to meet the continuum of care demanded by patients, professionals, and payers.

The Meadows is deeply committed to the wellness of the community. We provide mental health treatment and substance abuse evaluations and education to meet the needs of our families. It is our responsibility to manage and deliver a clinical continuum of care of the highest quality in the most cost-effective manner. We have established a standard of excellence in customer service by anticipating and responding to individual needs through win-win partnerships.

The Meadows is part of Universal Health Services, Inc., a national health care provider with a reputation for providing the highest quality of care and service. The Meadows has been accredited by The Joint Commission on the Accreditation of Health Care Organizations (JCAHO) and is licensed by the Commonwealth of PA Department of Public Welfare (DPW).

Treatment Philosophy:

We believe that moderate to severe mental health disorders of children, adolescents, and adults result from the interaction of biological, psychological and social factors. Treatment is individualized, person centered and recovery oriented.

Admissions:

- The Assessment and Referral Center is accessible 24 hours a day, seven days a week;
- Staffed around the clock with behavioral health care professionals accessible by phone or face-to-face;
- The Meadows provides assessment, evaluation, and level of care determination and referrals to community resources based on clinical need;
- Assessments are free and confidential.

The Center accepts referrals for all of our programs from mental health professionals, case managers, primary care physicians, human service agencies, hospital, clergy, family members, friends, and by the consumers themselves.

Medical Insurances Accepted: We are an approved provider for most insurance companies and managed care systems.

Children's Treatment Program:

Our Children's Program provides the intense help necessary for healthy growth and development. The program is designed to meet the special needs of children with behavioral health problems. Our trained staff works closely with each child as they deal with new challenges of learning more about themselves and their relationships. Early treatment of emotional or behavioral problems can help prevent future problems in adolescence or adulthood. The Children's Program emphasizes the sense of community and strengths of patients and each individual's place in the community.

Specific features of the program include:

- Individualized treatment for children ages 5-12
- Comprehensive initial assessment and evaluation of emotional, intellectual, social and physical needs
- Strengths based approach during assessment and treatment
- Multi-disciplinary treatment team of psychiatrists, psychologists, psychiatric nurses, mental health therapists, allied therapists, social workers and other clinicians
- Twenty-four hour supervision by licensed nursing staff

- Use of a privilege based program to help patients develop pro-social behaviors, and to experience success
- Individual, Group and Family Therapy
- Patient and Parent involvement is discharge planning directed toward ongoing recovery
- Nurturing and safe environment
- Tutorial Education during hospitalizations; Collaboration with home school district

Adolescent Treatment Plan:

Our adolescent program was developed to meet the needs of adolescents who are experiencing difficulties with relationships and/or behaviors at home, school or with their peer groups. A highly motivated staff provides a supportive, nurturing and structured environment for each adolescent. The individual needs of each adolescent are recognized and are the basis for that child's plan of treatment. The adolescent program emphasizes the sense of community, strengths of patients and each individual's place in the community. Peer support and feedback help patients learn to respect themselves and each other. The many group and school activities provide patients with opportunities for social interaction and cooperation.

Specific features of the program include:

- Individualized treatment for children ages 12-17
- Comprehensive initial assessment and evaluation of emotional, intellectual, social and physical needs
- Strengths based approach during assessment and treatment
- Multi-disciplinary treatment team of psychiatrists, psychologists, psychiatric nurses, mental health therapists, allied therapists, social workers and other clinicians
- Ongoing feedback and patient teaching to encourage and reward age appropriate responsibility and behaviors
- A safe, nurturing environment with twenty-four hour supervision by registered nurses and other nursing staff
- Individual, Group and Family Therapy
- Patient and Parent involvement is discharge planning directed toward ongoing recovery
- Tutorial Education during hospitalizations; Collaboration with home school district
- Assessment, education and referral (as necessary) for adolescents with substance abuse issues

Adult Treatment:

The Adult Services Program provides efficient and comprehensive mental health treatment in an interactive manner. The goal of the program is to stabilize acute symptoms and enhance individual strengths and coping skills. Patients are actively engaged in treatment through therapeutic and educational groups and individual interactions with clinical staff. A supportive, therapeutic environment is provided to assist patients in dealing with stressors and returning to the community.

The adult program offers the capability to assess, educate and refer individuals who also have chemical abuse or dependency issues to providers.

Specific features of the program include:

- Treatment for individuals over the age of 18
- Twenty-four hour physician and nursing care
- Comprehensive initial assessment and evaluation of emotional, intellectual, social and physical needs
- Strengths based approach during assessment and treatment

- Multi-disciplinary treatment team of psychiatrists, psychologists, psychiatric nurses, mental health therapists, allied therapists, social workers and other clinicians
- Individualized treatment plans
- Therapeutic and educational groups
- Individual, Group and Family Therapy
- Pharmacotherapy when indicated
- Active involvement with family or significant others
- Active patient involvement in discharge planning
- Coordination of care with referral sources, after care providers, and community supports to continue the process of recovery

The Stabilization Program:

The Stabilization program provides individualized quality care for acutely mentally ill consumers. The goal is to stabilize acute symptoms quickly and efficiently so the patient may step down to a less restrictive environment.

Specific features of the program include:

- Treatment for individuals over the age of 18
- Individualized treatment plans
- Therapeutic and educational groups
- Higher staff to patient ratio that provides constant assessment
- Individual, Group and Family Therapy
- Pharmacotherapy when indicated
- Active involvement with family or significant others
- Coordination of care with referral sources, after care providers, and community supports to continue the process of recovery
- Twenty-four hour physician and nursing care
- Comprehensive initial assessment and evaluation of emotional, intellectual, social and physical needs
- Strengths based approach during assessment and treatment
- Multi-disciplinary treatment team of psychiatrists, psychologists, psychiatric nurses, mental health therapists, allied therapists, social workers and other clinicians

Roxbury Treatment Center

601 Roxbury Road
Shippensburg, PA 17257

Phone: 1-800-648-4673
www.roxburyhospital.com

Roxbury Treatment center offers both inpatient and outpatient services for individuals struggling with chemical dependency and/or mental health issues.

Why Choose Roxbury?

Roxbury Treatment Center is a unique inpatient facility offering acute psychiatric, detox, and rehab services for adults. Individualized care and attention by our staff make Roxbury a superior choice for treatment.

- Art and Music Therapy
- Specialty programming for those suffering with co-occurring disorders
- Individualized treatment for every patient
- Family therapy
- Individual and group therapy
- Friendly and attentive staff

- 27/7 call center for admissions
- 24/7 psychiatry coverage

Roxbury Values:

- We will provide timely, professional, effective, and efficient services to all of our consumer groups
- We believe that all of our patients are entitled to integrated quality healthcare
- We will provide an environment free from discrimination and prejudices
- We will conduct ourselves according to the highest standards
- We believe honesty, trust, courtesy, and ethical conduct are essential
- We believe forming fair and dependable relationships with those we serve is of utmost importance
- We believe patients rights, safety, and dignity, together with the worth of staff will be fully honored
- We believe the most productive work environment that promotes teamwork, active collaboration, and safety
- We believe that clear and open communication within and across departments and services are of high importance
- We believe that inter-agency coordination affords each patient the opportunity for a full continuum of care.

Payment:

Roxbury is a preferred provider for most insurance plans and accepts most major commercial insurances and PA Medicaid. Persons without insurance are often eligible for county funding to cover all or part of the costs of treatment. For more information please contact our intake department.

Licensure and Accreditation: The PA Department of Health and Office of Mental Health and the Joint Commission

Outpatient Services and Locations:

| | | |
|---|--|--|
| Roxbury Carlisle Minerva Mills Building 401 East Louther St – Suite 213 Carlisle, PA 17013 717-249-5010 | Roxbury Chambersburg The Professional Arts Bldg. 25 Penn Craft Ave – Suite 312 Chambersburg, PA 17201 717-264-2400 | Roxbury Shippensburg 601 Roxbury Road Shippensburg, PA 17257 717-532-4217 |
|---|--|--|

Outpatient and Intense Outpatient Substance Abuse Services:

- Initial evaluations and recommendations for various levels of treatment
- Group therapy, individual sessions, and family counseling services
- Integrated treatment approach for co-occurring disorders
- Centralized intake to all programs and locations operating 24 per day to address routine, urgent, and crisis calls

Scheduling and appointment:

We offer evaluations and assessments for anyone seeking substance abuse treatment. Our team of professional counselors is available to assist clients with developing individualized plans to help begin and build skills for recovery. Additionally, our staff is accustomed to coordinating treatment and care with clients who have multi-agency involvement.

Inpatient Psychiatric Services

601 Roxbury Road
Shippensburg, PA 17257

Phone: 1-800-648-4673
(717) 532-4217
Fax: (717) 532-4003

Specializing in acute psychiatric and co-occurring disorder treatment for adults.

Population served:

- Adults 18 years and older
- Those with acute psychiatric needs as well as those with co-occurring disorders.

Program Philosophy:

Strengths Based:

- Emphasis placed on the patient and their family
- Treatment care plans focusing on strengths and resources for growth and change

Case Management:

- Clinical evaluations
- Therapeutic groups and activities
- Continuing care resources
- Family therapy sessions
- Discharge planning sessions for both the individual and family

Cognitive:

- Emphasis placed on personal awareness
- Individual therapeutic sessions
- On going 12-step involvement for recovery

Behavioral Change:

- Emphasis placed on establishing successful expected behaviors
- Emphasis on boundary and limit setting

Co-Occurring Disorder Programming:

- Substance abuse treatment care planning
- 12-step education with attendance to 12-step meetings
- Co-occurring disorder group therapy and educational sessions

Medical:

- Acute detoxification from substances
- Full and complete medical examination and history
- Medication education and management

Psychiatric:

- Thorough psychiatric evaluation
- Psychopharmacologic stabilization
- Medication management for psychotropic medications

Treatment Team Culture:

- High level of safety, structure, and supervision
- Individualized therapeutic approach

Inpatient Chemical Dependency Services

601 Roxbury Road
Shippensburg, PA 17257

Phone: 1-800-648-4673
(717) 532-4217
Fax: (717) 532-4003

A private sub-acute detoxification and rehabilitation program.

Key Features:

- Facility wide commitment to service excellence
- Licensed by the PA Department of Health and the Office of Mental Health
- Fully accredited by the Joint Commission of Accreditation of Healthcare Organizations (JCAHO)
- Level of care determined by the American Society Of Addiction medicine (ASAM)

- Experienced psychiatrists lead our dynamic treatment team and direct the course of co-occurring disorders treatment
- Clinical team staffed by certified addictions counselors, certified co-occurring disorders professionals, Master and Bachelors level clinicians, nurses, and medical physicians

Services:

- Detoxification services conducted under close medical supervision
- Medical assessment and care provided 24 hours daily
- Treatment services include individual counseling, group therapy, psycho-education, and 12-step programming
- Co-occurring disorders treatment services also include psychiatric evaluations, follow-up consultation regarding mental health concerns, medication management, co-occurring disorders treatment groups, and detailed continuing care planning
- Brief-stay intensive treatment available for individuals in need of a 10 to 14 day inpatient treatment experience
- Individual tailored and structured programming to meet individuals needs
- Transportation available within 50-mile radius.