

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. – 2:30 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 funded 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; 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

Philhaven



283 S. Butler Road, P O Box 550 - Mt. Gretna, PA 17064
 Phone: (717) 273-8871
 Fax: (717) 270-2452
www.philhaven.org

Outpatient

204 Hathaway Park | Lebanon, PA 17042 | Phone: (717) 274-9777 | Fax: (717) 274-9815
 Outpatient Scheduling: 800-459-7497

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

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	Jeremy Walters, MD	Mustafa Kaleem, MD
Olaniyi Oluleye, MD	Magdalena Janicka, MD	Habibah Mosley, MD
Richard Pakola, MD	Spencer Brown, MD	Amanulla Khan, MD Hemant Shah, MD
Nhien Nguyen, MD	Linda Raymond, MD	Paul Yeung, MD
Francis Sparrow, MD	Eugenia Abonyi, MD	Lorriane Wharton Mohammad, MD
Tom Fenstermacher, MD	Mahvash Sheikh, MD	Tomas Foley, MD
John Dolena, DO	Saiqa Mushtaq, MD	

Psychologists:

Melanie Baer, PsyD	Cary Haegger, Ph.D.	Tammy Lazicki, Ph.D.
Tom Crotty, Ph.D.	Ted Hummel, MA	Ron Vogt, Ph.D.
Julie Gordon Dueck, Ph.D.	Charles Goins, PsyD	Kevin Newgren, PsyD

Social Workers:

Karen Boyer, MSW	Anne Lavin, MSW	Charlene Peachey, MSW
Stephanie Dobroski, MSW	Sonja Martin, MSW	Katherine Ranck, MSW
Janet Donato, MSW	Ann Burriss, MSW	Barry Stoner, MSW
Kristen Bascelli, MSW		

Allied Mental Health:

Dale Brickley, Ph.D., LPC
Judith Clark, MS, LPC

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

Alison Pidgeon, LPC
Ralph, Whitaker, LPC

Penn State Milton S. Hershey Medical Center



500 University Drive
Hershey, PA 17033-0850
1-800-243-1455 (CareLine – patient self-scheduling)
1-800-233-4082 (MD Network – physician referral scheduling)
www.hmc.psu.edu/psychiatryservices

In 2008, the Penn State Milton S. Hershey Medical Center and Pinnacle Health, both not-for-profit corporations, came together to create the Pennsylvania Psychiatric Institute (PPI) in Harrisburg. PPI represents a commitment to enhanced collaboration, continuity of care, and growth among existing mental health services in Central Pennsylvania. PPI offers inpatient care, with a 16-bed child-and-adolescent unit and 58 adult beds on three distinct units. PPI’s outpatient and partial hospitalization services are housed in 3 clinical sites in Harrisburg and one in Hershey. In addition, Penn State Hershey faculty also provides psychiatric consultation to the Pinnacle Health System and the Hershey Medical Center hospitals.

Pennsylvania Psychiatric Institute (PPI)



Triage and Evaluation Center (TEC): (717) 782-6493 or 1-866-746-2496 (available 24/7).
General inquiries: (717) 782-6420

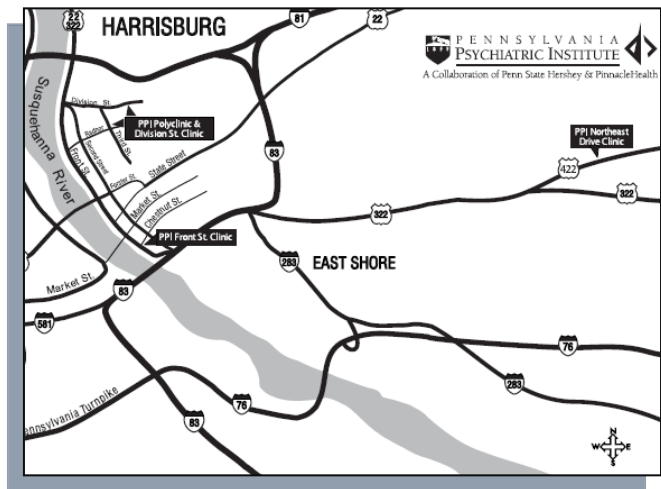
Facilities:

The Pennsylvania Psychiatric Institute is located on the PinnacleHealth Polyclinic Campus, 2501 North Third Street, Harrisburg, PA 17110-2098

The Division Street Clinic (formerly known as Milestones) is an outpatient treatment center serving adults dually diagnosed with both mental illness and mental retardation. It is located at 401 Division Street, near the PinnacleHealth Polyclinic Campus.

The Front Street Clinic is a treatment center providing outpatient and partial hospitalization programs for children and adolescents. It is located at 307 South Front Street at the PinnacleHealth Harrisburg Campus.

The Northeast Drive Clinic provides outpatient services for all ages as well as adult partial hospitalization. It is located at 22 Northeast Drive in Hershey, PA.



Adult Psychiatric Programs

The Pennsylvania Psychiatric Institute (PPI) offers a wide array of inpatient and outpatient services for adults with mental illness. All care is personal, confidential and comprehensive.

Our Adult Inpatient Psychiatric Program treats adult psychiatric patients that are struggling to overcome a mental illness that has significantly disrupted their daily activities. This program is designed for patients who are unable to care for themselves or loved ones due to their mental illness and may need to be voluntarily or involuntarily admitted to the hospital to become stabilized.

Our Adult Partial Hospitalization Psychiatric Program is for adult psychiatric patients that need more treatment than traditional outpatient services can provide, but do not necessarily need inpatient hospitalization. This program is also designed for adults that have needed the safety and structure of an inpatient stay and now need to continue daily treatment following their return home.

Our Adult Outpatient Psychiatric Program is less restrictive level of care that allows individuals to seek treatment for mental health issues while continuing to maintain their daily life. Often, those in recovery who have completed an inpatient psychiatric program continue treatment and follow up through an outpatient program.

PPI also offers a number of special services and clinics to meet the needs of patients with specific mental disorders, including a bipolar clinic, Clozaril clinic, and mood disorder clinic.

Mature Adult Psychiatric Programs

Mature adults can have unique issues when it comes to mental illness. The Pennsylvania Psychiatric Institute (PPI) recognizes these issues and has designed a number of programs specifically for older adults who may be suffering from mental illnesses or psychiatric disorders.

Our Mature Adult Inpatient Psychiatric Program is designed for adults age 55 and older who require inpatient psychiatric care due to a mental illness that has significantly disrupted their daily activities. This program is also offered to older adults who are physically frail or require assistance with daily activities like walking.

Our Mature Adult Outpatient Psychiatric Program is for older adults who require short-term mental health treatment. This program recognizes the impact aging has on one's mental health and provides treatment that effectively acknowledges aging and mental illness on an outpatient basis.

Our Mature Adult Psychiatric Assessment Program provides comprehensive evaluations by a psychiatrist and a neuropsychologist to assess for Dementia, including Alzheimer's disease. Follow up appointments for medication management are provided as well as support and education for the family.

Child & Adolescent Psychiatric Programs

The Pennsylvania Psychiatric Institute (PPI) offers a full range of inpatient and outpatient psychiatric services for children and adolescents. All of these services are delivered in safe, nurturing environments. The goal of all therapies is for each child and adolescent to return successfully to his or her home, school and community.

Our Child & Adolescent Inpatient Psychiatric Program is designed for children and adolescents who are experiencing emotional disorders that prevent them from functioning in school, home or a community setting. This program provides therapeutic and diagnostic treatment planning specific to the individual needs of the child – age 14-17; 18 if still in school.

Our Child & Adolescent Partial Hospitalization Psychiatric Program is designed for children and adolescents who require mental health treatment in a structured, day treatment setting. This program is

ideal as a step-up from outpatient psychiatric services or a step-down from inpatient psychiatric services.

Our Adolescent Intensive Outpatient Psychiatric Program allows children and adolescents to receive mental health treatment in an intensive outpatient setting one to three evenings per week. This program is for children and adults who no longer can be maintained through traditional outpatient psychiatric services, but have been discharged from inpatient or partial hospitalization psychiatric services.

Our Child & Adolescent Outpatient Psychiatric Program is a less restrictive level of care and allows children and adolescents to receive outpatient treatment while continuing to maintain their normal family and school commitments. Children and adolescents who have completed an inpatient psychiatric program typically continue treatment through our outpatient psychiatric service.

PPI offers a number of special services and clinics to meet the needs of young patients with specific mental disorders. Some of these disorders commonly suffered by children and adolescents are Autism Spectrum Disorder Clinic, ADHD Clinic, and Mood Disorder Clinic.

Hispanic Psychiatric Programs

The Pennsylvania Psychiatric Institute's Hispanic Clinic is unique in Central Pennsylvania. It is for patients age 5 and older who only speak Spanish or who have difficulty communicating in English. Bilingual and bicultural doctors and staff members provide outpatient psychiatric evaluations, individual, group and family therapy, and medication management at our Front Street Clinic in Harrisburg.

Clinic hours are Monday - Thursday from 8 a.m. – 6 p.m. and Friday from 8 a.m. – 5 p.m. Patients are seen by appointment only. For more information about the Hispanic Clinic or to make an appointment, call (717) 221-6200.

Los Servicios de salud mental para Hispanos

La Clinica Hispana del Instituto Psiquiátrico de Pennsylvania es unico en el centro de Pennsylvania. Es para pacientes mayores de 5 años que sólo hablan español o que tienen dificultades para comunicarse en Inglés. Doctores y miembros del personal que son bilingües y biculturales proporcionan evaluaciones psiquiátricas ambulatorias, terapia individual, en grupo o de familia y manejo de medicamentos en nuestra clinica localizada en Front Street en Harrisburg.

El horario de la clinica son de Lunes – Jueves desde las 8 a.m. – 6 p.m. y el Viernes desde las 8 a.m. – 5 p.m. Los pacientes son atendidos solamente si tienen una cita. Para mas informacion sobre la Clinica Hispana o para hacer una cita, por favor llame al (717) 221-6200.

Programs for Mental Illness and Mental Retardation/Development Disabilities

Who this Program Treats - For a person suffering from mental retardation or development disabilities, day-to-day functions may be a challenge. At Pennsylvania Psychiatric Institute (PPI), we recognize that the combination of mental retardation/development disabilities and mental illness/psychiatric disorders can be a challenge for the patient and the family.

People suffering from mental retardation or development disabilities face struggles when dealing with mental illness including depression, anxiety disorders, affective disorders, psychotic disorders, schizophrenia, avoidant disorders and dementias. Therefore, they may require specific programs.

Services this Program Offers - The Division Street Clinic (formerly called “Milestones”) in Harrisburg is an outpatient treatment center serving adults dually diagnosed with both mental illness and mental retardation. All patients must have adequate verbal and cognitive abilities to participate in group therapy.

Programs include:

Adult Intensive Outpatient Program - This program is for adults age 19 to 65 with a mental health disorder and moderate to borderline mental retardation. Those enrolled in this program participate in group therapy, receiving three hours of therapy up to three days a week. The therapy sessions discuss goals established by the patient and therapist and intensively focus on coping skills and problem solving related to those goals.

Adult Partial Hospitalization Program - Through this program, adults who have a developmental disability/mental retardation receive mental health treatment aimed at alleviating problems/symptoms and enhance quality of life. Patients receive treatment from a variety of mental health experts, including psychiatrist, therapists and psychiatric nurses. Treatment includes a series of three to six hours of group therapy. If on medication, the patient has regularly scheduled visits with the psychiatrist.

Outpatient Medication Program - Through this program, adults who have a developmental disability/ mental retardation and who have a diagnosed psychiatric disorder receive a psychiatric evaluation and ongoing medication management.

Older Adult Program - This program is for adults age 65 and over who have chronic psychiatric problems. The program provides psychiatric evaluations, group therapy and medication management.

Dementia Assessment - While there is currently no cure for dementia or Alzheimer’s disease, an early diagnosis can mean more effective treatment that can help slow the progression of these conditions. This program evaluates adults age 65 and older for dementia and Alzheimer’s disease. The three-hour evaluation includes neuropsychiatric testing by a psychologist. Follow up appointments for medication management can be provided, as well as support and education for the family.

Getting Started - For more information about the services offered at the Division Street Clinic, call (717) 782-4349.

Electroconvulsive Therapy (ECT)

Who this Program Treats - Electroconvulsive therapy (ECT) is a procedure used to treat severe depression. It may be used for people who have delusions, hallucinations or suicidal thoughts or when other treatments such as psychotherapy and antidepressant medications have not worked. It is also used for other psychiatric and neurological conditions, such as schizophrenia and Parkinson’s disease.

What ECT Involves - ECT is performed under anesthesia and the patient is asleep. During the procedure, the brain is briefly stimulated with electricity. This causes a small seizure. It is believed that the seizure results in a beneficial change in brain chemistry. ECT has a high success rate in patients with depression.

ECT is given as a series of treatments – usually 6 - 12 treatments over 2 - 4 weeks. General anesthesia is administered by an anesthesiologist and nurse anesthetist. The procedure lasts 20 to 30 minutes. Side effects are primarily associated with anesthesia, but may result from the ECT itself. Because of the effects of anesthesia, you may not remember the procedure. You may experience

some short-term memory loss, confusion, nausea, headache, jaw pain, muscle aches and/or soreness immediately following ECT. These effects may last several hours. A few people have reported long-term memory loss.

Treatment Schedule - Electroconvulsive therapy is administered Monday, Wednesday and Friday afternoons at the Pennsylvania Psychiatric Institute's ECT suite on the 5th floor of the Landis Building.

Preparation for ECT includes:

- Having clear liquids the morning of the treatment for inpatients
- Nothing by mouth after midnight except morning medications with a sip of water for outpatients
- An EKG (for patients over 50), blood work, recent medical history and physical, and signed consent forms

Referral Process - Physicians who wish to refer a patient for ECT should have the following information ready when they call to make a referral:

- General patient information
- Presenting symptoms
- Medical and family history
- Current treatment
- Current medications (if applicable)
- Current living arrangements

If anyone other than a doctor is making a referral, please know that a patient must be willing to sign in for voluntary treatment. An admission coordinator or counselor from the Triage and Evaluation Center (TEC) will:

- Ask about medical and legal status
- Review admission criteria and eligibility with psychiatrist
- If met, schedule an intake assessment

Getting Started - For information about electroconvulsive therapy, please call the Triage and Evaluation Center at (717) 782-6493 or (866) 746-2429 any time of the day or night.

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: Dr. Piro Rjepaj

Haven Behavioral Hospital of Eastern Pennsylvania



Inpatient Psychiatric Hospital
145 North 6th Street
Reading, PA 19601
Main: (610) 406-4340

Admissions/Assessments/Referrals:
Phone: (610) 378-2486
Fax: (610) 378-2029

Partial Hospital Program:

145 North 6th Street
Reading, PA 19601

Admissions/Assessments/Referrals:

Phone: (610) 406-4357
Fax: (610) 898-8003

Type of Services provided:

Haven Behavioral Hospital provides acute inpatient psychiatric and partial hospitalization services for adults 18 years of age and older.

Inpatient Psychiatric Services:

Haven's Adult Program provides inpatient psychiatric stabilization and treatment to adults experiencing acute symptoms of depression, anxiety, mood swings or psychosis. Upon admission, each patient is assessed by the multi-disciplinary team of mental health professionals and receives an individualized treatment plan to stabilize their mental health condition. The program goal is to provide patients with the skills to manage their mental health illness and return each patient to their best possible level of health.

Patients are treated through a short-term program of comprehensive assessments, medication evaluation and stabilization before a coordinated return to an appropriated environment. At Haven, we work with the family, physician and other community agencies to meet the needs of senior adults.

Acute Partial Hospitalization Program:

The Acute Partial Hospitalization Program provides a structured supportive therapeutic environment for patient transitioning from inpatient psychiatric treatment or needing a more intensive level of care than outpatient therapy.

Partial Hospitalization helps patients safely manage their behavioral health issues on an intensive outpatient basis and helps assist them to reduce and resolve psychiatric symptoms in a safe intense treatment program. Upon admission, each patient is assessed by the multi-disciplinary team of mental health professionals and receives an individualized treatment plan to stabilize their mental health condition. The program goal is to provide patients with the skills to manage their mental health illness and return each patient to their best possible level of health.

Patients are treated through a community group model that creates a therapeutic environment. Groups are designed to provide patients with tool, resources and support to reduce symptoms and improve functioning.

Areas of specialization:

Specialized services are provided for adults 18 years of age and older.

Medical Insurances Accepted:

Most medical insurances accepted including Medicaid and Medicare.

Sliding Scale: No

Spanish: N/A

Professional Staff: Includes Board certified psychiatrists, physician, masters level therapists, and psychiatric nurses, social workers, discharge coordinators and mental health technicians.

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.

Outpatient Counseling

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

Family Focus: Phone: (717) 273-3011

Fee schedule: No charge if eligible for sessions
Sliding scale: 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: 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: Kevin Schrum, Director kschrum@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
Phone: (717) 272-5308 – 24 hr. hotline
Business Phone: (717) 270-6972
Fax: (717) 270-6987



Sexual Assault Resource & Counseling Center

<http://www.sarcclebanon.com>

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 area of specialization: J. D. Streiff, BA, CAC/CCS, SAP

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

Name, credentials and area 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



200 North 7th St. - Lebanon, PA 17046

Phone: (717) 272-1653

Fax: (717) 272-4166

<http://pacounseling.com>

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.

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 Phone: 717-413-6483
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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
- ✓ Family Therapy
- ✓ Couples and marital therapy
- ✓ Anxiety disorders
- ✓ Conduct and behavior problems
- ✓ Depression, withdrawal
- ✓ Learning disabilities
- ✓ Temper problems
- ✓ Socialization problems
- ✓ Development delays
- ✓ Tourette's disorder
- ✓ Depression
- ✓ Anxiety
- ✓ Individual, group therapy

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
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
Heidi Ramsbottom, Ph.D., hramsbottom@PHACentralPA.com	Child, adolescent disorders, parenting, depression and anxiety, preschool behavior problems, adjustment and life transition issues, couples and family therapy	New Holland Hershey
Jamie Bolton, Psy.D., jbolton@PHACentralPA.com	Conduct and oppositional disorders in children and adolescents, abuse, child management training, parenting, couples therapy, family therapy, ADHD.	Manheim Hershey

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



15 S. 9th Street.
Lebanon, Pa 17042

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

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

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, Grief and Loss, Physical/Sexual/emotional Abuse, Parent-Child Problems, Personality Disorders, Conduct Disorders, ADHD, Co-Occurring Issues, (and much more).

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: Yes

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
- Andrea Harmuth, LSW- Psychotherapist
- Doris Rogers, MS- Psychotherapist
- Sheila Kelley, MS, LPC
- April Mandeville, LSW
- Steve Gerke, BA, MBA (in process of M.A. in counseling)

Fredericksburg Family Therapy and Counseling Center

122 S. Tan Alley
Fredericksburg, PA 17026

Name	Janet R. Stauffer, Ph.D, LMFT, LSW	Jennifer L. Ransil, MA
Phone Number	(717) 865-0496	(610) 513-7895
Type of service provided	Marital, Family, and ndividual Therapy (children through adult)	Marital, Family, and Individual Therapy
Areas of Specialty	Marriage & Family therapy, Individual Therapy and Children & Adolescents	Sex therapy for dysfunction, marital enrichment, and trauma & abuse
Fee Schedule	\$75.00 per 50 minute session	\$50.00-\$100 per 50 minute session.
Sliding Scale	No	Yes (based on income)
Medical Insurances Accepted	Blue Cross, Blue Shield, Federal BC/BS. Please call the office to verify other insurances.	None

Credentials Clinical Member Association for Marriage & Family Therapy.

MA in Marriage & Family Therapy, Post-graduate courses in sex therapy. Associate member of American Association of Marriage & Family Therapists

Spanish Sorry, no Spanish speaking staff or interpreters available.

Sorry, no Spanish speaking staff or interpreters available.

IV. INDIVIDUAL COUNSELORS

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.

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.

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

Dr. Stevie Falk is no longer in private practice.

Please contact her at Lebanon Valley College - Director of Counseling Services
2nd floor, Shroyer Hall | 717.867.6696 (phone) | 717.867.6889(fax) | falk@lvc.edu (email)

V. TREATMENT CENTERS

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

CRC – Lebanon Treatment Center



3030 Chestnut St.
Lebanon, PA 17046
www.crchealth.com

Phone: 717-273-8000
1-866-762-3766

CRC Health Group is the nation's leading provider of treatment and educational programs for adults and youth who are struggling with behavioral issues, chemical dependency, eating disorders, obesity, pain management, or learning disabilities. Whether you are seeking addiction treatment for an adult or a specialized learning environment for your child, we are sure to have a program that will meet your needs. For more than 30 years, our treatment philosophy and exceptional care have enabled our clients to reclaim and enrich their lives.

Staff at our outpatient clinics include:

- Physicians who specialize in addictionology;
- Certified addiction counselors;
- Mental health specialists;
- Licensed nursing personnel.

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.

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 is 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
 Phone: 1-800-648-4673
 Shippensburg, PA 17257
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.

Contracted *Tricare* Programs:

Program:	Active Duty	Dependent & Retiree
Adult Inpatient Acute Psychiatric	Yes	Yes
Adult Chemical Dependency for Active Duty Military (Detox/Rehab)	Yes	No
Adult Chemical Dependency Detox	No	Yes
Adult Chemical Dependency Rehab	No	Yes

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
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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.