

# Lancaster Behavioral Health Hospital



Penn Medicine  
Lancaster General Health



*Treatment, Compassion and Hope*  
Today, Tomorrow and Always.

## **Inpatient Mental Health Services**

Our partnership aligns quality care, knowledge and resources to help us positively change behavioral healthcare in South Central Pennsylvania.

We provide evidence-based treatment that can help people rebuild relationships and enhance overall well-being. Our staff focuses on helping patients process trauma and build a sustainable path of recovery. Each person works with an individualized treatment team to create a plan of care that can encompass all aspects of healing and recovery. Our multidisciplinary treatment teams include nurses, licensed therapists and social workers.

### **Our General Adult Programs:**

General adult programming provides a stable, nurturing and therapeutic environment for adults needing crisis stabilization and/or 24-hour care to manage a continuum of mental health needs ranging from severe depression, anxiety and other mood disorders. Our treatment programs offer intensive, highly coordinated care by a physician-led team of mental health professionals along with daily structured activities based on the treatment needs and goals of each individual. Our programs are designed to stabilize the most serious symptoms to allow for a smooth transition to less intensive levels of care.

## Our Specialized Programs:

### Intensive Adult Suite -

The Intensive Adult Suite serves adults ages 18 and over who are experiencing intense psychiatric disorders, active psychosis and exhibit a decreased capacity for self-control. Small groups and higher staffing ratios are designed to support recovery. We provide patients with the skills necessary to better manage distress, social interactions and the demands of everyday life.

### Psych/Med Adult Suite -

This specialty program is designed for adults with major psychiatric disorders and concurrent medical conditions that may require additional specializations. Clinical practices center on helping individuals learn how to manage and regulate unique, emotional responses and medical conditions. Treatment may include trauma screening, medication education/treatment, spiritual care and daily mindfulness groups.

### Adolescent Suite -

Our Adolescent Suite is a dedicated, structured environment for teens who are dealing with mental health disorder symptoms. Our philosophy of care embraces a comprehensive treatment model to include integrated clinical therapies and academic instruction. Fostering hope and building resiliency, programming is offered in a healing environment and focuses on the unique emotional, social and developmental needs of adolescents. We are committed to helping young individuals regain stability and develop skills for a healthier, more positive future.

### Adult Women's Suite -

Our women's-only suite provides a supportive and therapeutic environment for women experiencing acute mental health crises. Our goal is to provide an empowering space where women can heal and grow. Designed to address the unique challenges and needs of women, treatment is delivered primarily in the form of group therapy offering specialized, comprehensive and multidisciplinary treatment. Psychoeducation and wellness activities are used to create a community where women can build resilience, develop coping strategies, strengthen their mental wellness and engage in the healing process.

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