

About our Child & Adolescent Mental Health Services

Childhood should be a time free from worry and anxiety.

However, stress from school, family situations, a disability, or growing up can present challenges for children.

Adolescence can be an overwhelming time – with strong emotions, new experiences, and experimentation with new behaviors and attitudes. For some, this transitional time can be more than they can handle.

We provide a comprehensive array of inpatient and outpatient services to assist children and adolescents in facing these life transitions.



CHILD & ADOLESCENT MENTAL HEALTH SERVICES



Children's inpatient and outpatient mental health services are available in person at various locations across the St. Luke's University Health Network.

Some services are also available through telehealth.

**For insurance questions,
program eligibility, or more
information, call 484-822-5700.**



St Luke's
Penn Foundation

MENTAL HEALTH SERVICES

Hope, Recovery and Wellness **TOGETHER**

Outpatient Services

► Counseling and Psychiatry

St. Luke's Penn Foundation offers a variety of treatment approaches to address childhood and adolescent difficulties and emotional issues. We provide psychological and psychiatric evaluations; individual, family and group counseling; play therapy; and medication management. Family participation is actively encouraged in the development of an individualized treatment plan.

► Case Management

Case Management partners with children and adolescents and their families to connect them to resources that can improve their quality of life. Support can be short-term or long-term based on the individual's needs. Available support includes accessing community resources such as low-income housing, financial entitlements, vocational rehabilitation services and support groups; navigating systems such as schools, public welfare, social security and behavioral health treatment; and life coaching.

► Innovations

(Acute Partial Hospitalization and Intensive Outpatient Program)

Innovations provides groups, education, and supportive therapies through which adolescents (14-17) can gain the strength and psychosocial direction they need to regain confidence to manage their day-to-day lives.

Care is provided five days per week, and when appropriate, care is stepped down to three days per week in the Intensive Outpatient Program (IOP).

► Early Intervention Services

Early Intervention Services are designed to help families with children (*ages birth to three*) with a 25% (*or higher*) delay in any area of development: cognitive,

language/speech, physical, social/emotional and self-help. Although we do not provide direct therapeutic support, we do collaborate with trusted providers to coordinate special instruction, speech therapy, occupational therapy, physical therapy and more.

► Mental Health Walk-In Center

Open 365 days a year, the Mental Health Walk-In Center in Leighton offers a welcoming, comfortable environment for individuals (*ages 14 and older*) seeking support for non-life-threatening mental health issues. The Center provides short-term psychiatric services and connects individuals to services appropriate for their needs.

► Family Based Services

Family Based Services provides 32 weeks of intensive community and home-based therapy and support for children and adolescents (*up to age 21*) with emotional and behavioral challenges and their families. Children and adolescents enrolled in this program are typically at risk for out-of-home placement, so we focus on working with the family to successfully maintain the child in the home.

► Intellectual Disabilities

Supports Coordination

Supports Coordination is a program that locates, coordinates and monitors supports and services for individuals (*ages 3 and older*) with intellectual disabilities. Our program promotes the health and safety of the individuals we serve and educates them and their families about the supports that are available.

► YESS! Program

(Your Emotional Strength Supported)

YESS! is a school-based therapy program offered in school districts throughout St. Luke's coverage area. This program provides integrated mental health treatment for children and adolescents in the designated schools. Our therapists work with the students and collaborate with school staff and parents to help to reduce disruptive behavior and improve self-monitoring skills.

Inpatient Services

► Adolescent Mental Health Unit

This 16-bed hospital-based unit, located at the St. Luke's Easton Campus, offers a modern, inviting atmosphere for adolescents who face a range of mental health issues that are impacting their daily lives.

Our team of professionals works together to create an individualized treatment program tailored to each adolescent's needs. This treatment plan includes:

- *Care Coordination*
- *Comprehensive psychiatric evaluation and treatment*
- *Creative arts therapy and recreation therapy*
- *Educational instruction*
- *Life skills*
- *Individual counseling*
- *Medication review and management*
- *Multidisciplinary treatment interventions*
- *Psychosocial assessment and discharge planning*

Admission to the inpatient unit requires a referral from a medical care provider.

For more information or to make an appointment, please call 484-822-5700.