

FACTS

ABOUT THE BEHAVIORAL HEALTH UNIT

Jefferson Abington Hospital

1200 Old York Road
Abington, PA 19001
215-481-2525

JeffersonHealth.org/Abington

The Behavioral Health Unit at Jefferson Abington Hospital is a specialized, inpatient treatment program designed to maintain and restore the integrity and dignity of each individual patient, including young and older adult patients. This unit, located on the fourth floor of the Buerger Building, hosts 23 beds, including private rooms and semi-private rooms, activity rooms and a group dining room with tranquil and soothing color schemes and artwork. Lighting is set at research-based lumen settings for a positive effect on mood and behavior. The unit is also fully equipped to accommodate intravenous and oxygen therapy, dialysis and bariatric patients, making it uniquely suited for patients with medical needs.

The multidisciplinary team caring for these patients consists of psychiatrists, advanced practice providers, registered nurses, licensed practical nurses, mental health technicians, social work staff, allied therapists and other support staff as needed. Since Jefferson Abington Hospital is a teaching hospital, residents and students may also be involved in patient care.

Our Philosophy

Change and loss are the two major life situations in which individuals may need help coping with everyday life. When such life changes occur, the Behavioral Health Unit's team, programs and services are designed to assist patients in reaching their highest potential.

Some situations include changes in social relationships or roles, finances, activity levels, and health and living arrangements. Individuals may experience many types of losses, such as decreased emotional support with the loss of a spouse or lifelong friends, loss of independence, retirement, declining physical health, sensory impairment, and discomfort with

dependency, isolation and withdrawal. These changes and losses may cause greater susceptibility to mental illness. Our team clinically investigates the cause of confusion and depression while providing therapeutic treatment.

Admission Criteria

All patients must be 18 years of age or older and have a primary psychiatric diagnosis meeting the following criteria:

- Immediate danger to self, others or property
- Acute change in mental status, mood or thought processes
- Need for continuous intensive skilled observation, or high dose medication
- Severely impaired social, familial, educational or occupational functioning related to a psychiatric diagnosis
- Failure in outpatient or extended care settings

We accept involuntary commitments and voluntary admissions in our secure unit. Voluntary admissions are for patients who are 18 years of age or older who understand the nature of the treatment they are to receive and the nature of the treatment setting.

PROGRAMS AND SERVICES

Allied Therapy: A trained team in art therapy, drama therapy, marriage/family therapy, music therapy and recreation therapy offers these programs, seven days and several evenings per week, including holidays. Treatment is individualized to patient needs.

Community Meeting: Orients patients to the unit and the program and facilitates daily goals.

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Coping Skills: Includes formal instruction with the opportunity to practice. Topics include achieving sobriety, anger management, assertiveness, discharge preparation, goal planning, identification and expression of needs, leisure resources, relapse prevention, relaxation, stress management and self awareness.

Creative Arts Therapies (Art/Music): Offers opportunities for enhanced self awareness, increased objectivity, self expression, and nonverbal exploration of emotions via various art materials, musical instruments and song.

Exercise Group: Ranges from seated exercise to mild aerobics.

Group Therapy: Focuses on the present and immediate future by identifying issues to be addressed in outpatient treatment.

Leisure Activities: Musical, cognitive and physical games, including Wii, are used to teach new skills and to reinforce existing leisure skills for use after discharge.

Open Studio: Allows for self selection of a wide range of activities including art, crafts, board, word and number games, puzzles, skills worksheets, journaling, personal computer and exercise equipment.

Spirituality Group: Includes inspirational readings, discussion, prayers and songs facilitated by hospital chaplains.

Tobacco Awareness: Educates patients on options for quitting smoking, including medications and resources for counseling.

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BEHAVIORAL HEALTH CONSULTANTS

Behavioral Health Consultants

1200 Old York Road
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Jefferson Health is pleased to provide additional support to patients in their primary care and specialty offices through the services of a behavioral health consultant.

What is a behavioral health consultant?

A behavioral health consultant is an experienced, licensed psychotherapist. When patients suffer from temporary or ongoing episodes of depression and/or anxiety, there is much evidence that a combination of medication and talk therapy often results in the best outcomes. The medical professional and the behavioral health consultant work together to provide optimal care for the patient. Frequently the patient's struggles are situational and temporary, and the behavioral health consultant can assist by helping the patient to develop improved coping skills, including lifestyle changes. A behavioral health consultant will help the patient address behaviors that are detrimental to the patient's physical health. Given that the number of sessions with the behavioral health consultant is limited, when a mental health problem requires extended treatment, the behavioral health consultant will identify and suggest appropriate options for further treatment.

How do I know if I should see a behavioral health consultant?

Discuss this with your medical professional. A visit with a behavioral health consultant may be suggested to help reduce certain symptoms you are experiencing, such as poor sleep due to financial worries, overeating or drinking too much because of relationship issues, sadness around the loss of a loved one, or any other number of life's challenges. Together, you and your medical professional will be able to determine if a behavioral health consultant can be helpful.

Will my insurance pay for visits to a behavioral health consultant?

The majority of behavioral health services are covered by insurance. Please call your insurance provider or call 215-481-5450 for detailed information on coverage and co-pays.

Do I have to go to another office for this service?

Behavioral health consultant services are provided within the primary care offices, as well as nearby locations.

How long are the office visits?

The first visit takes approximately one hour. Ongoing visits generally last 45 minutes.

Why is meeting with a behavioral health consultant important to my overall health?

The concept of addressing medical issues and behavioral health issues together is called Integrated Health Care. The mind-body relationship is well documented and is increasingly being considered by primary care providers when treating patients.

For example, stress can exacerbate many physical health issues. We all experience varying degrees of stress for numerous reasons – health, family, career, education and financial are among the most common-and all can result in or contribute to medical problems.

We may make decisions involving actions that are bad for our health. Counseling can help us understand why we make these decisions, and this understanding can facilitate desired changes in our future behaviors. When emotional and/or behavioral issues impact daily functioning, your primary care physician or nurse practitioner may recommend a visit with a behavioral health consultant. The concept of Integrated Health Care has also been implemented due to the recognition that mental health problems can be the source of physical symptoms.

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Why would I use this service instead of going to a mental health center?

This service is a holistic approach provided for optimal coordination of care with the rest of your health care team. Physical and behavioral health are both essential components of overall wellness, and recognition of the importance of each serves as a preventative measure and maintenance of good health. The concept of Integrated Health Care allows for the patient to be viewed from a wider, more informed perspective, which involves mind as well as body.

To schedule an appointment or for more information about Jefferson Medical Group's behavioral health consultants, please call 215-481-5450.

Behavioral Health Consultants

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Quotes about our services...

"Being able to help our patients with on-site counseling has been revolutionary in our ability to make our patients healthier and happier. Having communication with the therapist and physician so readily available makes the care seamless."

John Russell, MD | Family Medicine

"You've changed my perspective on therapists. Thank you for guiding me in the right direction."

A patient after completing three meetings with a behavioral health consultant.

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JEFFERSON ABINGTON HOSPITAL CRISIS INTERVENTION

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Jefferson Abington Hospital has a team of crisis clinicians who are available to see patients 24r hours a day, seven days a week. This team of crisis clinicians is comprised of mental health professionals who, along with the psychiatrist or medical attending, are available to complete mental health and substance disorder assessments for patients in the emergency room and throughout the hospital.

Crisis will meet with the patient to complete the assessment and determine with the patient the appropriate next level of treatment. This next level of treatment may be to an inpatient treatment facility, an outpatient partial hospitalization program, an intensive outpatient treatment program, or basic outpatient treatment.

If inpatient treatment is necessary, crisis will work to secure a treatment bed at an appropriate facility. In addition, crisis will precertify the admission to that facility with the patient's insurance company and arrange transportation to that facility.

Crisis will meet with patients who walk in off the street or patients who are sent from various community settings such as schools and nursing homes.

Crisis will meet with patients to complete an assessment, regardless of patient's insurance status.

Crisis can arrange outpatient treatment services as well and provide various mental health and substance disorder resources.

A crisis consultation is obtained by going through the Emergency Room and requesting a crisis consult. The Crisis Clinician can also be reached at **215-481-2525**.

