

## **Adults**

### **Adolescent & Young Adult Advocates**

<https://www.adolescentadvocates.com/>

610-522-7775

- Location: Bryn Mawr
- Services: IOP and Outpatient services
- Ages: (14-18) and (18+)
- Highlights: Individual sessions, family sessions, gender specific therapy groups, Life Skills group (dealing with executive functioning, anxiety, depression and ADHD), individual treatment plans, short term schooling, educational consulting, and tutoring. Sobriety coaching, parent and family support groups, educational consulting and tutoring
- Insurance: Accepts insurance (In network with Aetna, United Healthcare, Blue Cross Blue Shield)

### **Ethos Treatment**

<https://www.ethostreatment.com/>

- Location: Philadelphia, West Chester, Plymouth Meeting, Collegeville, Broomall, Jenkintown
- Services: IOP
- Ages: 13-18, 18-29, 30+
- Highlights: Family therapy sessions once per week, small group curated to include same age peers. Offers psychiatry services, medication management. Treats dual diagnosis, mental health diagnosis and substance use disorder. Offers tracks in gambling disorder, men's trauma group, first responders, Primary Alcohol. Future group to include women's trauma group.

### **Charlie Health**

<https://www.charliehealth.com/>

866-540-1622

- Location: Completely virtual IOP
- Services: Individual and Family therapy services
- Ages: 11-33
- Highlights: No waiting lists, complete an intake (24/7) and get started right away. CBT, DBT, EMDR. Art, music, drama, dance therapy, and more. Family support groups
- Insurance: accepts most insurances including medicaid

### **Maryland Addiction Recovery Center**

<https://www.marylandaddictionrecovery.com/>

866-455-4648

- Location: Nationwide, including Philadelphia
- Services: IOP, Community Living Treatment Program
- Ages: 18+
- Highlights: Medication-assisted treatment, Family Programming, Drug Assessments and Evaluations, support with Dual Diagnosis. Therapeutic and psychiatric services. Focuses on recovery from addiction for the individual and their families. Offers Holistic services to support

## Therapeutic Organizations That Provide a Continuum of Care

the mind, body and spirit to sustain recovery. Partnered with Legacy Wellness Partner to offer fitness and nutrition training and support.

- Insurance: takes all major medical insurance. Supports completing out of network claim forms. Does not accept medicaid or medicare

### **Valor with Integrity Program for Emergency Responders (VIPER)**

<https://www.mainlinehealth.org/specialties/mirmont-valor-with-integrity-program-for-emergency-responders>

888-227-3898

- Location: Variety of Main Line Health buildings/ hospitals
- Services: Inpatient and IOP
- Ages: 18+
- Highlights: Provides therapy for recovering from Post-traumatic stress disorder (PTSD), Crime Scene trauma, Family conflict, Work-related stress. Mindfulness practice, Body-centered therapies including yoga
- Evidence-based treatments such as eye movement desensitization reprocessing (EDMR) for trauma, The Gorski Model of relapse prevention, Family and marital counseling as needed, Drug and alcohol treatment, holistic pain management and addiction treatment

### **Newport Academy**

<https://www.newportacademy.com>

- Location: Malvern (Center for Families) & Various areas throughout the US
- Services: Outpatient IOP and PHP (malvern - Center for Families); Residential: Various areas throughout the US
- Ages: 12-32 (19-32 only provides residential treatment)
- Highlights: Gender specific residential programs, evidence-based clinical, experiential and academic elements. Staff-to-resident ratio of 5:1. Substance abuse programs. Continuing care options via virtual or in home visits
- Insurance: Works with leading health insurance plans. The admissions team can help determine the out of pocket costs for care

### **Steps to Recovery**

<https://www.stepstorecovery.com/>

866-488-8349

- Location: Levittown, Pa
- Services: Residential, Outpatient treatment, IOP, PHP
- Ages: 18+
- Highlights: Gender specific treatment programs. Supports the entire family unit. Offers family counseling, group therapy, psychotherapy programs, addiction counseling and Cognitive behavioral therapy (CBT). Sober living program, aftercare program, holistic rehab program, dual diagnosis treatment center, 12 step rehab program.

### **Mirmont Outpatient Services**

<https://www.mainlinehealth.org/specialties/behavioral-health>

- Location: Broomall, Exton and Media (Outpatient), IOP (Broomall), Intensive inpatient psychiatric unit (Bryn Mawr Hospital)

## Therapeutic Organizations That Provide a Continuum of Care

- Services: IOP, Outpatient psychotherapy services, PHP,
- Ages: 14+
- Highlights: staffed with psychiatrists, psychologists, therapists, counselors, addiction specialists, and social workers, uses evidence-based treatments. Their behavioral health services span the entire continuum of care and address mild, moderate and severe concerns and conditions. medication management, psychiatric evaluation, outpatient addiction program & individual and group psychotherapy.
- Insurance: accepts most major insurances

### **Malvern Behavioral Health**

<https://www.malvernbh.com/>

610-480-8919

- Location: Philadelphia
- Services: In-patient
- Ages: 18-26
- Highlights: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing (MI), & Mindful practices. Offers group and individual therapy. This is a young adult program (focuses on key stressors that impact young adults), LGBTQ specific program (opening in 2023), Co-occurring disorders program (i.e. substance use disorder and behavioral health concerns). Family FIRST program (focuses on creating a supportive and educational forum for the family/ loved ones to learn how to support the patient after discharge
- Insurance: accepts most major medical insurance companies

### **Malvern Treatment Centers**

<https://www.malverntreatment.com/>

610-625-8376

- Location: Philadelphia, Malvern, Willow Grove (Inpatient); Berwyn, Bethlehem, Pottstown, Trevoese(Outpatient)
- Services: PHP, IOP, General Outpatient (GOP), and inpatient treatment.
- Ages: 18+
- Highlights: Telehealth options available. Addiction treatment/ rehab center. Provides detoxification and addiction rehab services, family support to treat the entire family. Addiction Awareness Program (AAP).
- Insurance: Accepts most major medical, accepts medicaid

### **North Star Treatment Services**

<https://northstartreatmentservices.com/>

610-265-2215

- Location: King of Prussia
- Services: IOP, PHP, GOP
- Ages 18+
- Highlights: A trauma informed substance abuse treatment facility. Focuses on addiction and substance abuse recovery along with mental health disorders.
- Insurance: Accepts insurance

## Therapeutic Organizations That Provide a Continuum of Care

### **Monte Nido**

<https://www.montenido.com/>

610-421-9961

- Location: Philadelphia (PHP, IOP)/ West Chester, NY (Residential adolescent - females)/ South Salem, NY (Residential adolescent - gender inclusive)/ Irvington, NY (Residential for adults - females)/ Glen cove, NY (Residential for Adults - gender inclusive)
- Services: IOP, Residential
- Ages: 14+
- Highlights: Specializes in eating disorders. Offers individual therapy, group therapy, psychiatric sessions, nutrition education, meal support, and mindfulness training. Skills development with the use of DBT and CBT. Comprehensive discharge planning. Focus on family with family therapy sessions offered both in person and virtually. Alumnae care to provide former patients with support and encouragement beyond their stay at Monte Nido.
- Insurance: Accepts most major medical private insurance. Coordinates single case agreements with providers if not in-network with the insurance company.

### **Onward Behavioral Health - The Light Program, Seeds of Hope and Rehab After Work**

<https://www.obhcares.com/>

610-708-1766

- Location: Phoenixville, Paoli, Pottstown, Radnor, Northeast Philadelphia, Center City, Exton, Havertown, Jenkintown, Lansdale
- Services: IOP, PHP, IOP for LGBTQIA+ (Havertown)
- Ages: 12-14, 14-18 and 18+
- Highlights: Paoli location offers PHP for teens (14-18) with co-occurring disorders. Teen PHP available at Paoli, Phoenixville, Northeast Philadelphia, Lansdale and Exton. Most locations offer psychiatry services, medication management, individual therapy, group therapy, family sessions provided on an as needed basis. Offers CBT, motivational interviewing, trauma-sensitive yoga, art therapy and aromatherapy with access to a holistic trainer. Transportation to the program is available as needed. Seeds of Hope provides a continuum of services for eating disorders for teens and adults, Rehab After Work provides services for substance use recovery in teens and adults, and the Light Program offers mental health services for individuals in crisis or struggling to function.
- Insurance: takes most major medical private insurances

### **Sanare Today**

<https://sanaretoday.com/>

610-344-9600

- Location: Devon, Downingtown, Havertown, Exton, Kennett Square, King of Prussia, North Wales, Philadelphia, Trappe, Wilmington DE
- Services: IOP, PHP, Outpatient services and Coaching services
- Ages: 8-13, 14-18, 18-23
- Highlights: Substance use groups, group therapy, Autism focused groups. Offers LGBTQ IOP, child/tween, and young adult. Uses CBT, DBT, motivational interviewing
- Insurance: Accepts most major medical insurances

## *Therapeutic Organizations That Provide a Continuum of Care*

### **Horsham Clinic**

<https://horshamclinic.com/>

800-237-4447

- Location: Ambler (residential), Coatesville (Partial satellite location), Broomall (Partial program Satellite Location)
- Services: inpatient acute psychiatric, PHP, Inpatient dual diagnosis (adults only)
- Ages: 4+, Coatesville PHP (child/adolescent), Broomall PHP (child/ adolescent)
- Highlights: for acute inpatient psychiatric care ages are grouped by youth (4-12), adolescents (13-17, 18 if the student is still in school), and adults (18+). For PHP, the youth age begins at 5. They provide a confidential, no-cost assessment to help determine the appropriate level of treatment for your child.
- Insurance: accepts most insurance carriers including many HMOs and PPOs. Medicare, Medicaid and TRICARE are also taken. Horsham will help with the insurance process

### **Renfrew Center**

<https://renfrewcenter.com/>

800-736-3739

- Location: Philadelphia (Spring Lane and Center City), Radnor
- Services: Day treatment, IOP, Outpatient, Virtual, residential treatment
- Ages: 14+ (Day treatment may take younger than 14)
- Highlights: Specialized in eating disorders. Offers programming for body image, diabetes support, nutrition counseling, college program, creative arts therapy, faith-based programs. Treatment tracks include trauma and substance abuse. Provide group and individual therapy, expressive therapies, nutrition therapy, psychiatric services, medication management, psychoeducation, family therapy
- Insurance: Full financial support team that interfaces with insurance companies to work on behalf of each patient in order to negotiate the cost of care covered