

Youth and Adolescents

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, Lifeskills 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)

Center for Families

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

610-228-0670

- Location: Malvern and West Chester
- Services: IOP, Therapeutic Day Program (PHP), Therapeutic Day School (PHP), Outpatient Therapy
- Ages: 13-18
- Highlights: Offers group therapy, individual therapy. They take a whole-person, family-centered approach to address the root causes of mood and co-occurring disorders - prioritizes supporting the entire family to create lasting positive change.
- Insurance: in network with some insurance companies most insurance companies are out of network (they will work with insurance companies on an out of network claim basis). Does not accept medicare or medicaid.

Charlie Health

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

866-540-1622

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

Embark Behavioral Health

<https://www.embarkbh.com/locations/embark-at-main-line/>

610-697-9212

- Location: Berwyn
- Services: IOP, PHP, RTC, Virtual counseling (Residential girls program - Poconos) (Residential Boys Program - Tennessee); programs exist nationally
- Ages: 13-18
- Highlights: Offers group therapy and Family therapy, psychiatric evaluation, medication management. Embark programs establish partnerships between families, community service providers, and oversight agencies to ensure comprehensive services are administered with compassion and skill. All Embark programs are accredited by The Joint Commission.
- Insurance: accepts most major medical insurances (will support clients through the insurance process including insurances that are out of network.)

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

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)
- Services: IOP, Outpatient psychotherapy services, PHP, outpatient addiction program, Intensive inpatient
- Ages: 14+
- Highlights: Offers individual and group psychotherapy, medication management, psychiatric evaluation. Is 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.
- Insurance: accepts most major insurances

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

Ethos Treatment

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

267-669-0300

- 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.

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