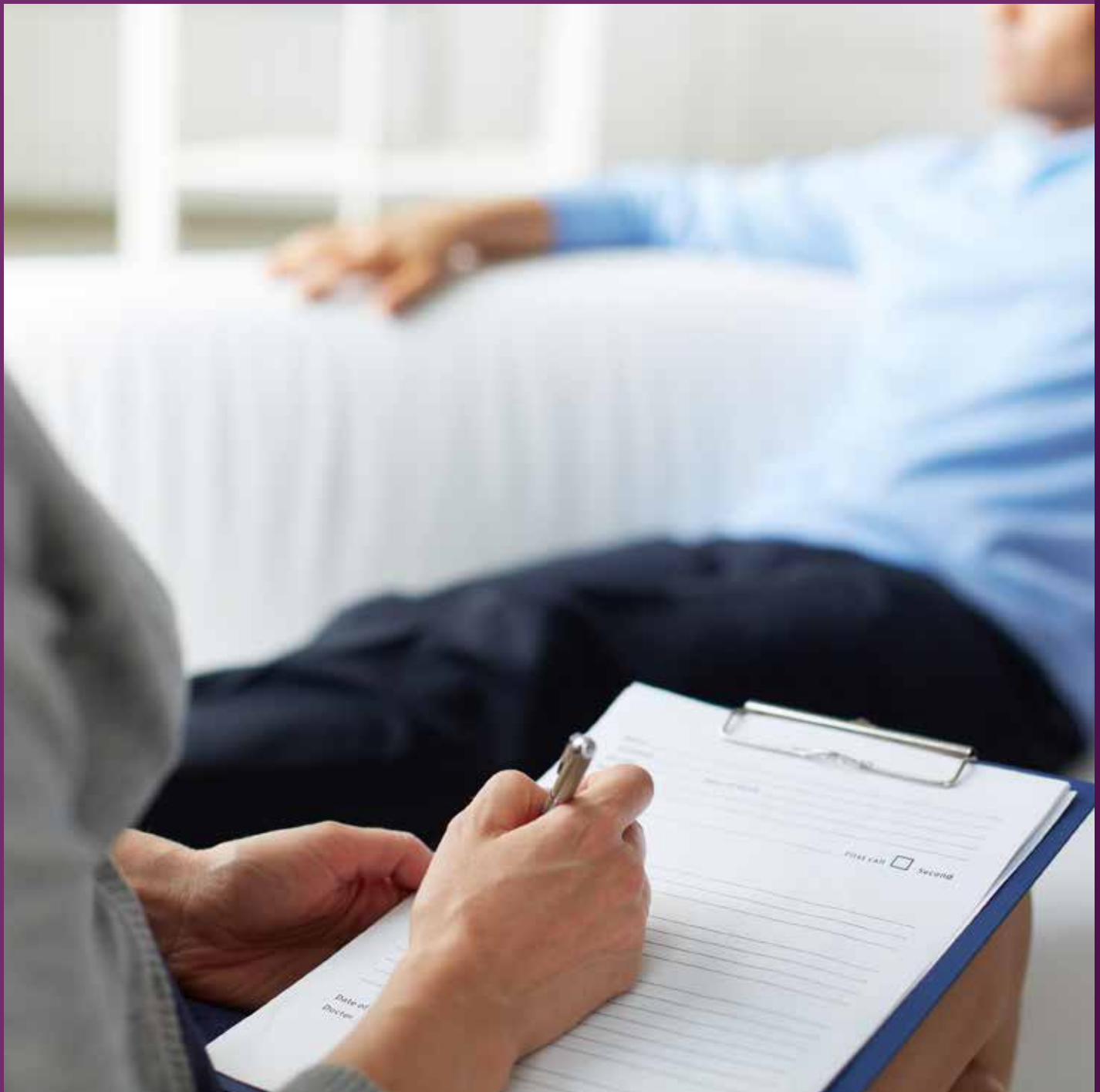


Inpatient Behavioral Health Services at UPMC Northwest



In cooperation with Western Psychiatric Institute and Clinic of UPMC, UPMC Northwest provides state-of-the-art acute and extended acute care (EAC) inpatient behavioral health services provided by a team of providers specializing in mental health including psychiatrists, advanced practice providers, nurses, social workers, and other mental health professionals.

Our program includes:

- Group and individual therapy
- Sleep and relaxation periods
- Exercise
- Medication administration, management, and education
- Visitation with family and friends.

Conditions Treated

The behavioral health program at UPMC Northwest accepts patients who have been diagnosed with a primary mental health disorder, including (but not limited to):

- Depression
- Anxiety
- Bipolar disorder
- Psychotic disorders
- Personality disorders
- Adjustment disorders

Our Services

- 24-hour nursing and onsite medical support
- Psychiatric evaluation and diagnosis
- Individualized treatment planning
- Family involvement or meetings
- Comprehensive discharge planning and education
- Physical assessment to determine chronic and acute medical needs
- Structured activities
- Recreation therapy
- Physical, occupational, and speech therapy

About Our Facility

UPMC Northwest offers both traditional acute care and extended acute care for inpatient behavioral health patients. The behavioral health unit is equipped with activity rooms, a dining area, a recreation yard with access to the outdoors, and much more.

Traditional acute care

Patients requiring a short term inpatient stay are admitted as traditional acute care patients. The traditional acute care unit has 12 beds.

Extended acute care (EAC)

This 16-bed unit is designed for patients who may need a longer length of inpatient stay to stabilize and be successful with their recovery in the community. The target population for this program includes individuals over the age of 18 who are currently receiving care on a traditional, inpatient acute unit. These individuals will have a serious mental illness with active symptoms and could experience some co-occurring psychosocial issues or substance abuse.

As part of their treatment plan, patients learn life skills such as money management, personal wellness, and recovery maintenance tools. Patients on the EAC unit will work on community reintegration that will include practicing life skills in the actual local community with staff support. This program focuses heavily on the recovery goal of improvement in the patient's ability to meet their daily living goals and improve their quality of life. This program uses an integrated approach focusing on family, social supports, and treatment supports focused on using the patient's strengths to meet their immediate and long term needs.



Behavioral Health Referrals

Traditional Acute Care

Several options exist for patient referrals to the traditional acute care behavioral health unit at UPMC Northwest:

- Patients, along with their family members, should report to the UPMC Northwest Emergency Department if they are seeking behavioral health services.
- Patients already at other hospitals or emergency departments may request to be transferred to the behavioral health unit at UPMC Northwest.
- Primary care physicians, psychiatrists, or other medical or behavioral health professionals may inquire about services by calling 814-676-7700, or direct patients to the Emergency Department at UPMC Northwest.

Extended Acute Care

Referrals for UPMC Northwest's Extended Acute Care Unit will come from an inpatient treatment team for an individual who is already a patient on an acute care unit. The process involves several components and acting parties.

- The necessary contacts from the referring inpatient team are made including contacts to the county mental health office, and the potential EAC program.
- The referring team completes the EAC referral packet which is forwarded to the necessary parties for review on the appropriateness of this level of care for the individual.
- A comprehensive disposition meeting is held involving the referring agency, the potential EAC, insurance companies, and the county representatives.
- Primary care physicians, psychiatrists, or other medical or behavioral health professionals may inquire about services by calling 814-676-7700
- Once admission is agreed upon by all parties, the process of admitting the individual starts.

Contact Us

UPMC Northwest Behavioral Health Services

100 Fairfield Drive
Seneca, PA 16346

814-676-7700

UPMCNorthwest.com/BehavioralHealth