

# BEHAVIORAL HEALTH SERVICES

SHARON REGIONAL  HEALTH SYSTEM

2375 Garden Way · Hermitage, PA 16148 · 724-983-5448

*The purpose of Behavioral Health Services Substance Abuse Programs* is for clients to understand the concept of addiction as a disease, to take responsibility for the consequences of their addiction, and to be accountable for their recovery. A strong feature of our programs is the flexible treatment schedule, which includes morning and evening individual and group sessions. This allows the individual to work, attend school, and/or take care of childcare needs while they receive treatment for their addiction. Our services include, the **New Directions Program**, which is an Intensive Outpatient Program, and Traditional Outpatient Counseling.



## New Directions

### **Intensive Outpatient Program (IOP)**

Clients in this program are required to attend three hour groups, 3 days a week, for six to eight weeks. They receive a process group and theme group each day. Groups are offered Monday, Tuesday, and Thursday from 9 a.m.-12 p.m. or 4-7 p.m. Theme groups address topics such as anger management, relapse prevention, and healthy relationships. Also, they attend individual sessions once weekly. At the end of this program, clients are then placed in our Traditional Outpatient Program for a minimum of 12 sessions.

### **Traditional Outpatient (OP)**

Client attendance at a minimum of 12 sessions is expected; however, these sessions can be a combination of individual and group therapy. Group sessions will be at the discretion of the individual therapist.

**NOTE: All clients attending the IOP must attend OP to receive a successful discharge and certificate of completion.** Length of time in each level of care is only an approximate length of stay, as individual needs change. Length of stay is at the discretion of the therapist.

For more information, to schedule an appointment for an intake, or to make a referral to the **New Directions** program call **724-983-5448**.

*Admissions, the provisions of services and referrals of patients at Sharon Regional Health System shall be made without regard to race, color, religious creed, disability, ancestry, national origin (including limited English proficiency), age, or sex. Sharon Regional Health System provides an equal and equitable personnel system designed to prohibit discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age, or sex.*

**Service, Support and Recovery Close to Home**

[www.sharonregional.com/bhs](http://www.sharonregional.com/bhs)