

***Adams County
Mental and Behavioral
Health Providers:
Children and Youth***



HEALTHY



Healthy Adams County Mission Statement

Healthy Adams County is a collaborative partnership of community members dedicated to continuing assessment, development and promotion of efforts toward improving *physical, mental and social well-being*.

Healthy Adams County Vision Statement

Healthy Adams County seeks to create a higher quality of life throughout our community by improving *physical, mental and social well-being*.

Behavioral Health Task Force Mission Statement

The Mission of the *Behavioral Health Task Force of Adams County* is to encourage an environment which promotes the improvement of mental and behavioral health and quality of life through a community-led process.

Goals:

- To act as a regular forum of collaborative partners to address this task force Mission.
- To improve access to mental and behavioral health services across Adams County.
- To educate and inform the community and its various stakeholders regarding mental and behavioral health issues and trends.
- To act as advocates for citizens affected by mental and behavioral health challenges.

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On the Road to Living Well: Taking Charge

Finding a Mental Health Specialist

- Ask your primary care provider to help you make your first appointment to avoid long wait times.
- Check the details of your mental health insurance coverage
- If the first mental health specialist isn't a good fit, look elsewhere for someone you connect with.

Don't forget! Tips for managing your mental health while you wait for an appointment.

- Surround yourself with family and friends.
- Talk to a counselor, social worker, nurse or trusted adult
- Continue doing what you love: reading, writing, nature walks, creating art...

Making your First Appointment Count:

- Come prepared to talk about what you're experiencing and how you're feeling.
- You may be asked to fill out a questionnaire describing your mental health experience.
- Be upfront and specific about what you want addressed to help you feel better.
- Ask the mental health specialist to explain treatment options to you until you understand. Write down the plan so you know what you are supposed to do.

Navigating your insurance

- Involve someone with experience to help you.
- Call your insurance company to ask what mental health benefits are covered. (Number is on the back of your card)
- To find a provider, go to the insurer's website or call the number on the back of your card.

Making Sure Your Treatment Plan Works for You:

- Keep a wellness log and monitor your progress
- Follow up and don't be afraid to ask about changes to your treatment plan if things aren't going well.
- Most therapies and medications take time to work, so stick with it and results will come.
- Your treatment plan may change. Be active in this process.

On the Road to Living Well: Taking Charge (continued)

Questions You May Want to Ask:

- I'm concerned about the way I feel. What is your plan for helping me feel better?
- Are there any safety concerns that I should know about with my condition or treatment plan?
- Do I have to take medication? What does it help with? What are the side effects?
- How will I know I'm getting better in a few days, weeks or months?
- How long will it take for me to feel better?

Living Well:

- Recognize that you have control over living well.
- Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns.
- Stay close to your support network. Engage family, friends, teammates and your faith community.
- Be realistic and mindful of your needs and take that into consideration in making life decisions.

Getting Through It

- Stay away from drugs and alcohol. Peer pressure can make this hard, so find strategies to make it work, like carrying a cup at parties so people don't ask if you need a drink.
- If you use alcohol or drugs, be honest and tell your doctor because it will likely affect your treatment plan.
- Do your best to stay positive. Surround yourself with positive messages, people and activities. This can rub off and help to improve the way you feel.

MENTAL HEALTH OUTPATIENT PROVIDERS

Healthy Adams County has tried to ensure the accuracy of the information provided, but does not guarantee agencies or providers, or whether they are a good fit for you.

Agencies and Group Practices

Children's Aid Society

(Individ, Family, Group, Art)

343 Lincolnway West
New Oxford, PA 17350
717-624-4461
cassd.org

Cognitive Health Solutions

100 Eisenhower Dr,
Suite A
Hanover PA 17331
717-632-8400
cognitivehealth
solutions.com

FV Counseling

Ministry of Freedom Valley Church
414 Main Street
McSherrystown, PA 17344
717-398-9532
On Facebook: FV Counseling

Laurel Life

235 Table Rock Rd.
Gettysburg, PA 17325
717-398-2025
laurellife.com

Lutheran Counseling Services

1-866-998-2382 (toll free)
43 W. Washington St.
Chambersburg PA 17201
spiritrustlutheran.org/support-
counseling/counseling-services/

Macgregor Behavioral Health Services

1400 Proline Place
Gettysburg, PA 17325
717-337-3005
macgregorbhs.com

Merakey *(Children, adolescents, autism)*

651 Albright Ave.
York, PA 17404
717-846-4490
merakey.org

Phoenix Counseling Services

2311 Fairfield Rd., Suite F
Gettysburg PA 17325
717-778-1030
phoenixcounselingservices.net

PA Counseling Services- Gettysburg Children's Services

334 York St.
Gettysburg, PA 17325
717-337-1075, Ext. 0
pacounseling.com

MENTAL HEALTH OUTPATIENT PROVIDERS **(continued)**

Agencies and Group Practices

WellSpan Philhaven Behavioral Health

40 V-Twin Dr., Suite 202
Gettysburg, PA 17325
717-337-2257
717-339-2710
wellspanphilhaven.org

TrueNorth Wellness Services

625 W. Elm Avenue
Hanover, PA 17331
717-632-4900

44 S. Franklin St.
Gettysburg PA 17325
717-334-9111
truenorthwellness.org

School - Based Services

School based Services are available in all school districts in Adams County. This is a service where trained therapists who can accept insurance may provide therapy services in the school setting. To learn how to be referred to School based Services in your child's school, call your school for further information.

MENTAL HEALTH OUTPATIENT PROVIDERS **(continued)**

Individual Therapists

Jennifer Baney, LPC, ATR-BC
Songbird Counseling Services
304 York St., Suite F
Gettysburg, PA 17325
717-727-2627
songbirdcounselingservices.com

Betty Bittinger, MS
Autism Consultants of PA
25 Brandy Court
Hanover, PA 17331
717-521-9824

Rachel Bonser, MA, LPC
327 Broadway
Hanover, PA 17331
717-632-1800
bowmanpsych.com

Becky Colgan, LPC
304 York St.
Gettysburg, PA 17325
717-870-1043

Lori Dilling-Miley, MA
Licensed Psychologist
3585 Carlisle Pike
New Oxford, PA 17350
717-624-1334
mileypsychservices.com

Dana Merryman, M.Div., LSW
Discover Hope Counseling
395 Buford Ave., Suite 2
Gettysburg PA 17325
717-339-6377
discoverhopecounseling.net

Karen Jones, MS, NCC, LPC
100 West Eisenhower Dr
Suite A
Hanover PA 17331
717-632-8400
cognitivehealthsolutions.com

Rose Maturo, MS, LPC
44 Carroll's Tract Rd.
Fairfield, PA 17320
717-752-5882
rosetmaturo.com

David Mitchell, MA, ATR-BC,
LPAT
Mitchell Counseling, LLC
502-432-5429
mitchellcounseling.org

MENTAL HEALTH OUTPATIENT PROVIDERS

(continued)

Individual Therapists

Becky Uppercue, LCSW
Gettysburg Counseling, LLC
18 Carlisle St., Suite 108
Gettysburg, PA 17325
717-638-9036
gettysburgcounseling.com

Keith A. Welsh, LCSW
(EMDR Therapist)
3185 York Road
Gettysburg, PA 17325
717-398-4079
EMDR-HELP.com

Nicole Weigle (f.Litzinger), MA, LPC
Solace Wellness & Beauty
2796 Heidlersburg Rd.
Gettysburg, PA 17325
717-817-1093
solacewellness.net

SUBSTANCE ABUSE OUTPATIENT PROVIDERS
Adolescents and Youth

**Family First Health
Substance Use Services**

York Location:
116 S. George St.
York, PA 17401

Hanover Location:
1230 High St.
Hanover, PA 17331
(program contact #)
717-801-4864
familyfirsthealth.org

**PA Counseling Services-
Gettysburg Psychiatric**

334 York St.
Gettysburg, PA 17325
717-337-0026
pacounseling.com

TrueNorth Wellness Services

625 W. Elm Avenue
Hanover, PA 17331
717-632-4900

44 S. Franklin St.
Gettysburg PA 17325
717-334-9111
truenorthwellness.org

INDIVIDUAL REFERRALS

Abuse/Assault/Crisis Services

Adams County Children & Youth

525 Boyds School Rd., Suite 100

Gettysburg, PA 17325

717-337-0110

717-334-8101 (*after hours*)

Adams County Children's Advocacy Center

450 W. Middle St.

Gettysburg, PA 17325

717-337-9888 or 717-752-4001

FAX: 717-337-9880

kidsagaincac.org

Adams County Victim Witness Assistance

111 Baltimore St.

Gettysburg, PA 17325

717-337-9844

Child Abuse Hotline (Childline)

1-800-932-0313

Gettysburg CARES (*Seasonal Emergency Shelter*)

117 York St.

Gettysburg, PA 17325

717-334-4195

gettysburgcares.org

Safe Home (serving Hanover Area & Adams County)

(*Shelter/Domestic Abuse*)

717-632-0007

South Central Community Action Agency (*Shelter*)

153 N. Stratton St.

Gettysburg, PA 17325

717-334-7634, 717-337-2413

TrueNorth Wellness Services Crisis Intervention Services

(*mobile crisis*)

1-866-325-0339

717-637-7633

truenorthwellness.org

WellSpan Crisis

WellSpan Gettysburg Hospital

717-851-5578, 800-673-2496

FAMILY SERVICES

Adams County Children and Youth

117 Baltimore St.,
Rm 201B
Gettysburg, PA 17325
717-337-0110
717-334-8101 (after hours)

ACCESS/Head Start

705 Old Harrisburg Rd.
Gettysburg, PA 17325
717-337-1337

Adams County Transition Counseling (*Students: Disability to Adulthood*)

jnoerpel@bermudian.org
jbest@state.pa.us

Child Adolescent Services System Program

Intellectual & Developmental Disabilities, Mental Health
York 717-771-9893
Hanover 717-632-8040

Child Care Information Services

717-334-7634

Collaborating for Youth

Youth and Parenting Programs
233 W. High Street
Gettysburg PA 17325
717-338-0300
cfygettysburg.com

MomsTell

(*Parents of Children-Substance Abuse*)
momstell.com

Parent to Parent

(*Special Needs, Disabilities*)
1-888-727-2706
www.parenttoparent.org

PA Parents and Caregivers Resource Network Statewide

Cross-Disability Group/Local Groups

1-888-205-4915
1-888-572-7368
717-561-0098

“What’s Up Adams County?”

Website listing free and low cost out-of-school-time opportunities
whatsupadamscounty.org

SUPPORT GROUPS

Adult/Children Grief & Loss Support Group

717-334-2012

Autism Hope Line

(Autism Spectrum Disorder)

717-732-8408

ASDHOPE1@yahoo.com

Autism Online Support Group

groups.yahoo.com/group

/children_with_autism/

Children's Bereavement Art Group

Under the Horizon Pottery & Art Studio

2650 Biglerville Rd.

Gettysburg, PA 17325

717-752-4593

cathleen@underthehorizon.net

Hanover Area Alliance for Mentally Ill

(Friends & Family)

St. Marks Church

[1st Wednesday 7-9 PM] 129

Charles St.

Hanover, PA 17331

717-632-0435

NAMI

[Friday, 12-1:30 PM]

First United Methodist Church 200

Frederick St.

Hanover, PA 17331

717-848-3784

NAMI

[1st Wednesday, 7 - 8:30 PM]

St. James Lutheran Church

109 York Street, Rm. 303

Gettysburg, PA 17325

717-334-6032

Olivia's House

(for children who have lost a parent)

York 717-699-1133

Hanover 717-698-3586

On the Edge Childrens Foundation

(adaptive water sports)

717-476-0512

ontheedgecf.com

PA Families State Network

(Behavioral Disorders)

1-800-947-4941

Teen Depression Support Group

[Tuesday 6-7

PM] Hanover

Hospital 717-

646-6905

REFERRING AGENCIES

Community Care Behavioral Health

1-866-738-9849

Drug Help

(24 hour information service)

1-800-662-4357

York/Adams Health Choices Mgt. Unit

100 W. Market St., Suite B-03

York, PA 17401

717-771-9590

york-county.org

SUPPORTIVE AGENCIES

ARC of Adams County

17 Rice Ave.
Biglerville, PA 17307
717-357-1509

Easter Seals

2550 Kingston Rd
York, PA 17402
717-741-3891
eastersealscentralpa.org

Family First Health

York County:
1230 High St, Hanover
717-632-9052
116 S. George St, York
717-845-8617
415 E. Boundary Ave, York
717-843-5174
Adams County:
1275 York Rd, Gettysburg
717-337-9400
familyfirsthealth.org

Help Center - Lutheran Social Services

750 Kelly Dr.
York, PA 17404
717-852-HELP (4357)
1-888-629-4096

LIU Migrant Education – 21st Century

57 N. 5th St.
Gettysburg, PA
17325
717-334-0006
camiller@liu12.org

Mediation Services of Adams County

P.O. Box 4113
Gettysburg, PA 17325
717-334-7312
mediationac@yahoo.com
mediateadams.org

Mental Health America of York & Adams County

304 York St. Suite F
Gettysburg, PA 17325
717-339-0511
mhay.org
(by referral only)

SUPPORTIVE AGENCIES
(continued)

NAMI Hanover Area

(Friends & Family)

717-632-0435; 717-848-3784

PA Client Assistance Program

Office of Vocational Rehabilitation (OVR)

1-800-762-6306

717-771-4407

dli.state.pa.us

Pennsylvania Tourette Syndrome Alliance

Gettysburg Hospital Community Room A

Every 3rd Saturday of each month, 2-4pm

717-334-4895, 1-800-990-3300

patsainc.org

United Cerebral Palsy of Adams County

101 Berlin Rd.

New Oxford, PA 17350

717-624-2140

York/Adams Early Intervention

717-632-8040

York/Adams Mental Health I.D.D.

(Case Mgt.)

261 N. Franklin St. Hanover, PA 17331

717-632-8040

LEGAL SUPPORT

Disability Rights Network

1-800-692-7443

intake@drnpa.org

drnpa.org

Mediation Services of Adams County

717-334-7312

mediationac@yahoo.com

mediateadams.org

Mid Penn Legal Services

128 Breckenridge St.

Gettysburg, PA 17325

717-334-7623

Appointments: 800-226-9177

PA Health Law Project

1-800-274-3258

staff@phlp.org

phlp.org

USEFUL WEBSITES AND OTHER INFORMATION

Attachment Disorder

attach.org

Feeling Blue

(website about depression)

feeling-blue.com

Collaborating for Youth

cfygettysburg.com

Governor's Commission for Children & Families

pachildren.state.pa.us

National Suicide Prevention Lifeline

800-273-TALK (8255)

suicidepreventionlifeline.org

Starfish Advocacy Assoc.

(Children-Neurological Disorders)

starfishadvocacy.org

Suicide Prevention Resource

Center (children ages 12 and under)

sprc.org/populations/children

WellSpan Healthsource

(Physicians accepting new patients)

1001 South George St.

York, PA 17401

717-851-3500

Behavioral Health Glossary of Common Terms

Behavior

Actions or reactions that a person has that can be observed. Some behaviors are thought to be unobservable; these would be a person's thoughts and emotions.

Behavioral Health

Health or wellness associated with someone's behaviors that are both observable and unobservable. This term is often interchanged with the term mental health.

Behavioral Health Rehabilitation Services

BHRS, sometimes referred to as Wrap Around, are therapeutic programs designed to provide support to children and their family with emotional and behavioral needs. BHRS provides comprehensive treatment to children to assist them in becoming more functional in their home, school, and community. To receive these services, children must be evaluated by a licensed psychologist and given a diagnosis.

Behavioral Specialists are individuals with a master degree who develop behavioral treatment plans based on the BHRS psychologist's evaluation and recommendations. The behavioral treatment plans assist children to learn more adaptive behaviors in home, school, and community settings. These plans are often carried out by a **Therapeutic Support Staff (TSS)** who are then supervised in their work by the Behavioral Specialist. TSS may work with children to assist in learning functional behaviors in the home, school, or community setting.

Mobile Therapists are individuals with a master degree in therapy who work within the BHRS framework to address emotional and behavioral needs of a child and his or her family. Mobile therapists develop a treatment plan based on the recommendations in the BHRS psychologist's evaluation. Mobile therapists travel to the home, school, and community settings to meet with the child or family members. Depending on the age of the child they may use play therapy, art therapy, behavioral techniques, and other therapy approaches to assist the child and family.

Behavior Problems

Difficulties or problems caused by someone's behaviors.

Behavior Therapy

A form of therapy that is focused on changing behaviors from those that are not helpful or healthy to those that are more effective and healthy. A number of techniques may be used that are often referred to as "learning new behaviors".

Behavioral Health Glossary of Common Terms ***(continued)***

Client Centered Therapy

Sometimes referred to as Person Centered Care, Client Centered therapy is a form of talk therapy where the client sets the pace and the therapist responds to the client's concerns with a variety of techniques that assist the client to feel heard and cared for.

Cognitive Behavioral Therapy

Often referred to as CBT, cognitive behavioral therapy is a combination of behavioral and cognitive therapy techniques. Both negative or distorted thought patterns and ineffective behaviors become the targets of change in therapy. The goal is to replace thoughts and behaviors that have led to problems with healthier thoughts and behaviors.

Counselor

A counselor is an individual who is trained to provide psychotherapy in individual, group, or couples sessions, depending upon the training of the counselor. A counselor may be trained in a variety of counseling approaches, including cognitive therapy, client centered therapy, or drug and alcohol counseling. Drug and alcohol counselors are certified by the state and will have the letters CAC (Certified Addictions Counselor) after their name. In Pennsylvania, counselors are licensed by the state. When a counselor is licensed, they may use the letters LPC (Licensed Professional Counselor) after their name.

Credentialed

Credentialed is the term applied by *insurance companies* that have agreed to pay for the services of professional mental health providers. Professionals (counselors, psychologists, social workers) who are licensed by the state can apply for credentialing by insurance companies.

Crisis Intervention

When a person is in an acute mental health crisis, such as feeling suicidal or homicidal, they may call Crisis Intervention to seek immediate help. Crisis workers are trained to assess clients for suicidal intent and other severe mental health problems. Crisis workers are available 24 hours a day at hospital emergency departments. Crisis workers are most often the providers who arrange for the hospitalization of clients who are in need of inpatient care.

Drug and Alcohol Counseling

Drug and alcohol or addiction counseling is the group or individual services available with some agencies for clients who are working to recover from drug or alcohol abuse and dependence. This counseling is very educational in nature.

Behavioral Health Glossary of Common Terms (continued)

Family-Based Therapy

Family-based Therapy is an approach to family therapy where parents and caregivers are provided guidance and support to assist their child, with a behavioral health diagnosis, to remain in the home. The goals include strengthening and maintaining family relationships, improving coping skills of all family members, and providing support for the child. This form of family therapy takes place in the family's home and not in an outpatient office. The therapist is a masters level therapist who is trained in the unique techniques of family-based therapy.

Inpatient Care

Inpatient care is referred to as "the highest level of care". Clients are in a hospital setting when in inpatient. Sometimes inpatient programs are located on the floor of a general hospital or the program may be located at a facility that is only for mental health care. Where once inpatient care could be for weeks or months, it is now generally used for the most acute situations and clients are hospitalized for a few days to a couple of weeks.

Inpatient care for addictions often involves a period of detoxification from the addictive substance, commonly referred to as simply "detox". This is followed by a period of inpatient care referred to as rehabilitation or "rehab".

Intensive Out- Patient Care

Intensive Out-Patient (IOP) care is a medium level of care. Clients are not in the hospital but are staying at home for these programs. They will attend group sessions multiple times per week for a period of weeks. Each group may have a different therapeutic focus such as cognitive therapy, psychoeducation, personal emotional self-care, or addiction.

Mental Health

Mental health is a term that is interchangeable with the term Behavioral Health. It is a state of emotional well-being in which an individual is able to use his or her thinking and feeling abilities, live with others, and meet the ordinary demands of everyday life.

Mental Illness

A state where a person's thinking, emotions or behaviors are disrupted to an extent that it has an effect on their ability to function in daily life. It does not necessarily mean that the person has a diagnosable psychiatric disorder or needs any form of medical treatment.

Behavioral Health Glossary of Common Terms (continued)

National Alliance on Mental Illness (NAMI)

This non-profit national organization provides a wide variety of free resources related to mental health and wellness and treatment options. This information can be accessed at the website: www.nami.org.

Partial Hospital Program

Partial Hospitalization Programs are day treatment programs where individuals experience programming similar to that found in a hospital setting, but they can return to the comfort of their own home at night. They will attend group sessions daily for a period of weeks. Each group may have a different therapeutic focus such as cognitive therapy, psychoeducation, and personal emotional self-care.

Psychiatrist

Psychiatry is a branch of medicine dealing with the science and practice of treating mental or behavioral disorders. Psychiatrists are the medical specialists who evaluate psychiatric concerns and prescribe medicines, which can play an important role in treating mental health problems.

Psychologist

A psychologist is a professional who evaluates and studies behavior and mental processes. Typically, psychologists must have completed a university degree in psychology, and a doctorate degree to be licensed by the state of Pennsylvania. They are trained therapists who provide treatments such as CBT, group therapy, or family therapy. They cannot prescribe medications.

Psychotherapy

Psychotherapy is a term that is interchangeable with the term “counseling”. It can be any of a variety of therapeutic approaches such as CBT, client centered, or even art therapy and play therapy.

Recovery

Some mental health conditions may not be curable, but a person can experience a sense of control, meaning, and purpose in his or her life. Recovery is thought of as a process that leads to living a life of meaning and purpose.

Behavioral Health Glossary of Common Terms (continued)

Social Worker

Social work is a profession that helps improve people's lives in a wide variety of ways. In the mental health field, social workers assist people by helping them cope with issues in their everyday lives, deal with their relationships, and solve personal and family problems. They utilize many of the same therapeutic approaches that counselors and psychologists use.

Therapy

The terms “therapy”, “counseling”, and “psychotherapy” are fairly interchangeable. The training of the professional (counselor, psychologist, or social worker) will determine the term that will be used.

For additional information see: www.nami.org

INFORMATION ABOUT PENNSYLVANIA COUNSELING SERVICES

1-717-337-1075

pacounseling.com

Offices for Pennsylvania Counseling Adams County Children's Services
at 334 York Street, Gettysburg, PA

Information about child-specific services can be found online at
<https://pacounseling.com/gettysburg-adams-childrens-services/>

Outpatient Services

PCS Outpatient services are intended for individuals who possess the skills and supports necessary to recover without a more intensive treatment program such as hospitalization or residential support. Services focus on a full range of emotional and behavioral issues and are available for children and adults of all ages.

- Individual and Family Therapy
- Drug and Alcohol Treatment

Behavioral Health Rehabilitation Services (BHRS)

BHRS, or Wrap Around, services are for children who need individual therapeutic assistance, for childhood mental health disorders such as Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, Anxiety disorders, and Autism. Services support the formulation and implementation of behavioral treatment plans.

Family Based Services

Services are geared toward children and adolescents up to age 21 who are at risk of out of home placement due to a severe emotional and/or behavioral disorder or severe mental illness. Family Based teams assist families by coordinating resources for successful solutions as well as management of presenting treatment issues. The main goals of Family Based Services are to:

- Reduce out-of-home placement of children
- Strengthen and maintain family unit
- Increase life skills and coping capacities of each family member
- Re-unify families separated due to the mental illness of a child

INFORMATION ABOUT TRUENORTH WELLNESS SERVICES 1-800-315-0951

truenorthwellness.org

Offices in Hanover, Gettysburg, Shrewsbury, York,
Harrisburg, McConnellsburg and Chambersburg

Inspiring healthy living

TrueNorth Wellness Services provides comprehensive and personal approaches to empower individuals in maintaining a life of wellness through preventative and healing services.

Customizing our services to support our clients' needs has, and always will be, our first priority.

Our service programs offer flexible and accessible solutions designed with results in mind.

WELLNESS IS PERSONAL

Behavioral Health Services

***Counseling**

- | | |
|-----------------|-------------------|
| -Family | -Peer |
| -Children/Youth | -Drug and Alcohol |
| -Individual | -Trauma |

***Emergency Crisis**

-24 / 7 / 365

***Community Support**

- | | |
|--|----------------------------------|
| -Assisted Living | -Partial Hospitalization Program |
| -Community Outreach | -Social Rehab |
| -Community Residential/
Rehabilitation Services | -Supported Housing (SHP) |
| | -Supportive Living Program |

***Autism**

Wellness Services

***Education and Prevention**

***Employee Assistance**

***Lifestyle Management**

- | | |
|-----------------------------|--------------------|
| -Chronic Disease Management | -Pain Management |
| -Grieving/Loss | -Stress Management |
| -Integrated Health | -Weight Management |

**INFORMATION ABOUT
WELLSPAN PHILHAVEN BEHAVIORAL
HEALTH**

At WellSpan Health, psychiatrists, psychologists, nurses and mental health professionals combine efforts to provide the most appropriate level of behavioral health care for people of all ages: children, adolescents and adults. Together, these individuals work in conjunction with area physicians, schools, businesses, governmental agencies, and social service organizations to address all aspects of mental health and addiction disorders.

To make sure that individuals can access assessment, diagnosis and treatment and referral to the most appropriate level of care, WellSpan Philhaven Behavioral Health offers a variety of outpatient services in Adams County.

Behavioral Health treatment methods at WellSpan include individual therapy, family and group counseling and medication management by a psychiatrist, along with special services, including crisis intervention, services for employers, palliative care and more.

Additional information is available by visiting wellspanphilhaven.org

Risk Factors and Warning Signs of Suicide: What to Look For

Suicide most often occurs when someone's stressors exceed their current coping abilities. However, the factors and causes are not always the same for everyone. The following are factors that are commonly seen in people who are contemplating suicide.

National Suicide Prevention Hotline: 1-800-273-8255 – Available 24 hours, everyday

If a person **talks** about:

- Being a burden to others
- Feeling trapped
- Unbearable pain
- No reason to live
- Harming themselves or others
- Getting their affairs in order (making a will)

If a person displays these **behaviors**:

- Increased drug or alcohol use
- Acting recklessly
- Withdrawing from activities
- Isolating from friends and family
- Sleeping too much
- Not sleeping at all

If a person displays these **emotions**:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Aggression
- Anxiety
- Anger

If a person has any of these **health factors**:

- Depression
- Bipolar disorder
- Schizophrenia
- Anxiety disorders
- Psychotic disorders
- Substance abuse disorders
- Chronic health conditions

If a person is subject to these **environmental factors**:

- Stressful life event (job loss, death, divorce)
- Prolonged stressor (harassment, bullying, relationship issues, unemployment)
- Access to drugs, alcohol, or firearms

If a person has any of these **past factors**:

- Previous suicide attempts
- Family history of suicide
- Family history of depression
- Death of loved ones

American Foundation for Suicide Prevention - www.afsp.org
Helpguide.org

Suicide Prevention: Talking to a Suicidal Person

How to start a conversation:

- “I have been concerned about you lately”
- “Recently, I have noticed some differences in you and I was wondering how you are doing”
- “You haven’t seemed yourself lately and

wanted to check in with you”

Questions to ask:

- “When did you start feeling this way?”
- “Did something happen to start making you feel this way?”
- “What can I do to best support you?”
- “Have you considered getting professional help?”

What you can say:

- “You are not alone in this, I will be here for you”
- “You may not believe it now, but the way that you’re feeling will change”
- “I may not understand exactly how you feel, but I care about you and want to help”
- “You are a strong person and I am here for you”

DO:

- Be yourself – let the person know that you genuinely care about them.
- Listen – let the person unload their feelings. No matter how negative the conversation seems, the fact that it is happening is a positive sign.
- Be sympathetic – don’t be judgmental, be calm, be patient, and be accepting. Allow them to talk about their feelings freely.
- Offer hope – reassure them that help is available, that their feelings are only temporary, and that their life is important to you.
- Take the person seriously – do not underestimate or invalidate what they are saying. Ask questions, you are not putting ideas in their head or making the situation worse. This shows that you are listening and taking them seriously and allowing them to share with you.

DON’T:

- Use clichés – avoid common sayings like, “you have so much to live for,” “suicide will hurt your friends and family,” “look on the bright side,” or “this is all happening for a reason.”
- Be shocked – don’t lecture on the value of life or say that suicide is wrong.
- Promise confidentiality – Do not swear yourself to secrecy. You may need to speak to a mental health professional in order to keep the person safe if they are not yet willing to do so themselves.
- Minimize their problems – it is not about how bad their situation is, it is about how badly it is hurting the person.
- Blame yourself – it is not your fault and you cannot fix someone else’s depression, but you can offer care and support.

MENTAL HEALTH

Adams County, PA

SIGNS OF POOR MENTAL HEALTH:

It is important to note that feeling one or two of the following does not mean you or a loved one is experiencing depression. It is always better to talk to a professional and encourage positive discussion about depression. The intensity, frequency and number of symptoms/emotions all play an essential role in poor mental health.

Little or no pleasure in doing things

Feeling down, depressed or hopeless

Trouble falling asleep, staying asleep, or sleeping too much

Feeling bad about yourself -- or that you are a failure or have let yourself or your family down

Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

Feeling tired or having little energy

Thoughts that you would be better off dead, or of hurting yourself

Trouble concentrating on things, such as reading the newspaper or watching television

Poor appetite or overeating

IN OUR COMMUNITY

22%

of adults, as of 2017, have been told by a doctor or other healthcare provider that they have a depressive disorder during their lifetime. **In 2011, this number was 20%.**



about

1 in 5

about

6 in 10



59%

of community members, in a 2017 survey, reported to having one or more days with depressive symptoms within a time frame of two weeks. **In 2011, this number was 55%.**

34%

of Adams County reported to having 1 or more days in the past 30 days where their mental health was NOT good. This number has decreased since 2011 from 39%.

43%

reported to having 1 or more days during the past 30 days where their poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation.

ACCESS & IMPORTANCE

92%

of survey takers strongly agree that their mental health and physical health are equally important to their well-being.

But

there are financial barriers to access

27%

report that mental healthcare services are too expensive

17%

report not knowing how to find a mental health care provider

Resources



National Alliance on Mental Illness:
1-800-950-NAMI (6264)
Compartiendo Esperanza: No Hay
Salud Sin Salud Mental

References

1 Yost, B., & Thompson, S. (2018). Adams and York County Community Health Needs Assessment 2018 . Overview of the Adams County and York Communities. Retrieved from <http://www.healthyadamscounty.org/>

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NOTES

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For questions or requests for more copies of the booklet please contact
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