



Help is just a
phone call away.
Referrals can be
made 24 hours a day,
7 days a week
by calling
610-480-8919 or
fax **610-480-8944**.



Visiting hours are available
on our website.

Malvern Behavioral Health
is in network with all major
insurances and a self-pay
option is available.



Location

Malvern Behavioral Health
1930 S. Broad Street
4th Floor
Philadelphia, PA 19145
Located in the
Constitution Health Plaza



An LGBTQ+ **safezone**



malvern
BEHAVIORAL HEALTH SERVICES

Focused Recovery. Compassionate Care.



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BEHAVIORAL HEALTH SERVICES

Focused Recovery. Compassionate Care.

Acute Inpatient Behavioral Health Program for Young Adults ages 18 to 26

P: 610-480-8919 • F: 610-480-8944

Constitution Health Plaza
1930 S. Broad Street, 4th Floor
Philadelphia, PA 19145

www.malverntreatment.com



Malvern Behavioral Health focuses on key stressors that impact young adults, provides individualized treatment, and works with each person to develop proper support, skills, and education so they can thrive in everyday life.

Key stressors that impact this age group include social media, screen time, gaming, vaping, difficulty transitioning into adulthood and substance abuse. Our trauma-informed and recovery-focused trained staff take great care to provide a safe, comfortable and therapeutic environment.

We help young adults progress forward from the following:

- Anxiety
- Depression
- Trauma
- Other Mood Disorders
- Substance abuse/chemical dependency (secondary concern)
- Early-onset psychosis and/or substance abuse psychosis

Treatment Program

We offer therapeutic programs and activities to suit each individual's needs and growth towards success. Groups are facilitated by a Master Level Clinician and work on issues ranging from trauma, cognitive-behavioral stressors, grief work and positive ways of managing stress.

Evidence-Based Treatment

Our Clinical Program is based on evidenced-based treatment and focuses on identifying problems, navigating situations, and engaging in situations in a positive manner. Modalities include:

- Cognitive-behavioral therapy (CBT)
- Dialectical-behavior therapy (DBT) skills are introduced in a group format
- Motivational Interviewing (MI)

Family Involvement

The presence of family is an integral component of psychological stability and a source of support for better recovery.

- Offer Individual Family Sessions
- Host a Weekly Families F.I.R.S.T. (Families Invested in Recovery and Supporting Treatment) Program. A support/psychoeducational group for families, caregivers and loved ones.

- Group and Individual Therapy
- Psychoeducation Groups
- Nursing Education Groups
- Healthy Living Groups
- Recreational Groups – yoga, exercise
- Meditation, Guided Imagery, journaling

