



malvern
BEHAVIORAL HEALTH

Welcome to Malvern Behavioral Health's **LOTUS PROGRAM**

We want to thank you for entrusting your care to us. We understand that this can be a stressful time filled with uncertainty. Our promise is to deliver the very best care to you. We are a team of experienced mental health professionals and our goal each day is to deliver excellence in service and treatment.



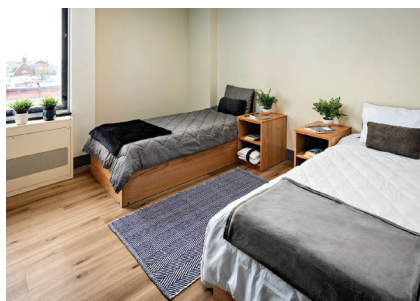
We care for every patient as if we were caring for our own family member.

We help young adults progress forward from the following:

- Anxiety
- Depression
- Trauma
- Other mood disorders
- Thoughts of self-harm
- Early-onset psychosis and/or substance abuse psychosis

The Lotus Program is an inpatient program specifically designed for young adults 18-26 years old. This program focuses on key stressors that impact young adults' mental health by providing individualized treatment programs and behavioral health services. We focus on stabilization and introducing skills to help you transition back out into the community.

We support our young people in gaining a better understanding of how to safely manage the feelings that emerge specific to relationships, higher education, and early career choices.



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.

- Group and Individual Therapy
- Psychoeducation Groups
- Nursing Education Groups
- Healthy Living Groups
- Recreational Groups – Yoga, Exercise
- Meditation, Guided Imagery, Journaling

The decision to enter treatment may have been a difficult one.
Thank you for allowing us the opportunity to walk this journey alongside of you.

FAQS

How long will I be in treatment?

A typical length of stay is 7 to 10 days. However, the length of stay is determined by multiple factors and can be discussed in more detail during your stay with the treatment team.

What kind of treatment does Malvern Behavioral Health provide?

All Clients will receive daily psychotherapy and psychoeducation groups that are appropriate for their level of care, diagnosis, and current symptoms. Groups are led by Master Level Clinicians including Therapists and Social Workers. Clients will meet with their Psychiatrist daily during their stay in an effort to maximize the treatment they receive. Some clients may be referred for individual therapy in addition to their ongoing group and structured treatment activities.

What should I bring?

All items will be searched and inventoried for our client's safety and protection prior to being allowed in any program. If items are brought which clients are not allowed to have, they will be securely stored until discharge.

Clothing

Enough to last for several days, without belts or strings, as they are not allowed on the unit. A washer and dryer are available on each unit for client use.

Toiletries

Are provided on the unit for all clients; however, clients are allowed to have their own toiletries if they are previously unopened.

Personal Items

Soft cover books, photos, and other personal items that are not restricted below may be brought for the client. Also, you may bring: Stuffed animals, blankets, pillows.

Glass or plastic containers, sharp objects, any tobacco products, and liquids containing or including alcohol
SHOULD BE LEFT AT HOME.

Will my family be involved in my treatment?

Family work is encouraged. We believe that great holistic care involves the whole family and/or other support systems. We offer family meetings as needed to support our patients during their treatment as well as to plan for discharge and ensure there is a plan of safety for when you return home or back to school. Family sessions are provided by our social work team.

When family is not able to come in person, we offer phone and skype sessions for family meetings. The treatment team will work with the patient and others connected with their care to plan a treatment program, which addresses their particular needs.

Visiting / Who can come to visit?

Family and friends of our clients can visit during regularly scheduled visiting times or by appointment arranged with their assigned Social Worker. Private visitation can be arranged for young children by speaking with the client's physician or social worker. Visitation hours are on the weekends. Each unit has its own schedule which includes visitation hours. In addition, you may request to schedule an in-person visit during your family session. You may also stay connected to your loved one through FaceTime, Skype or through the phone.

What types of insurance cover my treatment at Malvern?

Malvern is in-network with most major commercial plans, Medicare, and Medicaid. Prior to admission, our staff will discuss with you any financial responsibility you may have-if applicable (ie, copay, deductible). If necessary, we are always able to work out a payment plan that works for you and/or your family.

How will I get to Malvern?

We will coordinate with your school to arrange a safe form of transportation which may include campus safety/security or via family/friend. We can explore other available options as well but we want to make sure you get to Malvern safely.

Can I complete schoolwork during my stay?

Laptops/tablets are secured but we allow our patients access to their laptops/tablets in a supervised setting during set times in the evening to complete academic work. Use of a laptop or tablet during the day to attend classes or lectures is case by case.

If you would like us to communicate with your academic institution during your stay, we are happy to accommodate releasing information with your written permission.

Will you coordinate care with my school?

For individuals currently in school, we collaborate with local colleges and universities to support reintegration to campus and/or supporting a student that may choose to take some additional time to focus on their mental wellness. You might have questions regarding missing class or assignments while in treatment. You and your social worker can discuss when and how to check in with your advisor or a faculty member to get more information on how to manage and support your academic programming, and answer any questions you might have.

TO LEARN MORE:
Check us out at
www.malvernbeh.com