

We believe that the care given should be the quality we would expect for our loved ones. Our trauma-informed and recovery-focused trained staff take great care to provide a safe, comfortable and therapeutic environment. Malvern Behavioral Health focuses on key stressors that impact young adults and adults, and works with each person to develop proper support, skills, and education so they can thrive in everyday life.

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



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. www.malvernbnh.com

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



Focused Recovery. Compassionate Care.

Malvern Behavioral Health believes in providing care in a person-centered, trauma-informed treatment community.



Acute Inpatient Behavioral Health Program

Constitution Health Plaza
1930 S. Broad Street
Philadelphia, PA 19145
P: 610-480-8919 • F: 610-480-8944
www.malvernbnh.com

We believe in creating a safe environment where our patients are empowered to drive their path to recovery. We strive to ensure that participants in our programs have an active part in creating treatment goals—working towards what wellness and recovery looks like for them.

Family Involvement

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

- Offer Family Support Meetings
- 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.



Location

Malvern Behavioral Health
1930 S. Broad Street
Philadelphia, PA 19145

Located in the Constitution Health Plaza

 An LGBTQ+ safezone



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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)

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



Young Adult Lotus Program

Today, young people face many challenges and stressors on their journey that can lead to serious mental health difficulties.

Key stressors that impact college students and young adults include social media, screen time, gaming, vaping, difficulty transitioning into adulthood and substance abuse. If these mental health problems persist, they can affect relationships, performance at work or school, or even the ability to complete everyday tasks and functions. 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



The Lotus Program focuses on stabilization and introducing skills to transfer back out into the community. 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. Staff members working on the Lotus Program support our students in being able to work on their schoolwork should they choose to, as well as practice balancing the other areas of their life which have historically been unattended to. For example, many of our young people come to us struggling with sleep, an unhealthy relationship with social media and technology as well as a lack of understanding of the importance of things like diet and nutrition. While we are focused on safety and the ability to return to their homes and lives in their communities, we are very much aware of their struggle in being able to balance the many facets of their lives. 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.

LGBTQ Wisteria Program

The Wisteria Program is an inpatient psychiatric program for members of the LGBTQ community. Wisteria is a safe and affirming program designed to treat LGBTQ patients struggling with depression, anxiety, suicidal thoughts, and other unhealthy behaviors. The Wisteria Program uses evidence-based treatment modalities for adults within this community who are struggling with mental health concerns such as mood disorders, anxiety disorders, depression, and other specific stressors. Treatment can consist of exploration of gender identity, gender dysphoria, and social transition. We also focus on discrimination, victimization, and lack of affirming and supportive environments. Some patients may also experience a co-occurring substance abuse diagnosis.

Struggling with one's identity can be an especially difficult challenge. We all want to be seen and accepted as our authentic selves. One such challenge is living as a gender or sexual minority and expressing this identity while facing all the general difficulties of a young person.



Individuals in the Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) community often face a number of unjust issues: social stigma, abuse, harassment, and unfortunately, family rejection. The weight of rejection and social stigma combined with the increased risk of bullying, harassment, discrimination, and physical abuse impacts people who identify as lesbian, gay, bisexual, transgender, questioning, intersex or asexual (LGBTQIA+). This community is also at an increased risk of substance use and co-occurring mental health disorders. Research reports that members of this community are three times more likely to suffer from behavioral and mental health issues. But there is hope.

The Wisteria Program addresses psychological and emotional distress by examining how identifying as non-binary, trans or queer can impact one's health and well-being in a world where there is ongoing stigma, rejection, harassment, and bullying. Our clinical programming helps to target psychological stress by using a multidisciplinary team, which consists of psychiatrists, social workers, clinicians, and nurses who are trained in providing affirming and culturally responsive mental health services. We provide affirming, evidence-based treatments for LGBTQ individuals, including individual, family and group psychotherapy. We will meet you as you are, where you are, for WHO you are.

Sage Adult Mental Health Program

Individuals struggling with anxiety, depression or other mood disorders tend to feel little hope and feel that they are losing control of their life.

Malvern Behavioral Health offers a secure and supportive inpatient mental health program for adults experiencing challenges with mental health and/or substance use disorders. We serve individuals who have a primary mental health diagnosis (such as acute depression, anxiety, suicidal ideation) and/or a co-occurring substance use disorder. The Sage Program offers a secure and supportive inpatient behavioral health environment for adults experiencing these unique challenges.

We will help you develop stronger coping skills, improved emotional regulation, and the development of practical life skills that together will enable your return to healthy day-to-day functioning.

Using evidence-based treatment models and trauma-informed care programs to support recovery, our team will work with you to create a comprehensive and individualized treatment plan targeting both psychiatric and substance use symptoms. Treatment approaches will include Cognitive Behavioral Therapy, Relapse Prevention, and Psychoeducation. Mindfulness (ie. yoga, meditation) and movement activities will also be incorporated into the treatment day.

