

Adult Mental Health Program

WILLOW

malvern
FORD ROAD

**WILLOW PROGRAM NOW OPEN:
3905 Ford Rd, Philadelphia, PA 19131**

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

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's Willow Program offers a safe 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. While we may treat those with co-occurring substance use disorders, the primary focus of treatment is a mental health disorder such as depression, bipolar disorder, or schizophrenia.

EVIDENCE-BASED TREATMENT

Our program uses proven, evidence-based methods to help identify challenges, build skills, and support positive change.

Approaches include:

- Cognitive-behavioral Therapy (CBT)
- Group Dialectical-behavior Therapy (DBT)
- Motivational Interviewing (MI)

TREATMENT PROGRAM

This 28-bed program offers therapy and activities tailored to each individual's needs and goals. Led by Master's-level clinicians, it focuses on managing stress, trauma, grief, and everyday challenges.

Program offerings:

- Group & Individual Therapy
- Psychoeducation
- Nursing Education
- Healthy Living Groups
- Recreational Activities (Yoga, Exercise)
- Meditation, Guided Imagery, Journaling

AMENITIES

- Spacious, light-filled interiors
- Multiple group rooms for specialized use
- Dedicated exercise room
- Two outdoor courtyards for recreation
- Large cafeteria

We create personalized treatment plans using evidence-based and trauma-informed care. Our goal is to help you build coping skills, improve emotional regulation, and develop practical tools for daily life. We also provide ongoing support to help you continue your recovery after returning home.



To Make a Referral: **610-480-8919**

Fax: **610-480-8944**