

## Accreditation

Jefferson Regional Behavioral Health Care Services are accredited by the Joint Commission, and are licensed by the Pennsylvania Department of Health and the Department of Public Welfare.



## Patient Privacy

We are committed to holding patient privacy in the highest regard at all times. No patient information is released without permission from the patient or their legal representative.



## Questions About Your Bill

Any questions about payment of your bill can be directed online to: [patientinquiry@jefferson-regional.com](mailto:patientinquiry@jefferson-regional.com), or by calling us at 412-267-6462, Monday through Friday, from 8 a.m. to 4:30 p.m.



## About Us:

**Main Campus:** on Coal Valley Road near Century III Mall. Includes comprehensive inpatient and outpatient surgical services, and more than 40 specialties such as The Heart Institute, The Radiation Oncology Center, The Joint Care Center, The Women's Diagnostic Center, The Sleep Disorder Center, Physical Therapy, and Behavioral Health Care Services

**Emergency:** comprehensive Emergency Services, including stroke telemedicine and Quick Care,<sup>SM</sup> a dedicated area providing fast service for minor illnesses and injuries

**Rooms:** nearly every room in our 373-bed award-winning hospital is private

**Outpatient Centers:** in Baldwin, Belle Vernon, Bethel Park, Brentwood, Charleroi, Clairton, Pleasant Hills, Squirrel Hill, Uniontown and West Mifflin

**Clinics:** Walmart clinics operated by Jefferson Regional in West Mifflin and Belle Vernon for convenient, affordable, health care 7 days a week

## Jefferson Regional Behavioral Health Care

### Inpatient Psychiatric Unit:

Jefferson Regional Medical Center, Main Campus  
Jefferson Hills  
**412-469-5000**

### Intensive Outpatient Program (IOP):

South Hills Medical Building  
Jefferson Hills  
**412-469-5000**

### Outpatient Services:

Brentwood Professional Plaza  
Brentwood  
**412-881-2255**

Jefferson Regional Outpatient Services Center  
Pleasant Hills  
**412-881-2255**

Caste Village Mall  
Whitehall  
**412-881-2255**

Additional locations are available for certain services. Please visit our website to see our full list of locations.

Paper contains 50% post-consumer and 50% virgin FSC certified fiber.

**JEFFERSON**  
REGIONAL MEDICAL CENTER  
[www.jeffersonregional.com](http://www.jeffersonregional.com)

Jefferson Regional Medical Center

# Behavioral Health Care Services

**JEFFERSON**  
REGIONAL MEDICAL CENTER

## How We Can Help

*Our trained, certified, and compassionate behavioral health care specialists can provide the help and support you need to manage life's challenges and help you feel good again.*

### — Our Programs —

#### Outpatient Counseling and Wellness

Jefferson Regional Counseling and Wellness Services, with locations throughout the South Hills of Pittsburgh, provide access to the behavioral health care specialists of Jefferson Regional Medical Center.

We offer assessment and therapy services for mental and emotional health issues including depression, anxiety, panic disorders and phobias, stress, grief, dementia, marital and family problems, trauma, abuse, self-esteem development and obsessive-compulsive disorders.



#### One or several therapy services may be used in our individualized treatment plans:

- **Comprehensive Assessment:** we provide psychiatric, psychological, and psychosocial evaluations.
- **Counseling and Psychotherapy:** we work toward clarification and resolution of significant life issues and challenges for individuals, couples, families, and groups.
- **Hypnotherapy and Guided Imagery:** our guided sessions help: to relieve pain, anxiety, and nausea; with smoking cessation; and with management of eating disorders.
- **Stress Management/Relaxation Therapy:** our programs use techniques to reduce anxiety, tension, and stress, and develop effective management strategies.
- **Medication Therapy:** medications are prescribed and monitored by a board-certified psychiatrist.

---

Appointments can be arranged based on your schedule. Call 412-881-2255.

---

#### Intensive Outpatient Program

In addition to weekly therapy, Jefferson Regional's Intensive Outpatient Program offers more intensive levels of support and care for patients following hospitalization.

Our program consists of up to nine hours of therapy per week; treatment may include spiritual counseling, individual psychotherapy, group psychotherapy, recreational therapy, psychological assessment, psychiatric consultation and care, and family counseling.

---

For information, call 412-469-5000.

---

#### Inpatient Services

Jefferson Regional's Inpatient Psychiatric Unit cares for those with conditions such as clinical depression, anxiety disorders, and schizophrenia. Therapies include individual, group, and family counseling; electroconvulsive therapy; occupational and recreational therapy; support groups, and 24-hour crisis intervention.

Emergency psychiatric care is available 24-hours a day through the Jefferson Regional Emergency Department. For information, call 412-469-5368.



#### Employee Assistance Program (EAP)

Employers and employees have access to the medical and behavioral health care needed to return to optimal health and productivity. For information call 412-881-2255.

### — Insurance and Your Bill —

Your insurance company will be billed by Jefferson Regional Medical Center. Patients are responsible for services not covered by insurance, including co-payments and deductible. We offer secure online billing and payment, accept major credit cards, and work with more than 70 insurance plans which can be viewed online at [www.jeffersonregional.com](http://www.jeffersonregional.com), click on "Insurance Plans."