



SAN ANTONIO BEHAVIORAL
HEALTHCARE HOSPITAL



COULD YOU OR A LOVED ONE BENEFIT FROM THERAPY?

CONTACT US TODAY TO MAKE A REFERRAL OR SCHEDULE AN ASSESSMENT



Your Assessment Will Determine The Level Of Care For Inpatient or Outpatient

Inpatient Services

For individuals that need immediate crisis stabilization. The average length of stay is 7-10 days.

Intensive Outpatient Program (IOP)

This program is ideal for those who need the flexibility to attend to their daily routines. The IOP program is offered in person for regular sessions during the day and evening.

Chemical Dependency Group:

Mon-Wed-Fri from 9am-12pm

Trauma Group:

Tues-Thurs-Fri from 9am-12pm

Evening IOP:

Tues-Wed-Thurs from 6pm-9pm

Partial Hospitalization (PHP)

This program is ideal for those who require ongoing structured mental health treatment but don't necessarily require full inpatient psychiatric hospitalization. PHP meets Monday-Friday from 9am-3pm.

Therapy Allows You To:

- Speak Openly
- Obtain Relief From Your Struggles
- Learn Coping Skills
- Connect With Other Individuals
- Manage Emotions
- Build Self-esteem
- Alter Behaviors
- Have Self-acceptance

Our Liaisons Are Here To Help

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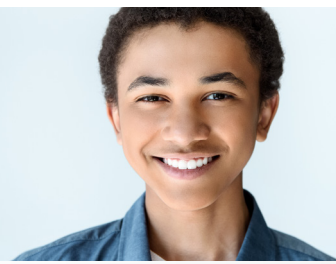


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CHILDREN AND ADOLESCENT SERVICES (9-17 YEARS OLD)

WE'RE HERE 24/7 FOR YOU. HELP IS ONLY ONE CALL AWAY (210) 592-7300

At San Antonio Behavioral Healthcare Hospital, we understand that seeking professional help for behavioral health issues can feel scary or intimidating. Because of this fear, many children and adolescents struggle in silence with the emotional, psychiatric, and mental health challenges they face. SABHH is a premiere behavioral healthcare facility with specific programs tailored to address the unique mental health challenges for those ages 9-17 years old. Our hospital offers a safe, therapeutic, and caring environment staffed with highly trained professionals to help children and teens thrive in their daily lives.

The goal of our treatment approach at SABHH is to address any immediate mental health or substance abuse concerns and provide the skills, therapy, and support for long-term success. We offer both Inpatient hospitalization as well as Outpatient programs depending on the child's or adolescent's needs. To ensure continued support and case management, we will coordinate further treatment options and follow-up appointments as needed.

PROGRAM METHODS

- Individual therapy
- Nutritional counseling
- Cognitive behavioral therapy (CBT)
- Dialectical behavioral therapy (DBT)
- Family therapy sections
- Nursing education

San Antonio Behavioral Healthcare Hospital is dedicated to treating each child or teenager with compassion and understanding to provide the highest quality of care possible. Often, those who need assistance may resist getting it. Please seek treatment as soon as you personally experience any mental health issues or notice these issues with your loved one. Better outcomes are achieved when comprehensive care is obtained as early as possible.

INPATIENT

Our Inpatient program provides acute psychiatric care for children and adolescents who are struggling with emotional, mental health, and substance abuse challenges. Upon arriving at our treatment center, you or your loved one will be assessed to understand your needs and reasons for seeking services at SABHH. Our highly trained team of nurses, doctors, psychiatrists, licensed social workers, and therapists then work as your clinical team to develop a treatment plan. The average length of stay ranges from 7-10 days, but some children and adolescents need less time in an inpatient setting and some need more.

MENTAL HEALTH CONDITIONS THAT MAY REQUIRE INPATIENT PSYCHIATRIC CARE



- Trauma
- Severe anxiety
- Bipolar disorder
- Active suicidal ideation
- Recent suicide attempt
- Assaultive or aggressive behavior
- Severe depression and hopelessness
- Psychotic behaviors impacting daily activities
- Substance abuse and chemical dependency
- Self-mutilation or self-endangering behavior

Our Inpatient units are separated by developmental age and treatment needs for safety, comfort, and therapeutic benefit. Our trauma-informed staff focuses on empowering adolescents to:

- Create awareness of behaviors
- Examine values
- Consider the consequences of their behaviors
- Develop effective communication skills

WE OFFER MENTAL HEALTH PROGRAMS TO CHILDREN AND ADOLESCENTS IN A SAFE, SUPPORTIVE, AND THERAPEUTIC ENVIRONMENT.



OUTPATIENT

We believe that working through mental health or substance abuse challenges is a lifelong journey, and our Outpatient programs provide the skills, therapy, and support to achieve long-term, positive change. Our Outpatient programs are a great option for those in need of mental health services while also continuing everyday activities like work, school, and attending to their home life. We encourage families to participate in the healing process from the very beginning of their loved one's journey in the Outpatient clinic. Our staff often rely on feedback from family and support system to get a more complete picture of a patient's ongoing needs. We also consult with each patient's family and loved ones to ensure that the patient's home environment is safe and conducive to continued improvement.

PARTIAL HOSPITALIZATION PROGRAM

The Adolescent Partial Hospitalization Program (PHP) is a treatment program for children and teens struggling with depression, mood, behavioral, and/or substance abuse problems impacting their ability to function at home and school. Our multidisciplinary Outpatient Clinical Team develop individualized treatment plans that address daily functioning, self-esteem, boundary issues, family dynamics, abusive behaviors, and much more. Through a collaborative effort utilizing evidence-based treatment, we are devoted to helping patients achieve lasting change.

PHP consists of a family session, five (5) group sessions daily, five (5) days per week for a minimum of 20 programming hours. Patients will receive weekly individual sessions with a therapist, individual sessions with a psychiatrist for medication management, and daily group therapy. A registered nurse is on site daily. Patients will also be included in a multidisciplinary team, which includes case management services with a master's level therapist to assist with aftercare appointments upon discharge.

PROGRAM SPECIFICS

- Monday-Friday: 9am-3pm, lunch is provided
- Family therapy included in care
- Five (5) group sessions daily, five (5) days per week for a minimum of 20 hours / week
- Weekly meetings with a psychiatrist for medication management
- Registered nurses available daily
- Discharge planning and referrals to mental health providers prior to discharge
- Weekly individual therapy sessions
- Typical program duration is 2-4 weeks

VIRTUAL INTENSIVE OUTPATIENT PROGRAM (IOP)

To adapt to the public health challenges posed by the pandemic, SABHH began offering therapeutic services online. With our mental health care offerings via Zoom therapy, patients can overcome barriers and receive care from anywhere using any internet-connected device with a camera. Telehealth technology allows patients to limit travel during the pandemic and access mental healthcare from anywhere. Many patients also find telehealth to be more comfortable, as they are able to meet with their therapy groups, counselors and healthcare providers from their own home. Because patients can attend telehealth appointments anywhere, this flexibility and convenience allow some patients to attend appointments more consistently.

You may be surprised by the variety of care you can get through telehealth. Services like group therapy, wellness check-ins, mental health support, and nutrition counseling are very effective while being offered virtually. One of the apparent benefits of telehealth is convenience. You can stay home but still visit with a highly-qualified medical expert and receive the care and treatment you need. If interested in virtual services, please reach us directly at **210-541-5289**.

TELEHEALTH PROGRAM SPECIFICS

- SABHH offers teletherapy via Zoom, which is user-friendly and accessible via phone, tablet, or computer.
- Virtual IOP consists of three (3) group sessions daily, three (3) days per week for a total of nine (9) programming hours.
- Group therapy sessions only, no individual therapy or psychiatry at this level of care.
- Patients will receive case management services with a master's level therapist to assist with long term appointments upon discharge.

CONNECT WITH US

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