



FAIRMOUNT

Behavioral Health System

Are you or someone you love experiencing one or more of these symptoms:

- Ongoing feelings of depression, hopelessness, or helplessness
- Unusual mood swings, irritability, difficulty controlling anger
- Difficulty functioning at home, work, or school
- Problems related to drug or alcohol use
- Difficulty concentrating or having racing thoughts



Hope is Here

Hope can be the hardest thing to find when experiencing any of these problems. But, HOPE is here at FAIRMOUNT, where we have many treatment options and ways to make them work for you.

For more than 75 years, Fairmount has helped people overcome many of their behavioral health difficulties. Fairmount is located on a secluded, peaceful, 27-acre wooded campus close to the suburbs.



Our overall goal is to help you:

- Develop more effective methods of coping with stressors and emotions.
- Develop a strong support system and explore lifestyle changes.
- Reduce/minimize your current symptoms and achieve the highest level of functioning.



Fairmount is in network with most commercial insurance carriers, Medicaid, and Medicare.

To inquire about admission to one of our services or to schedule a free, confidential assessment, please call **215-487-4100**

Our Assessment Center will provide timely and confidential evaluations for individuals, 24 hours a day, seven days a week in an intimate and private setting.

1-800-235-0200 • www.fairmountbhs.com

PROGRAM HIGHLIGHTS

- Multi-disciplinary staff made up of Board Certified Psychiatrists, Licensed Nurses, Masters Prepared Social Workers and other highly skilled clinicians
- Allied Program with music, dance/movement, and art therapy
- Medication Education and Illness Awareness Groups run by our nursing staff
- Dedicated social work staff with strong commitment to family involvement (we will arrange transportation for families)
- Individual/Family/Group Therapy
- On-site NA/AA meetings
- Recreational therapy including access to a full gymnasium
- Dietary Consults and Nutrition Groups run by a Registered Dietician

Support For Family Members

Families are an important part of the patient's treatment program, but they often need emotional support themselves. Our Family Involvement Program is facilitated by Masters level clinicians and is open to all family members as well as the community. These are informational meetings where people can learn how to deal with the impact of mental illness. We offer evening programs twice a week.

Adult Inpatient Services

- Fairmount offers four distinct inpatient programs that each provide unique treatment programming based upon an individual's needs.

Children & Adolescent Inpatient Services

- Our program treats children of kindergarten age through adolescence.
- Medically supervised by a Board-Certified Child Psychiatrist.
- Children as well as adolescent males and females are treated on separate and secure units.
- Daily school programming by a Certified Special-Education Teacher.

Drug/Alcohol Rehabilitation Services

- Specializes in rehabilitation and detoxification for adults.
- Our program includes pharmacotherapy/detoxification, group therapy, individual treatment, 12-step study/education groups, educational lectures, and AA/NA/CA meetings.

Acute Partial Hospitalization Program

- Transportation provided for patients who live in Philadelphia and select areas of Montgomery and Delaware Counties
- Short-term treatment during the day for adolescents (14 years of age and older) and adults
- Close psychiatric monitoring by a Board-Certified Psychiatrist and a Registered Nurse
- Individual, group, and family therapy; skills training and mental health education groups

