

**N**orthridge Hospital provides psychiatric services and detox treatment for adults, seniors and adolescents. We provide a variety of specific programs that can be joined together to provide the seamless continuum of care needed for therapy.



Recreational activities available onsite

We assess and treat patients with a variety of issues, including:

- Anxiety and Panic Disorder
- Depression
- Chemical Dependency/Detoxification
- Anger Management
- Abuse
- Bipolar Disorder
- Schizophrenia/Schizoaffective Disorder

### ADOLESCENT CARE (AGES 13 – 17)

Our Hospital is the only one in the San Fernando Valley to offer Psychiatric Services for adolescents. The Adolescent Program is under the direction of a Board-certified Psychiatrist who specializes in Child and Adolescent Psychiatry. It is highly structured to provide an age appropriate, developmentally healthy environment.

Therapies are provided on an individual basis as well as in the following sessions: multi-family, family, art, recreational and group therapies. We assess and treat patients with a variety of diagnoses, including:

- Depression
- Anger Management
- Anxiety and Panic Disorder
- Attention Deficit Hyperactive Disorder (ADHD)
- Bipolar Disorder
- Eating Disorder
- Schizophrenia/Schizoaffective Disorder
- Chemical Dependency/Detoxification

For more information about our Behavioral Health Services, please call **818-885-5484**.

### GETTING THE HELP YOU NEED

Treatment at Northridge Hospital's Behavioral Health department can be obtained through your doctor's referral or by calling the Northridge Hospital Psychiatric Services Line at **818-885-5484**. Available 24-hours-a-day, seven-days-a-week, callers will be linked to professionals who can provide confidential evaluations, family support, treatment and next-step recommendations.

### TRANSPORTATION

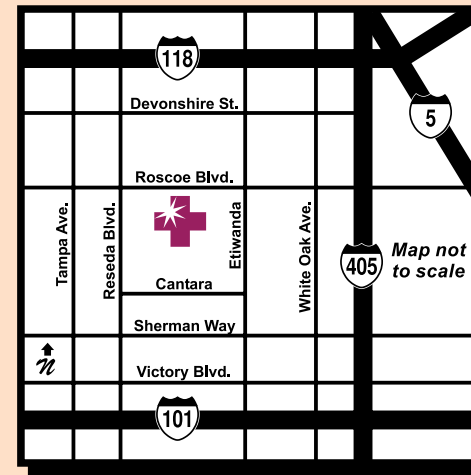
We offer transportation to and from the hospital for patients in our Partial Hospitalization Program as well as our Intensive Outpatient Program. Once you are enrolled in one of these, you may arrange your needs with any member of the Treatment Team.



## Northridge Hospital Medical Center

A member of CHW

**N**orthridge Hospital Medical Center is a 411-bed facility serving the San Fernando Valley for more than 55 years. As a nonprofit, community-based hospital, Northridge Hospital offers a full spectrum of healthcare programs and Centers of Excellence. Northridge Hospital is affiliated with Catholic Healthcare West (CHW) and shares with them a long and rich legacy of caring and compassion.



18300 Roscoe Blvd. • Northridge, CA 91328  
 Main Number ..... 818-885-8500  
 Behavioral Health Services .... 818-885-5484  
 FREE Physician Referral Line  
 ..... 855-A-DOC-4-ME  
 Community Education ..... 818-885-5488  
 Visit us on the web  
**www.NorthridgeHospital.org**



# Psychiatric Services for Adults, Seniors and Adolescents



Northridge Hospital Medical Center  
 A member of CHW

AMAZING HAPPENS HERE.

At Northridge Hospital Medical Center, we have an integrated team of Behavioral Health professionals consisting of Psychiatrists, Therapists, Social Workers and Nurses. They specialize in recognizing, treating and managing psychiatric disorders and chemical dependency for adults, seniors and adolescents.

Under the supervision of a Board-certified Psychiatrist, we embrace each patient as a whole person—guiding them toward a path of healing in a sensitive and dignified, yet structured environment.

## PROGRAMS

### Inpatient Hospitalization Program

Our inpatient Behavioral Health Unit is for patients who are unable to function at home, work or school due to psychiatric difficulties, drugs or alcohol. Our program provides intensive one-on-one and group therapy sessions, support, structure and stability in a safe and therapeutic environment.

### Partial Hospitalization Program (PHP)

The Partial Hospitalization Program is the bridge between our outpatient program and inpatient hospitalization. It provides the therapy structure and support of an inpatient program, but allows participants to return home daily.

### Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program provides a transition between partial hospitalization and traditional therapy sessions in an office setting.

### Psychiatric Counseling

When symptoms present themselves, individual counseling from an expert through traditional office visits often helps. If you need to find a qualified psychiatrist in your area, please call our **FREE Find-A-Doctor** service at **855-A-DOC-4-ME**.



## TREATMENT SERVICES

Our focus is on crisis stabilization. Therefore, the first step in the treatment process is an accurate and thorough assessment. Through this evaluation, we can provide the most effective short- and long-term treatment strategies. Individualized treatment plans and specific interventions enable our team to meet each patient's — and their family's — needs.

Proven methods and interventions, which focus on psycho-education and cognitive-behavioral therapy, provide patients with

the knowledge and tools they need to succeed in recovery. Various modalities include counseling and medication stabilization as well as Detoxification Management.

## DETOXIFICATION MANAGEMENT

Detoxification services are for persons who want to eliminate their dependency on alcohol or other drugs — such as marijuana, cocaine, heroin, pain killers, "ecstasy" or prescription drugs.

Goals of "detox" services include an evaluation of the individual's addiction and removing the intoxicating substance from the body. This is done while keeping the patient comfortable and decreasing the risks from the withdrawal process to a minimum.

Detoxification services also include efforts to encourage patients to seek additional support after discharge in order to maintain sobriety.

## ECT

ECT is a painless procedure administered to patients with severe depression, acute mania and certain schizophrenic syndromes. This treatment is used for patients who have been unsuccessfully treated with medications.

## AFTERCARE

Our intensive programs maximize the patient's functioning to prevent further regression. The discharge plan takes into consideration the patient's current function, needs for ongoing support and a plan designed to help the patient sustain the gain that they have achieved in the program.

## FAMILY SUPPORT

Because healing is a journey for the entire family, we strongly encourage the involvement of loved ones. At times the feeling of helplessness can become overwhelming for parents or loved ones dealing with a person in crisis. We offer, multi-family therapy support group sessions to educate the family on the best approach to support their loved one on their healing journey. We strive to offer you and your family the support and understanding you will need during this process.

