

# An Expert Clinical Team

The Porter Adventist Hospital Behavioral Health Services team is comprised of some of the most experienced, compassionate and highly educated mental health professionals in the region. Our team includes:

- ✔ Board certified psychiatrists specializing in child, adolescent, adult and geriatric psychiatry
- ✔ Licensed, Master's-educated psychotherapists, social workers and counselors
- ✔ Certified addiction counselors
- ✔ Registered nurses specializing in mental health care
- ✔ Certified therapeutic recreation specialists and occupational therapists

Learn more about Porter Adventist Hospital's behavioral health program at [www.porterhospital.org/behavioralhealth](http://www.porterhospital.org/behavioralhealth)



## Insurance Information

Porter Adventist Hospital and the Centre for Behavioral Health are Medicare providers and are contracted with most insurance plans.

## Appointment and Referral Information

Learn more at [porterhospital.org/behavioralhealth](http://porterhospital.org/behavioralhealth)

**Outpatient Services 303-778-5774 | Fax: 303-778-2436**

- \*Therapy & Medication Management
- \*Mental Health IOP
- \*Substance Use IOP

**ECT: 303-715-7765 | Fax: 303-649-7147**  
2535 S. Downing St. Denver, CO 80210

**Inpatient Referrals: 303-765-6969 | Fax: (303) 778-5661**  
2525 S. Downing St. Denver, CO 80210

Behavioral Health Services is part of

**Porter Adventist Hospital**

 Centura Health.



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# Behavioral Health Services

**Porter Adventist Hospital**

 Centura Health®

# Outpatient Programs and Services



The Centre for Behavioral Health at Porter Adventist Hospital provides a complete spectrum of outpatient mental health services utilizing various evidence-based therapeutic approaches to help individuals find support and overcome obstacles.

- ▶ Individual and family counseling for adults, teens, and children is provided by licensed, Masters-educated counselors specializing in family counseling, cognitive behavioral therapy, play therapy and trauma therapy.
- ▶ Psychiatric medication management services for all ages.

## Substance Use Intensive Outpatient Program (SU-IOP)

- ▶ The Substance Use Intensive Outpatient Program (SU-IOP) through Porter Adventist Hospital is a 12-week program that provides comprehensive treatment for individuals with a pattern of substance abuse or dependency. Our team of clinicians helps to identify specific individual, medical, and psychological needs and facilitate a rehabilitation plan that helps lead participants to long term recovery. The program uses evidence-based curricula, incorporating the 12-Steps, Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) methods into the IOP structure. Admission to the program is based upon the Adult Placement Criteria for Substance Use Disorders, as defined by the American Society of Addiction Medicine.

## Mental Health Intensive Outpatient Treatment Programs (MH-IOP)

- ▶ The Mental Health Intensive Outpatient Programs are group-based programs that address the needs of adults who require more focused mental health treatment but do not require inpatient care. The goal of each program is to provide information and skills that allow individuals to manage problems and difficult situations more effectively. This group utilizes DBT and CBT types of therapy.

# Acute Care Hospitalization

## Adult Psychiatric Inpatient Unit

- ▶ The Acute Care Unit at Porter Adventist Hospital provides psychiatric hospitalization for adult patients with severe behavioral health conditions that cannot be safely managed on an outpatient basis.
- ▶ Acute care hospitalization features an active treatment program that uses behavioral therapy groups, occupational and recreational therapy, dedicated nursing and one-on-one counseling. Each patient has a social worker who coordinates treatment and a psychiatrist who regularly consults on medication and all aspects of their care.

## Senior Psychiatric Inpatient Care

- ▶ Porter Adventist Hospital provides excellent inpatient psychiatric care in a safe, highly-structured environment to older adults with a variety of clinical presentations including suicidal thoughts, inability to care for self, and danger to others.
- ▶ The most common psychiatric conditions treated are depression, anxiety, bipolar disorder, and psychosis. Continuous monitoring and care is provided by a dedicated staff who are focused on reducing psychiatric symptoms and maximizing each individual's functioning and quality of life.
- ▶ Individuals with mild dementia who can benefit from the program, and those with complex but stable medical problems in addition to psychiatric symptoms, are considered.



# Electroconvulsive Therapy Program

Research has consistently shown Electroconvulsive Therapy (ECT) to be the most effective treatment for severe depression, especially if accompanied by psychotic features or catatonia. It is also highly effective in the treatment of bipolar disorder and some psychotic disorders.

ECT is generally used when other forms of treatment, including medication and psychotherapy, have failed. However, ECT is often the first treatment of choice in life-threatening situations such as a potential suicide because of the rapid results.

Porter Adventist Hospital is home to one of the region's leading Electroconvulsive Therapy programs. Administered in a specially equipped treatment area and staffed by our specially trained ECT board certified psychiatrists, anesthesiologists and experienced nurses provide ECT, a safe procedure that involves the delivery of a small electrical stimulus to the brain to induce a controlled seizure. This procedure is generally performed on an outpatient basis but when clinically indicated, can be provided as an inpatient treatment.

Nurses Improving Care for Healthsystem Elders



NICHE Designated Hospital