What is Stairways?

For persons with mental health care needs, Stairways Behavioral Health is a place for hope. We understand how to treat a variety of mental conditions, but more importantly we know how to treat people. Taking great care to learn about each person’s hopes and desires to lead a meaningful life, we listen and we care about personal growth.

Offering a rich array of services and approaches for men, women and children, Stairways has evolved into one of the most comprehensive health care providers in northwestern, PA.

Accredited by the Joint Commission on Accreditation of Healthcare Organizations, Stairways’ commitment to quality is reflected in every aspect of care an individual receives.

An Overview of Outpatient Services

Opened in 1999 in response to community need, the Stairways Behavioral Health Outpatient Clinic provides timely access to services from a skilled and caring team of professionals. Lauded throughout the state for significantly improving accessibility and service to the customer, the clinic has evolved into a responsive, comprehensive program focused on improving the quality of life for individuals and the community as a whole.

The staff at Stairways Behavioral Health Outpatient Clinic takes a wholistic approach to mental health treatment and wellness. Therefore, services are provided by a team of professionals that includes psychiatrists, nurse practitioners, physician assistants, nurses and therapists who work closely with you and with one another to ensure that your needs are properly identified and successfully addressed.
Individualized Attention

During individual therapy, a person’s thoughts, feelings and behavior are explored with the guidance of a trained therapist. Stairways Outpatient Clinic therapists use a wholistic approach to mental health treatment, offering complementary and alternative therapies in addition to traditional treatments for serious mental illnesses, anxiety, depression, post-partum depression and eating disorders, among a wider variety of mental and emotional difficulties. These services all take place in an atmosphere of respect, support and encouragement.

Stairways Outpatient Clinic has assembled some of the finest, well-trained counselors available, who listen intently, understand and guide. They offer a safe and private space, where individuals are free to discuss problems, concerns, fears and challenges.

Individual therapy is an effective treatment method, especially when used in conjunction with group therapy and other healthy lifestyle changes.

The Group Therapy Experience:
Learning About Self Among Others

Studies suggest the group therapy experience is a very effective approach to improving one’s overall quality of life. Due to the nature of the group experience, individuals may find groups to be even more beneficial than individual therapy sessions. They offer a safe environment for developing skills, learning how to deal with psychological disorders or improving the quality of interpersonal relationships. Hearing how others cope with their challenges can offer great insight into solving one’s own challenges.

Stairways offers a variety of groups to assist individuals with their day-to-day challenges. All groups are guided by staff who are knowledgeable and concerned about the growth of each group member.

The outpatient clinic periodically revises group offerings based on individuals’ needs and requests. A list of current groups offered at the Stairways Outpatient Clinic is available at the clinic.

“I'm starting to understand myself and my problems better.”

“Stairways helped me get my life back together.”

“They are always willing to work with me if I get off track. They don’t give up on me.”

“What won me over is that when I walked in the door, they knew my name. That meant a lot to me.”

“I've seen a lot of success. When I come here, I feel people want to help me. And when I leave here, I'm always happy.”

“People are open-minded, and you feel comfortable talking to others who understand.”

“They took me in, got me the help and therapy I needed, and got me back on my feet.”

– Comments from Consumer Satisfaction Team survey

– Comment from Outpatient Clinic client