

## 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 since 1997 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 needs, the Stairways Behavioral Health Outpatient Clinic provides timely access to services from a skilled and caring team of professionals. With easy access and goal-oriented care, 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.

## Adult Outpatient Services

Call 814.454.5686

For new referrals, press extension #1

2910 State Street, Erie, PA 16508  
www.StairwaysBH.org

## Outpatient Mental Health Services

Get your life back.

Improve relationships.

Build a brighter future.

Call to learn how we can help you or those you love!

**Public medical plans accepted. We also provide treatment for people without insurance.**

*Serving the region since 1961.*



a member of Journey Health System



Accredited by the Joint Commission since 1999.

*Stairways Behavioral Health is a private nonprofit organization that assists persons with mental health care needs at any stage of life in their recovery by providing comprehensive rehabilitation, treatment and support essential for living, working, learning and participating fully in the community.*



**DON'T WAIT TO  
ENJOY LIFE AGAIN!**



## 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 holistic approach to mental health treatment, offering complementary and alternative therapies in addition to traditional treatments for serious mental illnesses, anxiety, depression, postpartum 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.

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

*—Comment from Outpatient Clinic client*

## 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."*

*—Comments from Consumer Satisfaction Team survey*



[www.StairwaysBH.org](http://www.StairwaysBH.org)