

# Adult Residential Treatment Program



*A safe and supportive environment for 24-hour care that does not require inpatient hospitalization*

## What is the Adult Residential Treatment Program?

The Adult Residential Treatment Program is a 14-bed facility providing 24-hr, supervised care for up to 30 days. The program provides a safe and supportive setting as an alternative to inpatient mental health hospitalization or as a step-down from inpatient care.

Not only do individuals in acute psychological distress require kindness and care, but they many need assistance in managing normal everyday routines that, under better circumstances, would not appear daunting at all.

Treatment is tailored to meet each individual's needs and goals through a holistic, multidisciplinary approach. Services provided can include psychiatry, nursing, individual and group therapy and case management.

### Who qualifies for Adult Residential Treatment?

- Erie County residents who are 18 years of age or older and who have been diagnosed with a serious mental illness.
  - Individuals with a history of multiple hospitalizations or similar treatment programs, or a recent inpatient stay with an unsatisfactory outcome.
- A person who may be safely diverted to a less restrictive level of care than a hospital setting, but who requires a 24-hour, supervised setting.
- Persons who lack community and primary supports.

### Adults participating in the treatment program will :

- Develop healthful daily routines and will benefit from such things as:
  - getting a full night's rest
  - eating three healthy meals prepared for them
  - arising each morning at the same time
- Fully participate in group and individual therapy, as well as meet with a psychiatrist.
- Enjoy leisure time, as rest and reduction in stress are critical to recovery.
- Work with Stairways professionals to make connections to formal and informal supports in the community who can assist them after they leave the program.

*For more information call:*

**814-453-5806**

*Visit us at [www.StairwaysBH.org](http://www.StairwaysBH.org)*

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.



Stairways is the only adult mental health provider in Erie County accredited by the Joint Commission for Healthcare Organizations (JCAHO), the gold seal of the US health care industry.

