



POST ONLY
By CA
Date 7/21/21

Serenity

Behavioral Health

This program is not affiliated with nor endorsed by the School District of Haverford Township

Mental Health and Substance Use Therapy for Teens & Young Adults

Serenity Behavioral Health is located in Havertown and specializes in the treatment of teens and young adults ages 14-30. We provide personalized mental health and substance use counseling with an emphasis on peer support and family involvement to promote long lasting change. At Serenity, we'll work together to identify what works best for you and provide a serene therapeutic space to connect, get support & make positive changes.

Intensive Outpatient (IOP)

Our Dual diagnosis program helps tackle presenting problems by equipping you with foundational tools for success. IOP meets 3-4 times a week and is our most structured program.

Services include:

- Individual, group, and family therapy
- Parents group
- Psychoeducation
- Case management
- Life-skills
- Drug testing
- Activity therapy
- Educational/Vocational Support
- Medication Management
- Health & Wellness Program

IOP is an effective option for teens and young adults who might be off-track and are experiencing life disruption due to mental health, substance use, or behavioral issues. Most of our clients will start out at this level of care.

Outpatient (OP)

Our OP level of care often follows completion of IOP and is our least structured phase of treatment. Members attend once or twice a week for up to two hours at a time. OP programs help maintain progress made or can be an initial treatment option to address problems before they cause significant life disruptions.

Physician Services

We believe in taking a holistic approach to treatment and offer physical health and wellness assessments & counseling and medication management. Our medical director works closely with the clinical team and assesses each members medical history and symptoms to develop an individualized health and wellness plan.

Family Therapy

The addition of family therapy has a strong impact on successful treatment outcomes and sustained recovery. Family sessions are typically scheduled bi-weekly or as needed. Our parents group meets bi-weekly and provides an opportunity for parents to share their experiences, support one another and gain a better understanding of the treatment process. Rather than treating just the individual, we help families identify unhealthy patterns and learn to support one another to create positive long lasting change.

Accepted Insurance

Substance Use/Dual Diagnosis - All Services

Keystone Health Plan East	PA CHIP
Independence Blue Cross	Capital Blue Cross
Independence Administrators	Highmark
AmeriHealth	Geisinger Health Plan
Amerihealth Administrators	UHC/Optum

Mental Health - All Services

Geisinger Health Plan

Mental Health - Outpatient

Some of our providers are in-network with all plans listed.