

INSPIRA HEALTH NETWORK

Behavioral Health and Wellness

Providing Quality Care Across the Region




inspira
HEALTH NETWORK™

Comprehensive Programs Tailored for Your Needs

Inspira offers a range of behavioral health and wellness services in Bridgeton and Woodbury, which provide support for all ages and all levels of need regardless of a patient's ability to pay. Our treatment centers offer patients and their families quality care through various inpatient, partial care and outpatient therapy programs. In 2014, Inspira will launch an Intensive Outpatient Program in Bridgeton and Woodbury for co-occurring disorders in adults.

Inspira's multidisciplinary treatment teams deliver compassionate and supportive care in an environment that respects each patient's dignity and independence. Whether you are suffering from depression, anxiety or grief and loss, our experienced behavioral health professionals are here to help.



Adult Services

Inpatient Programs for Adults

Inspira's short-term care facility and voluntary inpatient programs in Bridgeton and Woodbury offer complete inpatient evaluation, diagnosis, treatment and around-the-clock nursing care for adults who are in need of a higher level of treatment. Our Bridgeton facility features a newly constructed 33-bed unit designed to promote healing and our Woodbury facility offers 20-beds with custom treatment areas on two floors. Both programs offer individual and group therapy.

Adult Partial Hospitalization Programs

Our Adult Partial Hospitalization Programs in Bridgeton and Woodbury provide services similar to the intensity and scope of inpatient treatment, but with significantly less disruption to the lives of patients and their families. The programs are designed for people with symptoms that seriously impact their daily functioning, but who are hoping to avoid hospitalization or are in need of a transition from inpatient to outpatient care. Both programs follow an acute short-term model of intensive treatment with multiple sessions to span over a few weeks. Free transportation is available.

Adult Intensive Outpatient Program

The Intensive Outpatient Program in Bridgeton provides intensive, structured, clinical services to individuals experiencing significant emotional distress. The program offers the flexibility for clients to attend specialized day or afternoon group therapy programs. Typically, individuals attend for three hours per day, two or three times per week. The program's psychotherapy and psycho-educational groups provide a safe, caring environment in which individuals can address their mental health needs, gain a better understanding of their illness, improve coping skills and draw on mutual support.

Child and Adolescent Services

Inpatient Program for Children and Adolescents

Inspira Health Center Bridgeton provides the region with an advanced Children's Crisis Intervention Program for complete inpatient evaluation, diagnosis, and treatment for youth ages 5 to 17 who are in need of immediate treatment. The newly renovated 14-bed unit offers group and individual therapy as well as around-the-clock nursing care.

Child and Adolescent Intermediate Inpatient Program

Our Children's Intermediate Inpatient Program offers comprehensive evaluation and treatment option for those children that require longer-term hospitalization. The 12-bed intermediate care unit at Inspira Health Center Bridgeton is the area's only experienced long-term psychiatric treatment center for inpatient care of this age group. The average length of stay is between 30 and 90 days.

Child and Adolescent Partial Hospital and Intensive Outpatient Programs

Inspira's Child and Adolescent Partial Hospital (ages 6 to 17) and Intensive Outpatient Programs (ages 11 to 17) in Bridgeton help youth to find better pathways to healthy development. The partial hospitalization program provides comprehensive treatment including individual, group and family counseling as well as psychiatric assessment. We also offer a new therapeutic nursery program that provides therapy for children ages 3 to 5. Our experienced staff members collaborate with all key stakeholders in the child's life to establish individualized treatment goals.

Children's Behavioral Health Center

Inspira Medical Center Woodbury's Children's Behavioral Health Center, located in West Deptford, provides services similar to the intensity and scope of inpatient treatment, but with significantly less disruption to the lives of children and their families. The program follows an acute short-term model of intensive treatment targeted for 2 to 4 weeks.



Behavioral Wellness Center for All Ages

Inspira's Behavioral Wellness Center in Bridgeton offers comprehensive therapeutic services, referrals, and on-site psychiatric services (excluding legal forensic assessments). The center provides adults, adolescents, children, and families with counseling for a range of issues, including:

- Depression
- Anxiety and fear
- Grief and loss
- Stress management
- Abuse (sexual, verbal or physical)
- Emotional stress
- Work conflicts
- Family problems
- Communication difficulties
- Relationship issues
- School problems
- Psychiatric illnesses
- EAP services
- School evaluations/recommendations
- Post-traumatic stress disorder



Behavioral Health and Wellness Locations

Adult Inpatient Program Bridgeton

333 Irving Avenue, Bridgeton

(856) 575-4160

Adult Inpatient Program Woodbury

509 N. Broad Street, Woodbury

(856) 845-0100

Adult Partial Hospitalization and Intensive Outpatient Programs Bridgeton

333 Irving Avenue, Bridgeton

(856) 575-4111

Adult Partial Hospitalization Program Woodbury

17 W. Red Bank Avenue, Suite 106, Woodbury

(856) 251-3300

Inpatient Program for Children and Adolescents Bridgeton

333 Irving Avenue, Bridgeton

(856) 575-4155

Child and Adolescent Intermediate Inpatient Program Bridgeton

333 Irving Avenue, Bridgeton

(856) 575-4300

Child and Adolescent Partial Hospital and Intensive Outpatient Programs Bridgeton

333 Irving Avenue, Bridgeton

(856) 575-4196

Inspira Medical Center Woodbury's Children's Behavioral Health Center

104 W. Red Bank Avenue, West Deptford

(856) 251-9059

Behavioral Wellness Center for All Ages Bridgeton

333 Irving Avenue, Bridgeton

(856) 575-4111

Crisis Phone Numbers

If you or your child is in need of
crisis support, call

Cumberland County Guidance Center
at Inspira Health Center Bridgeton
(856) 455-5555

Gloucester County
Newpoint Behavioral Health Care
at Inspira Medical Center Woodbury
(856) 845-9100

INSPIRING *MEDICINE*

www.InspiraHealthNetwork.org
1-800-INSPIRA