



FOR INFORMATION AND REFERRALS:

Please contact our
Assessment and Referral Department
at

800-792-2345

Visit our website at

www.lasencinashospital.com



Las Encinas Hospital
2900 E. Del Mar Blvd.
Pasadena, CA 91107



Restore to Wellness Program

For College Students

LAS ENCINAS HOSPITAL

2900 E. Del Mar Blvd. + Pasadena, CA 91107
Phone (626) 795-9901 + Fax (626) 792-2919
lasencinashospital.com

Restore to Wellness Program for College Students



The Las Encinas Restore to Wellness Program for College Students is a rapid stabilization model for college students who require psychiatric or substance abuse treatment in a hospital setting at all levels of care.

KEY FEATURES OF THIS PROGRAM:

- A Psychiatric Evaluation Team (PET) that will come to campus for a psychiatric emergency
- Campus-based assessment for students who are appropriate candidates for outpatient services, if indicated.
- Collaboration in continuity of care with on-going clinical support between the hospital and critical college personnel
- A clinical liaison will provide student advocacy from admission to discharge



- Coordination of care with student's support network
- Discharge planning to include reintegration into campus life if possible or return home
- Services in-network with most major student health plans and other insurances

The Restore to Wellness Program provides treatment for students who are experiencing severe symptoms related to:

- » Bipolar/Mood Disorders
- » Thought Disorders
- » Severe Anxiety Disorders
- » Substance Abuse and Dependence
- » Self-Harm Behaviors
- » Suicidal/Homicidal Ideations
- » Personality Disorders

STUDENTS IN TREATMENT WILL RECEIVE:

- Daily Sessions with Psychiatrist
- Medication Evaluation and Management, if indicated
- Individual Therapy that focuses on short-term problem solving, emotional regulation and coping skills.

- Structured Group Therapy including:
 - » Cognitive Behavioral Therapy
 - » Stress Reduction
 - » Symptom Education and Management
 - » Medication Education
 - » Emotional Regulation
 - » Coping Skills
- Case-Management with Coordination of Return to Campus or Medical Leave of Absence
- Discharge Planning to facilitate next step of treatment (Individual, PHP/IOP, Dual Diagnosis, Residential)
- Family Support and Education
- Students with Chemical Dependency Needs:
 - » Medically Supervised Detoxification
 - » Residential Treatment for Substance Abuse and Dependence, if indicated

