

Las Encinas

Behavioral Healthcare - Treatment - Rehabilitation - Recovery



The Joint
Commission Top
Performer on Key
Quality Measures
2012 and 2013



Compassion



Community



Collaboration





2900 E. Del Mar Blvd.
Pasadena, California 91107

Telephone: 800-792-2345
lasencinashospital.com



Over 100 Years of Care
Founded by Dr. James McBride in 1904, Las Encinas was originally called "The Southern California Sanitarium for Nervous Diseases." The facility was founded on the motto Dr. McBride had inscribed over the main building entry,

"Non Est Vivere Sed Valere Vita" which translates,
"Not just to live but to enjoy living."

Overview of Services

- Assessment and Referral
- Adult Inpatient Psychiatric Treatment
- Inpatient Detox & Substance Abuse
- Residential Treatment -Substance Abuse
- Partial Hospitalization (PHP) and Adult Intensive Outpatient Services (IOP)

Las Encinas is accredited by the Joint Commission and offers affordable treatment and payment options.



Assessments and Referral

Our goal is to provide an assessment process for you to feel comfortable and well informed, and at no cost to you.

Each assessment is a one-on-one period with a licensed Assessment and Referral Clinician that will ask you about your immediate concerns, along with past medical and psychiatric history. If substance abuse is what you're struggling with, those concerns will be addressed

with equal attention. This process will allow the Clinician to effectively and efficiently evaluate, which program would best meet your unique needs. We welcome family members and friends that will assist you with support, and to assist in the assessment process.



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- Medical Model Treatment
- Individualized / Client Centered Approach
- Life Skills Training
- Recreation and Art Therapy
- Emotional Regulation Training
- Group Psychotherapy
- Discharge Planning

“A continuum
of care.”

Adult Behavioral Health

Inpatient Treatment

Las Encinas Hospital in Pasadena, California offers a full range of behavioral health services for adults experiencing problems such as depression, anxiety, bi-polar and psychotic disorders. We also treat co-

occurring issues, chemical dependency and mental health challenges that occur simultaneously. Inpatient treatment units for voluntary patients and separate units for involuntary patients are available.



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Inpatient treatment at Las Encinas is designed to provide rapid stabilization in a carefully structured, safe, medically appropriate environment. Inpatient treatment offers close supervision for patients who are in need of hospitalization due to their medical or emotional status. A individualized treatment plan is provided for each patient, which includes an interdisciplinary team approach. The treatment team is led by a psychiatrist and may include:

- Licensed therapist
- Psychiatric nurse
- Activity/recreational therapist
- Clinical social worker
- Mental health workers

Group therapies and activities are provided for patients receiving treatment for psychiatric disorders as well as co-occurring disorders.

“Commitment”

Inpatient Substance Abuse

Treatment and Detox

The goal of the substance abuse program is to provide patients and their families, struggling with addiction, individualized treatment and recovery services.

We provide a safe, comfortable, low stress environment and an experienced treatment team, including a medical doctor, psychiatrist, chemical

dependency counselor and case manager. Our specialized team will work together to ensure a smooth transition through the continuum of care.



- Detoxing patients are placed in a calm, comfortable, therapeutic environment in Chemical Dependency Wing. Medical oversight and our specially trained staff with personal recovery experience and credentials are our cornerstones.

- Chemical Dependency counselors provide daily one-on-one consultation and group therapy

- The Treatment Team focuses on and individualized treatment plan that includes the detoxification process and the transition to the next appropriate level of care.

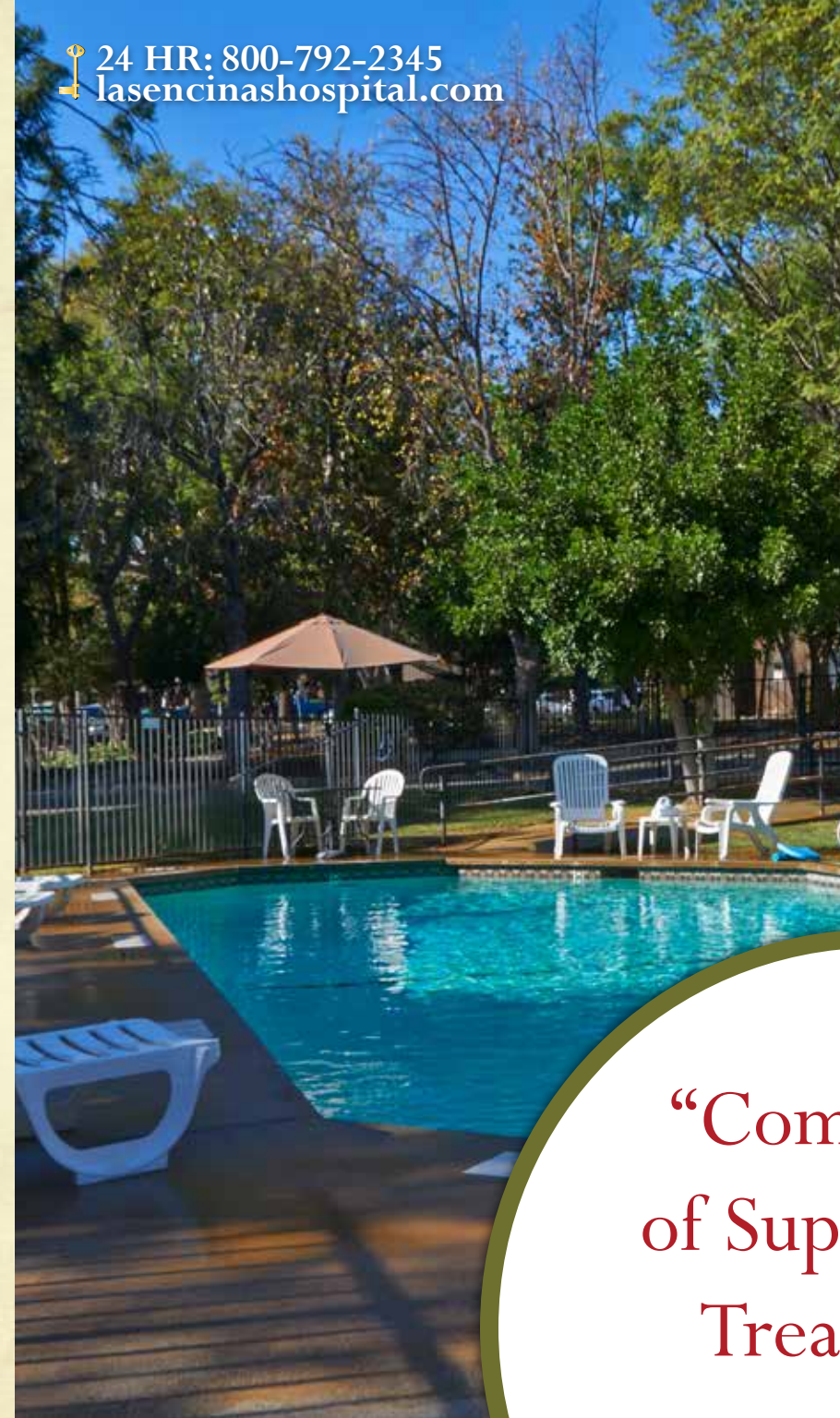
“Compassion
Take Back Your Life”

Briar Unit Rehabilitation and Recovery Program

The Briar Program is designed for people who have significant disruptions in their lives, including loss of job or school, destruction of intimate relationships, estrangement or difficulties with family members and/or isolation due to alcohol and/or other drug use.

The Briar Program takes a holistic view of addiction, incorporating interventions to promote healing in one's core aspects of physical, mental, emotional and spiritual health.

- Safe comfortable, healing environment
- Physician-led treatment team
- Free, confidential assessments available 24/7
- In-Network provider for most insurance plans
- Self pay and payment plans accepted
- Affordable treatment



- Focus groups with Chemical Dependency Services Director/Addictionologist
- Variety of psychotherapy, psychoeducational and chemical dependency education groups
- One-on-One consultations with addictionologist
- Customized treatment plan designed to help you meet your goals
- Therapeutic exercise activities such as yoga, tai chi, tennis, volleyball, swimming and basketball
- Variety of evidence-based therapies including cognitive-behavioral therapy (CBT), mindfulness practice, art therapy, music therapy and horticultural therapy
- Education for the client's support network
- Spiritual exploration with community guests
- Peer-led Recovery Book Club
- Aftercare/Recovery lecture groups

“Community
of Support and
Treatment”

Outpatient Programs

Las Encinas offers a full range of behavioral healthcare.

Outpatient programs are designed to support individuals as well as their families with psychiatric diagnoses and co-occurring disorders. We accept most insurance plans, including Medicare. Our programs are designed to accommodate daytime schedules. We have separate programs and tracks available, to ensure that clients are placed in the most appropriate program, based on their individual clinical needs.

- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Lesbian, Gay, Bisexual and Transgender Program (LGBT)
- Perspectives Program for Older Adults
- Restore To Wellness for College Students



- Partial Hospitalization Program (PHP) is a structured, five day a week, 9:00 am to 3:00 pm treatment program. Transportation is available and lunch is provided
- Intensive Outpatient Program (IOP). The flexible schedule of our IOP allows attendees to participate three to four days and up to 12 hours per week. Transportation is available and lunch is provided.
- Lesbian, Gay, Bisexual and Transgender (LGBT) is a program for individuals who identify as Lesbian, Gay, Bisexual or Transgender and could benefit from sensitive and caring treatment in an affirming and caring environment.
- Perspectives Program for Older Adults provides day treatment for individuals with depression, anxiety, substance abuse and other behavioral health conditions. Transportation may be available and lunch is provided.

“Collaboration -
Helping you to take
the next step....”

Restore To Wellness

For College Students

The Restore To Wellness Program is designed specifically for college students ages 18 to 25. We teach them coping skills to help manage their symptoms associated with depression, anxiety and substance abuse.

Las Encinas provides a supportive, therapeutic environment where students can prepare to return to school feeling confident and empowered to manage

their identified stressors. Students must be currently enrolled in a community college or university.



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- A psychiatrist will follow students while they are in the program
- A family group is offered once a week to provide families with ongoing support and education
- Staff will coordinate with Student Counseling Centers to ensure a smooth transition back to school
- Free transportation may be available for residents from local campuses and lunch is provided

“Collaboration -
When you are ready to
take the next step....”





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24-Hour Assessment &
Referral HOTLINE
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