

Since the 1970s, Diakon Behavioral Health Services has met the mental health needs of people through quality, compassionate counseling, family-based mental-health services and specialized programs including addictions counseling, trauma-focused therapy, public school-based services and family-based mental health for problematic sexual behaviors, a service designed to assist children and youth and their family members/support systems.

### Learn More

#### Capital Region

(717) 795-0330 or 1-866-700-6868

Office locations:

Mechanicsburg, York

#### Upper Susquehanna Region

(570) 322-7873 (Williamsport/Montoursville)

(570) 524-9477 (Lewisburg)

### Student Assistance Training

Diakon Behavioral Health Services extends its impact on the community by offering Student Assistance Program training. This type of training is helpful to ...

- Schools that would like to have additional trained personnel on their current SAP team
- Anyone working with an SAP team, whether in the school or from an outside organization

For more information on SAP training, please call (570) 322-7873.



#### DIAKON'S MISSION:

In response to God's love in Jesus Christ, Diakon will demonstrate God's command to love the neighbor through acts of service.

Diakon does not discriminate in admissions, the provision of services or referrals of clients on the basis of race, color, creed, religion, sex, national origin, sexual orientation, age, marital status, veteran status, disability or any other classes protected by law.

# Behavioral Health Services



**DIAKON** BEHAVIORAL  
HEALTH SERVICES  
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES

## Your Journey to Wellness Starts Here

# Behavioral Health Services

## Family-Based Mental Health

Intensive family therapy and community-based services.

The goal of the program is to provide families with the skills and resources necessary to prevent their child or adolescent, who is experiencing significant emotional problems, from requiring out-of-home placement. The program's approach is to empower families while treating them with dignity, respect, and encouragement.

## Family-Based Mental Health for Problematic Sexual Behaviors

Intensive community-based services for youth with problematic sexual behaviors. This program is an intensive, family-based mental health program that provides individual counseling, individual therapy, family therapy and case management who have sexual-behavior issues that meet the "medical necessity" criteria for this service.

The mission is to reduce sexual victimization by providing treatment services to youth who sexually act out or offend—and by providing education and treatment services to family members of youth who sexually act out or offend so that the youth have support to maintain low-risk behaviors.



## School-Based Counseling

School-based outpatient mental health services provide assessments and treatment for youth who are facing a range of mental, emotional and behavioral concerns. The school-based approach is designed to offer treatment in an easily accessible manner while simultaneously promoting the value of education.

*Please note: Referrals are generated by the schools. We do not take referrals directly.*

The program is licensed by the Pennsylvania Department of Human Services, with treatment authorized on the basis of medical necessity. Services are provided on a fee-for-service basis and are reimbursed by insurance.

Diakon Behavioral Health Services accepts most major health insurance plans and receives funding through Pennsylvania's medical assistance program (Medicaid).

Services can include individual, family and group therapy. Services may also include psychiatric evaluation and medication management services. *\*Offered in Cumberland/Perry and Lycoming Counties*

## Clinic-Based Services

Mental health and substance abuse counseling services for youth, adults and families. Individual, group and family counseling offered. Medication Assisted Treatment (MAT) for substance abuse and psychiatric services.

With an emphasis on promoting relationships by using a positive approach that builds family strengths, Diakon Behavioral Health Services helps clients handle challenges and emotions ranging from life-threatening situations and addictions to vague feelings that life could be better. We help people to see beyond the clouds and to take the steps necessary to gain a sense of balance and control again.

MAT involves the use of medications, in combination with counseling and behavioral therapies, to serve the "whole patient" in treating substance-use disorders. A combination of medication and therapy has been shown to treat these disorders successfully and, for some people, sustain recovery. Medications help to normalize brain chemistry, blocking the effects of alcohol and opioids and relieving physiological cravings.

Diakon Behavioral Health Services offers two psychiatric-based services:

- Psychiatric evaluations, particularly related to referred diagnoses and medications
- Continuing medication management, in which a psychiatrist monitors medication usage and prescribes medicines as needed.