Admissions Process

Access Center staff will complete an initial evaluation and gather information about the reasons for your hospitalization, including current symptoms and stressors. It is important for the staff to have the most current information. We will ask you to sign release forms that will allow Wellspan Philhaven staff to communicate with these providers. Please be prepared for this process to take about two hours.

Please bring along your list of medications, your insurance card, contact information and basic information about your medical issues.

WellSpan Philhaven is southcentral Pennsylvania’s most comprehensive behavioral health organization, serving Adams, Dauphin, Lancaster, Lebanon and York counties through 54 programs and 27 care locations. For 65 years, we have focused on treating the whole person – mind, body and soul. We offer services for all ages and various levels of care, including hospitalization, residential and day programs, outpatient counseling, and services in the home, school and community. WellSpan Philhaven is part of WellSpan Health, an integrated health system serving the region with more than 1,200 physicians and advanced practice clinicians, six respected hospitals, 15,000 employees and more than 130 care locations.
Your WellSpan Philhaven Experience

When you need inpatient care, you don’t have to feel alone. The staff at WellSpan Philhaven is here to guide you through your stay with the compassion and expertise you need in times of crisis.

At WellSpan Philhaven we specialize in the treatment of adults who have a variety of different stressors and mental health needs. We understand that this type of treatment is sometimes difficult to access, so we try to make the intake process as easy as possible. When you arrive at WellSpan Philhaven, specially trained staff will greet you. We have a multi-disciplinary team approach throughout your entire stay here.

We understand that you may feel apprehensive about your stay. Rest assured that you will be treated with respect and the utmost professionalism.

Who Will Care for Me?

You will be part of a treatment team consisting of a psychiatrist, registered nurse, therapist and caseworker. A psychiatrist will see you on a daily basis. In addition, you will have a primary therapist who will provide individual and family interventions as needed. Registered nurses provide 24-hour a day supervision of the care being provided on the unit to ensure that quality and safety standards are met. Activities specialists design and lead a variety of group sessions and activities. A caseworker will work with you throughout your stay. This caseworker will also help develop a discharge plan that identifies professional and natural supports. Certified Peer Specialists will be available to support and assist you to achieve your treatment recovery goals and to provide you with ongoing support and resources in your community.

Your Stay at WellSpan Philhaven

At the time of admission, you will meet with a registered nurse, who will complete a nursing assessment. Some personal belongings will need to be placed in a secured area or sent home at this time. These items include but are not limited to aerosol cans, cell phones, clothing with strings, electronic devices, glass, lighters, sharps, tobacco products and weapons. Staff will review the unit’s behavioral expectations and guidelines and will provide a general orientation of the unit.

The Scope of Inpatient Care

The Adult Inpatient Program is designed to treat individuals who experience significant mental health issues. Perhaps you may be at high risk for harming yourself or others. You may also have significant difficulty functioning in your home, at work, or in your community. Difficulties such as depression, anxiety or other mental health problems may make you unable to attend to normal routines or expectations.

The focus of treatment is to address the crisis of behavior that led up to the hospitalization. Attention is given to diagnosis, assessment and the selection of treatment interventions that will help to stabilize behaviors or conditions quickly.

Any of the following care services may be offered or implemented:

- Psychiatric Evaluation
- Medical Evaluation
- Individual Therapy
- Family Therapy
- Expressive Therapy
- Recreational Therapy
- Dialectical Behavioral Therapy Skills
- Spiritual Group
- Goal Setting Group
- Coping Skills Group
- Social Skills Training
- Chapel Services
- Patient and Family Education
- Drug and Alcohol Education
- Journaling
- Relaxation
- Medication Management

The goal of treatment is to develop and implement a plan for you after you leave Wellspan Philhaven. With your consent, your family members may be involved in decisions about treatment and aftercare planning to help keep you moving toward wholeness.