The setting of WellSpan Philhaven’s Plain Communities Outpatient Clinic is tranquil and soothing. You and your loved ones will be welcomed by a family of swans swimming in a wide scenic lake that is adjacent to the operating WellSpan Philhaven farm. Green Pasture residents enjoy fresh fruits and vegetables produced in their own garden. Strolls to the campus lead through the Mt. Gretna Mountains to a resting place inside one of several gazebos. Many clients share that the peaceful and pastoral setting provides an opportunity for them to reflect and heal.

Accessing Services
Interested individuals or families should contact a Liaison to the Plain Community to arrange for an initial evaluation with a mental health professional.

Evaluation
Our evaluation involves interviews with family members and the individual seeking treatment. The purpose of this evaluation is to make a recommendation for treatment and to allow the family to determine if the services offered at the Plain Communities Outpatient Clinic are right for their family member. You can expect that it will take approximately two to three hours to complete the evaluation process.

Liaisons to the Plain Community
Clair Stauffer and Charles Bauman, (717) 989-8661

Green Pasture Residence Administrator
David King, (717) 279-2798

Plain Communities Outpatient Clinic
Winnie White, Administrative Assistant, (717) 279-2791 ext. 1
WellSpan Philhaven Behavioral Healthcare offers the Plain Communities Outpatient Clinic as a service to the Plain communities. The clinic provides multiple levels of service to individuals living at the Green Pasture residence and in the local community. At WellSpan Philhaven we promote hope, healing and wholeness through high quality mental health care that is sensitive to the values of the Plain communities.

**Our Values**

We value the role of the faith community in providing unconditional love and supportive encouragement to those in need. Inspired by Jesus’s compassionate example, we seek to partner with churches, the family and those experiencing mental or emotional distress.

**Our Goal**

Our primary goal is to provide a safe and healing environment so that individuals can return to their communities with the ability to think clearly, receive and give love to others, and take part in meaningful work.

**Our Services**

The clinic offers numerous services for individuals in the Plain community. Active communication and coordination among the psychiatrist, therapists and Green Pasture residence staff (with signed permission from the client) ensure that treatment is responsive to the needs of the individual.

**Talk Therapy** works by promoting acceptance of or changing of unhelpful thoughts, behaviors and habits about self and others through discussion, experience and education. Individual and family sessions are scheduled as needed. Most clients receive two to three sessions of individual therapy each week and at least one family session prior to discharge.

**Group Therapy** is offered twice each day. The morning group provides time for individuals to talk about their thoughts and experiences and to practice building skills to relate differently to others. The afternoon group provides education about mental illness and coping with problems. The topics may include coping with anger, depression, anxiety, pain management, building healthy relationships and other issues.

**Medication Management** with a nurse practitioner or psychiatrist is a part of treatment for most clients and is arranged as needed by clinic staff.

**Psychological Testing** is designed to build understanding of the needs, strengths and weaknesses of the individual. The results help to guide treatment and assist the family in responding to the needs of the individual.

**Distinctive Treatment Therapies** are utilized by our staff members who have experience, training or certification in Emotionally Focused Couples Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Cognitive Behavior Therapy. Clients and their families find these therapies extremely beneficial.

**Adoption Counseling** is offered by experienced staff and provides post adoption counseling. Our goal is to help families adjust to changes and promote healthy, stable attachments within the family.