

Partial Hospitalization and Outpatient Psychiatric Programs

REACHING OUT IS THE FIRST STEP

If you or someone you care for is in emotional distress, call the professionals at Sherman Oaks Hospital Behavioral Health Programs. For more information, to schedule a program tour, or for a free confidential assessment call (818) 674-9083.



Partial Hospitalization and Outpatient Psychiatric Programs

Sherman Oaks Hospital
4911 Van Nuys Boulevard
Suite 102
Sherman Oaks, CA 91403

Inquiries: (818) 674-9083
Phone: (818) 907-2835
Fax: (818) 907-2845

Hours of Service

Monday through Friday
8:30 AM to 4:30 PM



www.shermanoakshospital.com

SOH-BHS-00014-(8/07)-1000

Behavioral Health

Restoring Hope
Changing Lives



Our Services

The Sherman Oaks Behavioral Health Programs are AOA accredited and offer a wide range of mental health services, which include:

- Partial Hospitalization Program
- Intensive Outpatient Program
- free behavioral health screening
- group and individual psychotherapy
- regular visits with psychiatrists and medical consultants
- case management services
- grief and trauma recovery
- symptom and medication management
- men's and women's issues therapy
- dance-movement therapy
- stress management
- activities of daily living
- independent living skills
- art therapy

In addition to our behavioral health services, we offer:

- transportation (upon availability)
- hot lunch and snacks
- accommodation for special dietary needs
- shaded outdoor patio
- access to community resources
- emotional support
- wheelchair accessible

*"The staff cared about how I was doing—even when I did not."
—A Sherman Oaks Hospital patient*



Dance-Movement Therapy

Our Treatment Team

Services are provided by our highly qualified staff with extensive backgrounds in psychological treatment. Our multidisciplinary team includes:

- board certified psychiatrists
- internal medicine physician
- psychologist
- psychiatric registered nurses
- program therapists
- social workers
- activity therapists
- mental health workers

In order to provide quality patient care our treatment team may work with the patient's physician and mental health provider. Family members or significant others may also be included as appropriate. When needed, the team also enlists the services of Sherman Oaks Hospital:

- Specialized Ambulatory Geriatric Evaluation (S+AGE)
- Center for Wound Care
- Laboratory Services
- Nutritional Services

Criteria for Admission

- 18 years of age or older
- Symptoms and behaviors that interfere with daily functioning

Symptoms and Behaviors to Look For

Any of the following may be an indication that you or your loved one would benefit from one of our Behavioral Health Programs:

- depressed mood or mood swings
- isolative or withdrawn behavior
- prolonged grief or sadness
- recent changes in medication
- recurrent thoughts of death
- hallucinations or delusions
- panic or anxiety attacks
- overwhelming feelings of hopelessness and helplessness
- impairment in completing activities of daily living



Art Therapy