HIGHLANDS HOSPITAL CENTER FOR COUNSELING AND WELL-BEING

Hope at Highlands Hospital
Highlands Hospital is devoted to the healing care of the whole person – body, mind, and spirit. Appointments at our outpatient clinic are available to support and encourage you and your family members during conflict, trauma, addiction recovery, and recovery from depression, anxiety and other mental health conditions.

Recovery Support:
Our Certified Recovery Specialists (CRS) offer a unique personal perspective. As individuals in long-term recovery they understand the isolation that often accompanies active addiction. Throughout their own personal journey our Certified Recovery Specialists have relied heavily on the experience, strength and hope of those who had also faced addiction and had found recovery. Our CRS’s will assist you in all levels and phases of your recovery by offering their honest self-disclosure, enthusiastic encouragement and continued motivation to engage and continue to persevere with a successful vision for your future always in mind.

CALL US NOW AT:
724-603-2473 | 724-970-5023 | 724-626-2270 (After hours crisis line)

SERVICES AND PROGRAMS OFFERED AT HIGHLANDS:
- Individual Therapy
- Family Therapy
- Spiritual Support
- Support Groups
- Parent Groups
- Anger Management
- Trauma Informed Care
- Recovery Support
  - Certified Recovery Specialists
  - 12 Step Recovery Yoga
  - Therapists trained in dual diagnosis
- Integrative Medicine Therapies
  - Energy Medicine
  - Mindfulness Meditation

Highlands Hospital
401 East Murphy Avenue
Connellsville, PA 15425
Phone: 724-628-1500
highlandshospital.org

Evolving Care... for Life.
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- We will assist you in creating a successful vision for your future.

Case Management:

- We understand that you may face many obstacles during your recovery.
- Our Case Managers will help you identify those obstacles and connect you with the treatment, community resources and social services that you need to succeed.
- These may include mental health counseling; drug and alcohol referrals; medication assisted treatment programs; and inpatient rehabilitation.
- We will also connect you with instrumental supports such as food banks; housing; nutrition and wellness; job skills education and more.
- Our Case Managers will guide and support you in your recovery and on your path to a more fulfilling life.

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What is a Center of Excellence?

The Pennsylvania Department of Human Services designated Centers of Excellence (COE) across the state to implement programs to address the opioid crisis. Highlands Hospital’s has received designation as a COE and our program has been providing addiction recovery support services in Fayette County since February 2017. We are available to individuals and their families during all phases of recovery.

As a Center of Excellence we strive to guide and encourage individuals as they develop a vision for their future and establish a healthy and diverse recovery support network.

• To achieve this goal the Highlands Hospital Center of Excellence offers a team-based holistic approach focused on the “whole person.”
• We are available in the hospital and in the community to coordinate care with detox and inpatient rehab facilities, outpatient mental health providers, drug & alcohol providers, and medication assisted treatment programs.
• We offer recovery support to individuals and their families with intensive case management and referrals to social service agencies and varied community resources.
• We also offer individual and group spiritual counseling, stress management courses, life skills coping techniques, and a weekly 12-Step Yoga Recovery class.

If you or a person you love is suffering from the disease of addiction we encourage you to take the first step to recovery by visiting or calling our office today

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