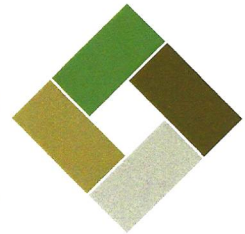




SAN ANTONIO BEHAVIORAL HEALTHCARE HOSPITAL

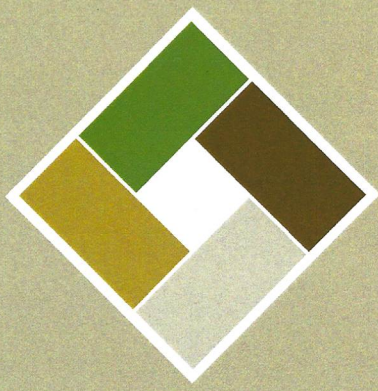


HEALING IS WHAT WE DO

WE'RE HERE 24/7 FOR YOU. HELP IS ONLY ONE CALL AWAY
(210) 541-5300.

SERVICES GUIDE

HEALING IS WHAT WE DO



San Antonio Behavioral Healthcare Hospital is a leading provider of acute care behavioral healthcare, psychiatric services, and substance abuse treatment. Our team is trained and specializes in the delivery of evidence-based treatment for adults, adolescents, active-duty military members, and veterans. At SABHH, we are dedicated to provide compassionate, individualized, and trauma-informed care for our patients. We maintain a steadfast commitment to wellness through our medication management, group and individual therapy, family session(s) and

specialized mental health treatment programs to ensure each patient receives a tailored treatment plan to meet the needs and goals of each patient, with an average length of stay of 5-7 days. Levels of care include: Inpatient, Partial Hospitalization and Intensive Outpatient (offered in-person and virtually). All of our behavioral healthcare services are administered by board certified psychiatrists, registered nurses, licensed therapists and counselors, and mental health technicians. Through dedicated and compassionate care, clinical excellence and individualized treatment, San Antonio Behavioral Healthcare Hospital can help you or a loved one begin the journey to healing today.



WE'RE HERE 24/7. HELP IS ONLY 1 CALL AWAY. (210) 541-5300

If you or someone you know is suffering from behavioral health or substance abuse issues that are negatively affecting the ability to function in everyday life, San Antonio Behavioral Healthcare Hospital can help. Our phones are available all year round, 24/7 by professional clinical staff who can discuss your concerns and provide information regarding our services and resources in the community. Call us today at 210-541-5300.



COMMON ISSUES TREATED

- Suicidal Thoughts or Attempt(s)
- Substance Abuse
- Detoxification
- Mood Disorders
 - (Depression, Bipolar)
- Anxiety Disorders
- Schizophrenia
- Trauma
- Poor Impulse Control
- Self-harming Behaviors
- PTSD
- Sexual Trauma



MODALITIES

- Evidenced-based Treatments
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Modalities for PTSD:
 - Prolonged Exposure (PE)
 - Cognitive Processing Therapy (CPT)
- Substance Abuse Education and Prevention
- Nursing Education
- Health, Wellness, and Nutrition
- Mindfulness, Meditation, and Yoga



CLINICAL KEY FEATURES

- Detoxification Services
 - Certified Addictionologists
 - Medication Assisted Detox
 - Adolescent Detox
- Board Certified Adult, Child, and Adolescent Psychiatrists
- Evidence-Based Programming
- Dietitian on Staff
- Electroconvulsive Therapy (ECT)
- Transcranial Magnetic Stimulation (TMS)



FACILITY KEY FEATURES

- Units Separated by Age, Gender and Patient Needs
- Active-duty Military Unit (Victory)
- State-of-the-Art anti-ligature Facility Design
- Recreational Facilities
- Outdoor Courtyards
- Centralized Cafeteria



CHILDREN AND ADOLESCENT SERVICES

SABHH offers short-term, acute care services to meet the behavioral health needs of children and adolescents, ages 17 & under, who struggle with emotional and psychiatric challenges. Adolescents are treated and cared for by licensed professionals whose combined specialties focus on dealing with depression, behaviors, substance abuse, aggression, self-injury, and suicidal behaviors. Our hospital offers a safe and secure environment staffed with caring and highly-trained professionals, providing an atmosphere that promotes stabilization and healing.

ADULT SERVICES

Behavioral health issues vary with every patient. At SABHH, we offer comprehensive inpatient psychiatric care options for adults in a safe and patient-focused manner. Our psychiatrist-led adult inpatient acute care treatment and substance abuse programs are for patients 18 years and older, who are experiencing behavioral, emotional, and/or substance use problems. Our board certified, dedicated, and caring team works tirelessly to assess, stabilize, and help each patient regain the necessary skills to control their emotions and behaviors.

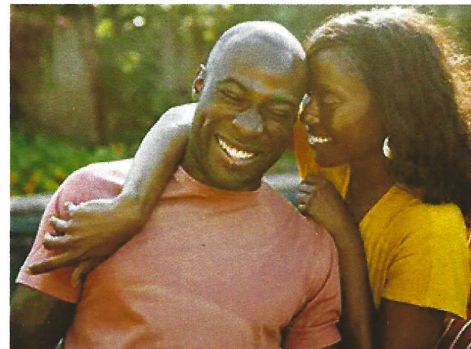


ACTIVE-DUTY MILITARY SERVICES

Victory is a separate unit, physician-led program dedicated to providing behavioral health and substance use services to our nation's active-duty members. Our multidisciplinary teams are trained in evidence-based psychotherapies, including clinical practice guidelines recommended by the Department of Defense and Veteran's Administration. Using evidence-based therapies, our Victory program helps to provide stability and resiliency for those struggling with issues related to combat and non-combat trauma, sexual trauma, depression, general psychiatric challenges, crisis stabilization, anxiety, substance abuse, detox, personality disorder, and PTSD.

OUTPATIENT SERVICES

Through our outpatient programs, our team allows patients to continue their journey to healing and achieve lasting behavioral change. We equip patients with the skills they need to continue improving their mental health. Our team of professionals often rely on information from family and loved ones to get a more complete picture of a patient's ongoing needs. We consult with each patient's family and loved ones to ensure that the patient's home environment is safe and conducive to continued mental health improvement. Programs available: Intensive Outpatient (IOP), Partial Hospitalization (PHP), and Virtual Services.



SPECIALTY SERVICES

We develop an individualized treatment plan for every patient, taking into account each individual's unique situation to ensure they receive the best care possible. We know and understand that each patient has their own complicated history that drives the need for behavioral healthcare services. Our team strives to understand your unique story and works hard to find solutions that work best for you. Those solutions may not always include medication - at SABHH, we offer specialty services such as Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS).

NO-COST ASSESSMENT: (210) 541-5350

"My experience, although painful, as an inpatient and outpatient was incredible for me and my family. I am a better person today because of the staff there. I finally got on the proper medications. Thank you everyone for your help".

MICHELLE M.



"If it wasn't for them, I wouldn't have gotten better, and if I were their boss, I would promote them every day, best staff members I have ever met. I learned really well thanks to them".

MATEO B.



"San Antonio Behavioral Healthcare Hospital is an absolute gem when it comes to inpatient and outpatient mental health/substance abuse care. From acute levels of care (detox, residential treatment) to partial hospitalization and intensive outpatient, SABHH does it all, and they do it well".

JOHN R.



"The staff was so friendly to everyone. I got the resources that I needed, and I actually came out feeling better. Much better than the last place I was at. Five stars for them".

ELIZABETH P.



We accept all major insurances.



FOLLOW US @SABEHAVIORAL



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