

Treatment Philosophy

We believe that mind and body are closely connected. We view each person as a complex system of emotional, intellectual, physical and spiritual dimensions. Our responsibility is to treat the total person.

Palo Verde Behavioral Health serves adolescents ages 12 to 17 with psychological, emotional or behavioral problems. We provide:

- Confidential assessment within 24 hours
- Family, individual and group therapy
- Structured setting
- Medication management
- Individualized case management
- Education
- Referrals
- Art therapy
- Pet therapy
- Dance/movement and drama therapy



We provide no-cost assessments
24 hours a day, 7 days a week.

*Nestled in the Catalina foothills,
Palo Verde Behavioral Health is a
freestanding psychiatric facility located
next to Tucson Medical Center.*



Restoring Lives, Renewing Hope
Palo Verde
BEHAVIORAL HEALTH

2695 N. Craycroft Road
Tucson, Arizona 85712
**520-322-2888 or toll-free
at 1-844-884-CARE (2273)**
Fax: 520-322-2818
paloverdebh.com

Insurance

Medicaid and other private insurers may provide reimbursement for our services. We are contracted for services with most major insurance companies.

Physicians are on the medical staff of Palo Verde Behavioral Health but, with limited exceptions, are independent practitioners who are not employees or agents of Palo Verde Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 204675-7322 12/20

Adolescent Inpatient Services



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BEHAVIORAL HEALTH



Contact us at
1-844-884-CARE (2273)

Hope and Healing

HELPING YOUR CHILD

on the road to recovery

Treating the Individual

Teams of psychiatrists, psychologists, nurses, therapists, social workers, dietitians and recreational therapists meet daily to evaluate and review patient progress with a focus on:

- Crisis stabilization
- Problem solving
- Anger management
- Abuse issues
- Stress management
- Relating with others
- Drug and alcohol assessment and education
- Identifying services upon discharge
- Safety plans

We consider social, academic and family environments and focus on areas that are critical to stabilization. Our group, family and individual therapy sessions can help with:

- Poor school performance or truancy
- Running away or withdrawal from others
- Drug or alcohol use
- Aggression
- Disruptive or defiant behavior
- Withdrawal from peers
- Suicidal thoughts
- Panic or obsessive compulsive behaviors
- Self-harm

A Typical Day on the Unit

7:30 am	Wake Up/Hygiene
8:00 am	Phone call time
8:30 am	Breakfast
9:00 am	Goals and Community Group/ Treatment Planning
	Medication Time
	Outside time
10:00 am	Activity Therapy
	Snack/Culinary 10:30 -11:00 on Tuesday
11:00 am	Process Group
12:30 pm	Lunch
1:00 pm	Quiet time in room/Hygiene
2:00 pm	Process Group
3:00 pm	Activity Therapy/Snack
4:00 pm	Therapeutic games/ Journaling time
	Homework/Phone call time
	Documentary
5:30 pm	Dinner
6:30 pm	Visitation - every Tuesday and Friday
	Emotions Anonymous/ 12-Step Meeting
7:30 pm	Wrap-Up Group/Snack
8:00 pm	Medication Time
	Movie/Meditation/ Phone call time
9:00 pm	Bedtime/Lights Out

* Schedule and times may vary.

What You Should Know:

SUBSTANCE USE

During the adolescent years, many teenagers act on impulse, seek new sensations and can be easily swayed by their peers – all of which may lead to risk-taking. Using drugs during adolescence can interfere with meeting social and developmental milestones and compromise cognitive development.

SUICIDAL IDEATION

Many difficult situations can make a teen consider suicide and depression often makes coping with stress even more difficult. Those with support networks (family, peers, sports, or social or religious associations) may be able to deal with their feelings. Adolescents without support are more at-risk.

What to watch for:

- Withdrawal
- Loss of interest
- Difficulty concentrating
- Neglect of personal appearance
- Changes in personality, eating or sleep patterns
- General lethargy or lack of energy
- Violent actions, rebellion or running away
- Drug and alcohol use
- Headaches or stomach aches
- Loss of ability to tolerate praise or rewards