

Van Nuys Behavioral Health Services



Integrative Inpatient Treatment

Located in the heart of San Fernando Valley, Southern California Hospital at Van Nuys is a 57-bed behavioral health hospital that provides acute inpatient and outpatient psychiatric services on a voluntary basis. Our primary focus is on the complete care of the patient in a compassionate, healing environment, combined with a collaborative team approach to ensure the best possible outcomes.

Behavioral health program goals include counseling to effectively manage thoughts and feelings, and to develop more structure in day-to-day living. Patients meet individually with a case manager to help achieve their goals.

Services include round-the-clock nursing care, daily medical management by internists and psychiatrist, and daily group therapy designed to help patients with social and communication skills. Additional services include assessments by physicians, nurses and social services professionals. Patients are assisted with discharge planning and, for those in need, transportation to and from the hospital.

We never lose sight of the intangibles—from the friendly and helpful people in the admitting office to our dedicated staff members. Our team of

professionals is dedicated to providing for our patients' health and comfort.

Using an integrative treatment approach, our behavioral health network includes more than 160 beds in Culver City, Van Nuys and Bellflower, making us one of the largest mental health providers for adults in Southern California.

Intensive Outpatient Program

The intensive outpatient program (IOP) is a structured treatment program for adults who have psychiatric and/or dual diagnosis issues. The IOP may be part of the transition from inpatient treatment.

Van Nuys' outpatient program is designed to help patients live more independently and reduce the need for future hospitalizations by offering a safe, structured environment that enables the patients to return home at night and maintain important family and community relationships.

The IOP is centered on evidence-based core curriculum treatment planning tailored to the specific needs of each patient. Patients participate in individual case management, small group therapy, and educational and family sessions. The treatment staff includes psychiatrist, registered nurses and therapists.

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IOP is provided Monday through Friday for four hours a day and offers:

- Comprehensive evaluation and treatment planning
- Free daily meals and transportation
- Medication management
- Individual and group therapy
- Educational groups for coping and life management skills
- Drug and alcohol counseling
- Stress management, anxiety management, cognitive and dialectical behavior therapies, and creative expression
- Symptom management

For 24-hour intake, call (800) 565-0558.

For more information on our services, visit SCH-VanNuys.com.

