Half of all Americans will experience a mental illness during their lifetime. Mental or emotional problems affect all aspects of our lives. We may become so overwhelmed that we cannot function in our daily lives. Signs and symptoms indicating an illness may include:

- Suicidal behavior and/or threats
- Violent behavior
- Sleep or eating disorders
- Severe agitation
- Medication noncompliance
- Severe mood swings
- Excessive and uncontrolled anger
- Hearing voices
- Drug or alcohol addiction

Fortunately, most people with a mental illness can be effectively treated. The Adult Behavioral Health Program at Lourdes Medical Center of Burlington County provides a supportive environment where individuals 18 years of age and older receive comprehensive therapy and learn new ways to cope with their illness.

Lourdes Medical Center of Burlington County is conveniently located at 218 Sunset Road, Willingboro, New Jersey.

It is a short distance from Exit 5 of the New Jersey Turnpike, Exit 47 of Interstate 295 and Route 130.

Call **609-835-3728** for more information or to make a referral.

To learn more about the Lourdes Senior Behavioral Health Program, call 609-835-3400.
Family Plays an Important Role

When one person in a family suffers from a mental or emotional illness, everyone in the family is affected. Admission to a psychiatric treatment center is understandably traumatic. Stresses and strains in relationships are intensified.

It is important to know that you are not alone. We understand the toll that mental illness can take on a family and encourage loved ones to express their feelings and learn new ways to cope with their frustrations. Family participation in a loved one’s recovery process is highly recommended.

We Have the Level of Care You Need

Inpatient hospitalization involves stabilizing the crises that led to hospitalization, providing a thorough evaluation, developing a treatment plan and coordinating care in a supportive environment that provides 24-hour nursing care.

Based on the results of the evaluation, Lourdes staff will develop a comprehensive treatment plan. Treatment focuses on behavioral health needs and teaches new ways to cope with the illness. Medical staff determine appropriate levels of medication usage and educate patients on how to use their medication properly.

All of these therapies are designed to help patient return home and resume their lives as quickly as possible. Our social workers help plan and coordinate care following hospitalization.

How We Can Help

At Lourdes Medical Center of Burlington County, we offer individualized care in a supportive atmosphere. The first thing our professional team will do is complete a thorough evaluation to help determine what is causing a patient’s distress and how we can best help. Our clinical team will check to see if there are any underlying medical or biochemical origins to these symptoms. The team will then work with the patient, his or her family and other healthcare professionals to develop an appropriate course of treatment.

Treatment includes individual meetings with psychiatrists, group therapy and educational programs. Services include:

- 24-hour behavioral health monitoring and supervision
- Behavioral health diagnostic assessment and evaluation
- Medication stabilization and management
- Trauma informed care therapy
- Addiction counseling
- Individual and group therapy
- Recreational therapy
- Family therapy
- Pet therapy
- T’ai chi
- Patient and family education
- Discharge and aftercare planning

Admission

Admissions are accepted 24 hours a day. Referrals may be made by physicians, psychologists, social workers, mental health professionals, social service agencies, family members or friends. The final decision regarding admission is made by a psychiatrist.

Going Home

Together, the patient, the family and the treatment team develop an appropriate aftercare plan. This may involve a day hospital program, a community-based program or outpatient therapy. Our goal is to help each individual continue the progress that he or she has already made in the hospital.