Mental Health Program

1000 NW 135th Street, Boca Raton, FL 33486

BANJAN (844) 4-BANJAN
For help with mental health services call

Assistant Wellness Services

Touhy disorders may include hallucinations & delusions.

Thought disorders deal with the failure of normal

Physical and emotional abuse

Touhy (psychotic, addition, and sexual)

Self-harm or self-harm prevention

Post-traumatic stress disorder (PTSD)

Generalized anxiety disorder

Major depressive disorder

O-occurring anxiety disorder

Proper disorder

Attention disorders

Anxiety disorders (generalized, OCD, panic)

Adjustment disorders (due to recent changes)

Affective disorders: Other mood disorders may include:

Clinical depression, bipolar depression, or major

Anxiety depression disorder (MDD). Otherwise called

Depressed mood. The most commonly known is

feelings of mood shift and loss of

Appetite disorders. They fall into the basic groups of

common mental health problems. Also known as

Mood and Anxiety Disorders are some of the most
Treatment Methods

Cognitive Behavioral Therapy (CBT): The idea behind CBT is that our thoughts and behaviors influence each other. That by changing the way we think or behave in a situation, we can change the way we feel about life. The therapy examines learnt behaviors, habits and negative thought patterns with the view of adapting and turning them into a positive.

Dialectical Behavioral Therapy (DBT): This is a form of talk therapy designed to help patients manage difficult emotions. The aim is to help them learn how to accept and regulate these emotions so that they are better able to change harmful and unhealthy behaviors.

Solution-Focused Brief Therapy (SFT): This is an approach to psychotherapy based on solution-building rather than problem-solving. Although it acknowledges present problems and past causes, it predominantly explores an individual’s current resources and future hopes, helping them to look forward and use their own strengths to achieve their goals.

Reality Therapy: Reality Therapy is a person-centered approach that focuses on the here and now, rather than on issues from the past. This therapy promotes problem-solving and making better choices in order to achieve specific goals. A key component to reality therapy is the idea that mental distress is not the result of a mental illness. Instead, it is the result of a socially universal human condition that occurs when an individual has not had their basic psychological needs met; these include love, nourishment, shelter, freedom, independence, and enjoyment of life.

Group Therapy: A form of psychotherapy where two or more clients work with one or more therapists or counselors. This method is a popular format for support groups, where group members can learn from the experiences of others and offer advice.

Motivational Interviewing (MI): MI recognizes and accepts the fact that patients who need to make changes in their lives approach counseling with different levels of readiness to change their behavior. Some patients may have thought about changing behaviors, but did not yet take the steps actually needed to make that change. Alternatively, other patients may be actively trying to change their behavior, but have been unsuccessful in doing so.

Programs Offered

Residential Mental Health Program
At this level of care, the patient lives at the center full time while he or she receives mental health treatment. Residential treatment facilities are designed to offer medical care, and do so in a way that is more comfortable and less like a hospital. At Banyan we have help available around the clock, 24 hours a day.

Aftercare Program
After patients discharge from Banyan, the support they receive won’t end there. Our team of licensed Clinicians will help develop an aftercare plan to support long-term success. Aftercare treatment will help the patient continue receiving the life skills and support they need. This helps with the transition back into everyday life. Aftercare plans may include community support groups, activities and recreational events, and continued outpatient treatment with a provider who deals specifically with a patient’s mental health disorder(s).

Our case management staff may make arrangements for housing needs, particularly if a patient is likely to be homeless when they are discharged from our facility, or cannot return home. Our team at Banyan has a wide network, working with over 1,000 national providers, physician’s groups, structured housing facilities, and other licensed treatment centers.