

What We Treat

Mood and Anxiety Disorders are some of the most common mental health problems, also known as affective disorders. They fall into the basic groups of elevated mood, such as mania or hypomania, and depressed mood. The most commonly known is major depressive disorder (MDD), otherwise called clinical depression, unipolar depression, or major depression. Other mood disorders may include:

- Adjustment Disorder (due to recent changes, transitions or losses)
- Anxiety Disorders (Generalized, OCD, Panic)
- Attachment Disorders
- Bipolar Disorder
- Co-Occurring Substance Abuse Anxiety Disorders
- Depressive Disorders / Major Depressive Disorder
- Grief and loss
- Post-Traumatic Stress Disorder (PTSD)
- Self-Injury or Self-harming behaviors
- Trauma (typically childhood and adult sexual, physical and emotional abuse)

Thought Disorders deal with the failure of normal thought and can cause a person to become out of touch with reality. Some common types are:

- Schizophrenia
- Schizoaffective Disorder
- Schizophreniform Disorder

Thought disorders may include hallucinations & delusions.

Ancillary Wellness Services

- Nutritional Therapy
- Biofeedback Serenity Bed
- Smoking Cessation
- Equine Therapy
- Yoga
- Chiropractic

Banyan Facilities Nationwide

The Banyan Treatment Center Family believes that every patient is unique. We offer individualized custom treatment programs that are tailored to fit every need. We truly care about our patients and believe in an approach that is effective, but also realistic in producing intrinsic motivation for change. This is the only way to ensure a sustained recovery.

Philadelphia, PA

- PHP
- IOP

Pompano Beach, FL

- PHP
- IOP
- Stabilization

Stuart, FL

- Detox
- Residential
- Intensive Inpatient

Boca Raton, FL

- Detox
- Residential

Boston, MA

- PHP
- IOP

Chicago, IL

- PHP
- IOP

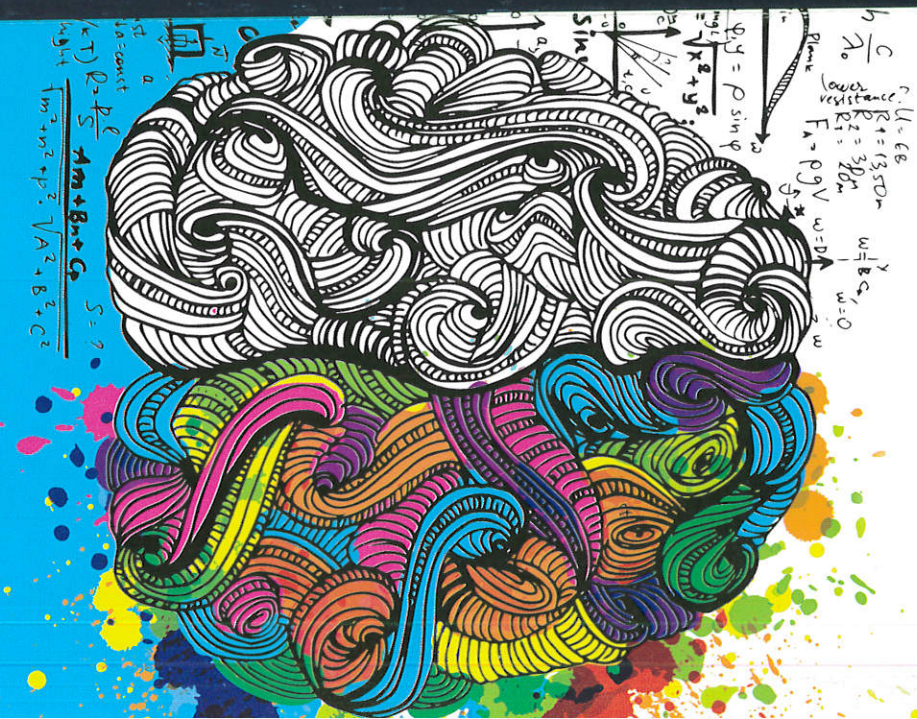
Talk to an intake specialist online at
www.BanyanMentalHealth.com



For help with mental health services call

(844) 4-BANYAN

1000 NW 15th Street, Boca Raton, FL 33486



Mental Health Program



Complete Mental Health Care Starts Here

Banyan Treatment Center stands as a leader in providing growth through recovery by offering all levels of care through our treatment continuum. We understand the hardships many of our patients and families go through when a loved one is struggling with a mood or thought disorder. Our Mental Health Program is designed to treat a wide spectrum of mental health disorders and co-occurring disorders, at the inpatient residential level of care.

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.