

## Care. Reimagined.

Two words that guide us in our work as we help each person in our care to live the healthy lives they imagine for themselves. We restore hope and well-being within a culture of caring and understanding.

Our experienced and highly trained team of clinicians works together to develop a customized treatment plan for each adolescent in our care.

We believe in a holistic approach that addresses the physical, emotional, and social needs of each person.

Treatment is offered in a structured and supportive environment where adolescents can focus on their mental health and recovery.



## Adolescent Psychiatric Inpatient Care Program

**Our facility** is designed to provide a safe and secure environment for our patients. We have 24-hour nursing care and our staff is trained in crisis intervention and management. We also provide a comfortable atmosphere that is conducive to healing and recovery.

We are located in Holyoke, Massachusetts and accessible from all major highways.

For more information on Miravista's Adolescent Psychiatric Inpatient Treatment program:

 (413) 701-2600, select option 2

 (413) 264-0819

 [miravistabhc care](https://www.miravistabhc care)



1233 Main Street | Holyoke, MA 01040  
[www.miravistabhc care](https://www.miravistabhc care)

Acute Inpatient Treatment is also known as psychiatric hospitalization and it is the highest level of mental health care. It's designed to help those in need of this level of care to successfully and safely manage a severe, short term episode of mental illness. The average length of stay for our patients is 7-10 days.

We understand that mental health issues can be challenging for adolescents and their families. Our inpatient treatment is designed to provide individualized, effective psychiatric care in a safe and supportive environment from a team of providers trained to meet the individual needs of a younger population. Here, youth between the ages of 13-17 (18 if still in

high school) will receive the treatment and care they need to manage their mental health symptoms while developing essential skills such as self-awareness, resiliency, problem-solving, and goal-setting which can support youth in their ability to thrive and sustain their overall well-being.

MiraVista provides a comprehensive range of evidence-based therapies and treatments, including:

- Group Therapies
- Medication Management
- Art Therapy
- Music Therapy
- Pet Therapy
- Mindfulness
- Educational programming
- Recreational activities
- Time for self-reflection and relaxation
- Healthy and nutritious meals



We are accredited by The Joint Commission and have earned The Joint Commission's Gold Seal of Approval® by demonstrating continuous compliance with our performance standards. The Gold Seal is a symbol of quality that reflects a health care organization's commitment to providing patient care that is safe and of the highest quality.



## Our Treatment Goals

- To help adolescents manage their mental health symptoms.
- To develop coping skills and improve emotional regulation.
- To improve interpersonal relationships and communication skills.
- To develop effective problem-solving skills.
- To promote independence and self-care.

## Admission Process

To access treatment, please contact the MiraVista Admissions Team who can walk you through the process. We accept referrals from many sources, including medical professionals, schools, and families.

MiraVista accepts commercial, Medicare and MassHealth insurance. Discounts and sliding fee scales are available based on family size and income. Our Admissions Team is available to answer any questions you may have about insurance coverage.