

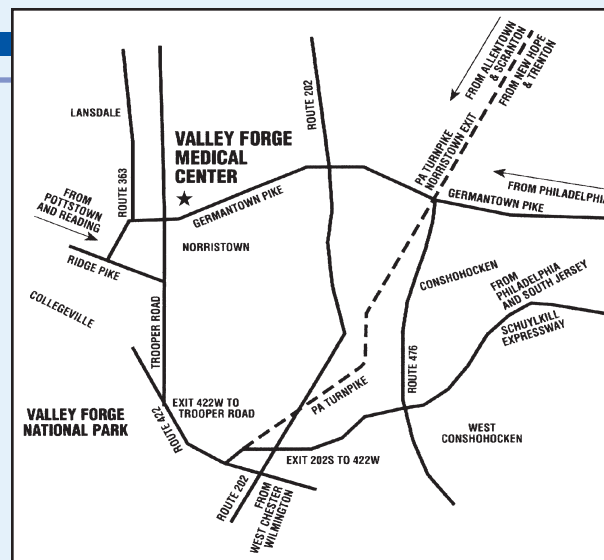


Personalized Care and Multi-Disciplinary Treatment

Services offered in treatment:

- Physician Care
- 24-Hour Nursing Coverage
- Psychiatric Consultation
- Health Screening
- Medication Management
- Nutritional Consultation
- Physical Therapy
- Infectious Disease Consultation
- Integrated HIV Care
- Methadone Maintenance
- Pregnancy Services
- Individual & Group Therapy
- Dual Diagnosis Treatment
- Addiction & Health Education
- Expressive Arts Therapy
- Recreational Therapy
- Relaxation and Meditation Training
- Spirituality Room & Worship Services
- Social Work Services & Benefits Advocacy
- 12-Step Recovery Meetings
- Follow-Up & Discharge Planning

These services vary from program to program.



Directions

SCHUYLKILL EXPRESSWAY West to Route 202 South to West Chester Exit (#326). Follow signs for 422 West (Pottstown). Exit 422 West at Audubon/Trooper. Continue straight for approximately four miles to Germantown Pike. Turn right on Germantown Pike; the hospital is on the left.

PENNSYLVANIA TURNPIKE to Norristown Exit (#333). Follow Germantown Pike West for 6¼ miles. The hospital is on the right.

THE BLUE ROUTE follow 476 North to the Norristown Exit. Follow signs for Germantown Pike West (Towards Plymouth Meeting). Proceed 6¼ miles. The hospital is on the right.



Valley Forge Medical Center and Hospital

1033 West Germantown Pike
Norristown, PA 19403
610-539-8500 or 888-539-8500
Fax: 610-539-0666

www.vfmc.net



Guide to Treatment Services



Valley Forge Medical Center and Hospital

www.vfmc.net

History



Since 1973, Valley Forge Medical Center and Hospital (VFMC) has provided comprehensive treatment to adults with substance abuse and associated physical, social, and psychological disorders. Our 86-bed facility is located in East Norriton, Montgomery County on a spacious, serene, wooded campus.

Our professional staff provides high-quality treatment services and support to individuals and their families seeking freedom from addiction.

Valley Forge Medical Center and Hospital is a licensed, general hospital approved by the Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs and accredited by the Joint Commission on Accreditation for Healthcare Organizations (JCAHO).

Mission



Our mission at Valley Forge Medical Center and Hospital is to provide high quality, comprehensive treatment services to patients with addictive and related medical and mental health disorders. Since no two patients are the same, no single approach is right for every patient. Our commitment is to provide individualized patient care and safety, one day at a time.

Inquiries and Admissions



Insurance & Funding

Our facility is an approved Blue Cross/Blue Shield provider and accepts many major public and private group health insurance programs, including Medical Assistance and Medicare. For uninsured individuals we will conduct a Medical Assistance screening or help identify other funding sources.

Admissions

We are open 24-hours, 7 days a week. All calls are confidential and welcome at all hours. Special accommodations and needs are best addressed during normal business hours. Van transportation can be arranged within a 50-mile radius.

**For more information,
please contact our Admissions Department at:**

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Drug and Alcohol Treatment Program



Two principles guide the delivery of treatment at Valley Forge Medical Center and Hospital:

- No two patients are the same, and:
- No single approach to treatment is right for every patient.

Each individual who comes to us has a singular set of life circumstances, cultural values, personality traits, and addictive behaviors, which require a specialized plan of care. It is our mission to strive to maintain a high quality of care that “makes a difference” with each patient.

All patients referred to VFMC are assessed by a physician and nurse prior to admission to determine the need for treatment and the appropriate level of care, matching each patient’s needs to the right treatment option. Ongoing clinical assessment allows patients to move from one level of care to another, across a full continuum of inpatient services.

Once admitted, patients are placed in the care of a multi-disciplinary team of professionals including medical physicians and psychiatrists with training and experience in addictionology, nurses, counselors, social workers, activities therapists, and physical therapists. Our highly-credentialed staff represents a wide variety of experience and expertise. As a result, VFMC is able to provide a comprehensive array of services to meet each patient’s medical, psychological, and rehabilitative needs.

VFMC is committed to maintaining an excellent staff-to-patient ratio, giving each staff member the opportunity to build a close relationship with the patients. The trust that develops becomes the springboard for patients to speak openly and honestly, and ultimately to understand their own individual strengths and stressors.

Levels of Care

Our facility is among the few addiction treatment programs that provide hospital-based care.

Valley Forge Medical Center and Hospital offers all levels of inpatient addiction treatment recognized by the Pennsylvania Client Placement Criteria. Patients may be directly admitted or transferred to any one of the following levels of care, including:

Hospital-based Services

- Acute medically-managed detoxification - 4A
- Short-term, medically managed rehabilitation - 4B (10-28 days)

Non-hospital/Residential Care

- Medically-monitored detoxification in a residential setting - 3A
- Short and moderate term residential rehabilitation - 3B, 3C (10 days to 4 months)

I had been in treatment before but nothing seemed to work. I just couldn't concentrate and that just made me enjoy I thought I was going to die it. I couldn't focus on anything. Except maybe enjoying it all. I didn't realize that I needed treatment for more than my addiction. That I also needed help for my emotional problems. Thankfully now I'm getting help for both. This time I'm going to make it.

*“Healing is a matter of time, but it is sometimes also a matter of opportunity.”
- Hippocrates*

SUB-ACUTE CARE PROGRAM MEDICAL RECOVERY UNIT (MRU)

Sub-Acute Care Program Medical Recovery Unit

Valley Forge Medical Center and Hospital offers a medical sub-acute care unit. The “**Medical Recovery Unit**” provides:

- **IV Therapy (long-term)** – for the treatment of endocarditis, osteomyelitis, abscesses/cellulitis, septicemia.
- **Wound Care/Dressing** – for surgical wounds, venous stasis ulcers, skin and soft tissue abscesses, Stage II and some Stage III pressure ulcers.
- **Physical and Occupational Therapies** – for patients requiring up to 2-3 hours of therapies per day.
- **Methadone Maintenance** – the hospital is approved to dispense methadone for patients in narcotic maintenance programs.

Valley Forge Medical Center and Hospital is licensed to provide both general medical services and addiction medicine. This unit is a **Medical** Unit-not an addiction or mental health unit. Patients with behavioral health problems, who are generally not admitted to sub-acute units of skilled nursing facilities, may be admitted to this unit. They **will be offered but are not required** to participate in any formal addiction/mental health treatment activity. Patients need only to acknowledge a willingness to remain clean and sober while in the confines of the hospital. The program is staffed by both skilled nursing personnel and behavioral health specialists. In addition to physical and occupational therapies, expressive arts, and recreational activities, the hospital provides health education and on-site community AA/NA meetings, should a patient wish to attend.

Insurance(s) accepted:

- Keystone Mercy Health Plan
- Americhoice Health Plan
- All Blue Cross: Keystone Health Plans, Personal Choice...
- Other insurance providers

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TRATAMIENTO PARA PACIENTES QUE HABLAN ESPAÑOL

El Programa Latino- Our Spanish Language Program

Existen pocos recursos de tratamiento para Latinos que hablen poco o nada de inglés, que los permita beneficiarse de participar de un programa donde todas las actividades son conducidas en español. Valley Forge Medical Center and Hospital está llenando esta necesidad al ofrecer el primer programa de tratamiento de hospitalización para pacientes que hablen español y necesiten desintoxicación y/o rehabilitación bajo supervisión médica.

El personal del Programa Latino está compuesto por personas de trasfondo bilingüe y bicultural que dan seguimiento a los pacientes desde que son admitidos hasta que son dados de alta. Ellos celebran todas las sesiones de consejería individual, de terapia de grupo y sesiones educativas en español. Toda la documentación de planificación de tratamiento (y alta), asignaciones para los pacientes y materiales del programa están traducidas al español. Todos estos esfuerzos se han tornado con el propósito de asegurar un ambiente de tratamiento sensible a la cultura y receptivo al paciente Latino y a su familia.

Los servicios incluyen:

- Programa de desintoxicación médica en el hospital
- Programa de rehabilitación bajo supervisión médica entre 10-28 días
- Programa residencial de desintoxicación
- Programa residencial de rehabilitación
- Tratamiento para pacientes con diagnósticos de droga y alcohol y salud mental
- Un programa amplio para pacientes con VIH/SIDA
- Consejeros/as bilingües y biculturales 24 horas al día, 7 días a la semana
- Planificación para tratamiento continuo

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Para más información, por favor comuníquese
con nuestro departamento de admisiones

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TREATMENT FOR SPANISH SPEAKING PATIENTS

El Programa Latino- Our Spanish Language Program

Few treatment resources exist for the Latino who speaks little or no English and would benefit from attending a program where all counseling activities are conducted in Spanish. Valley Forge Medical Center and Hospital is meeting this need by offering the first hospital-based treatment program for Spanish-speaking patients needing detoxification or intensive rehabilitation.

Culture and language can have important clinical consequences in the patient-counselor relationship. El Programa Latino is staffed with bilingual, bicultural counselors who follow each Spanish-speaking patient from admission through discharge. They conduct all individual counseling, group therapy and educational sessions in Spanish. Treatment planning documentation, patient assignments, and program materials have been translated into Spanish. Every effort has been made to ensure that the treatment environment is culturally sensitive and welcoming to the Latino patient and his/her family.

Services Included:

- Hospital-based medical detoxification program
- Medically managed rehabilitation program from 10 to 28 days.
- Medically-monitored detoxification program.
- Short term residential rehabilitation.
- Treatment for patients with a dual diagnosis.
- Comprehensive care for patients with HIV/AIDS.
- Bilingual/Bicultural counselors 24 hours per day, 7 days a week.
- Aftercare planning.

Se Habla Español →

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COMPREHENSIVE CARE FOR HIV/AIDS PATIENTS

HIV/AIDS and Addiction

Valley Forge Medical Center and Hospital offers an integrated and innovative approach to treatment for substance abusers living with HIV/AIDS. Living with HIV/AIDS can be difficult especially for a person with an active addiction. Often, continued substance use can lead to deteriorating health, hopelessness, and unmanageability. Recovery from addiction and improved quality of life is achievable while living with HIV/AIDS.

Integrated Care for Substance Abusers Living with HIV/AIDS

VFMC strives to provide an HIV-friendly, non-judgmental, and supportive community. VFMC is dedicated to the treatment of addiction and associated physical and emotional disorders. Personalized care and multi-disciplinary treatment is provided by highly-credentialed professionals including: physicians, psychiatrists, nurses, counselors, social workers, physical therapists, and expressive arts therapists. The team is complemented by the HIV/AIDS Coordinator. As a result, patients receive HIV-related health care and supportive services that are integrated into their treatment for substance abuse. Depending on length of stay, integrated HIV care services may include:

- HIV/AIDS Care Consultation
- Specialized Medical Evaluation & Treatment
- Infectious Disease Consultation
- Medication Management & Laboratory Services
- Nutritional Consultation & Special Diets
- Intensive HIV Education & Treatment
- Individual Counseling & Support
- Social Work Services & Benefits Advocacy
- Referrals for Health Care and Support Services

When possible, we work in coordination with the patient's existing HIV/AIDS medical care and case management providers to enhance integration of services, continuity of care, and the overall treatment experience.

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TREATMENT FOR DUALY DIAGNOSED

Treatment for the Dually Diagnosed

Most individuals addicted to alcohol or drugs suffer from feelings of loneliness, depression, and other emotional difficulties. But for some, these symptoms may be signs of deep-rooted emotional or personal problems that have been veiled by a chemical dependency. These patients are dual-diagnosed, suffering from two distinct problems, each of which may affect the recovery from the other.

At Valley Forge Medical Center and Hospital, our professional staff has experience in treating addiction and providing specialized care for patients with emotional and psychiatric problems. Given the multi-disciplinary resources of the hospital, patients with co-occurring addiction and mental health disorders (*who are not actively suicidal, homicidal or dangerous to self or others*) may be admitted for detoxification and rehabilitation.

Patients with dual disorders are regularly seen by a staff psychiatrist in one-on-one sessions. The psychiatrist leads the treatment team by assessing the patient's history and mental status, and determining the need for psychotropic medications.

Treatment interventions for these patients are tailored to individual needs and are generally supportive in nature to engage and motivate the patient in the therapeutic process. Individual counseling sessions promote understanding and acceptance of both disorders. Education is provided in a structured, reassuring manner to empower patient's to be more assertive, express feelings, lower stress, and establish new coping skills. As treatment goals are met, staff strives to design continued care plans that include dual diagnosis providers or linkages with mental health agencies to ensure each patient receives continued, integrated treatment.

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COMPREHENSIVE CARE FOR METHADONE/BUPRENORPHINE MAINTENANCE PATIENTS

Methadone/Buprenorphine

Valley Forge Medical Center and Hospital is an accredited narcotic treatment program provider. As such, we can admit individuals currently on a methadone or buprenorphine maintenance regimen and maintain them on their medication while they detox from “secondary” substances, participate in our addiction rehabilitation program and/or receive care in our Medical Recovery Unit.

Patients needing inpatient or residential care who are active in a methadone maintenance program may be referred to VFMC by their program’s clinical staff. We will also accept self-referrals and referrals from other community resources, as long as we can confirm the patient’s current status with the methadone clinic. Similarly, patients who are active in a buprenorphine maintenance program may be referred by their treating physician or by other sources as long as we can confirm their buprenorphine status with their physician. In either case, the clinic or physician must be willing to coordinate aftercare planning with our staff and accept the return of the patient after discharge from Valley Forge Medical Center.

Note: VFMC does not initiate either methadone or buprenorphine maintenance, except in the case of pregnant patients, where accepted practice is to maintain the patient on methadone until after delivery. Individuals interested in maintenance therapy should contact either a methadone outpatient clinic or a private physician approved for buprenorphine therapy.

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