



Jefferson Regional Behavioral Health Services

Our staff offers an extensive array of services and unbiased professional care in confidential settings at two locations.

Caste Village Mall

Suite M123
5301 Grove Road
Pittsburgh, PA 15236
(412) 881-2255

Jefferson Regional Medical Center Medical Office Building

575 Coal Valley Road
Jefferson Hills, PA 15025
(412) 469-5595

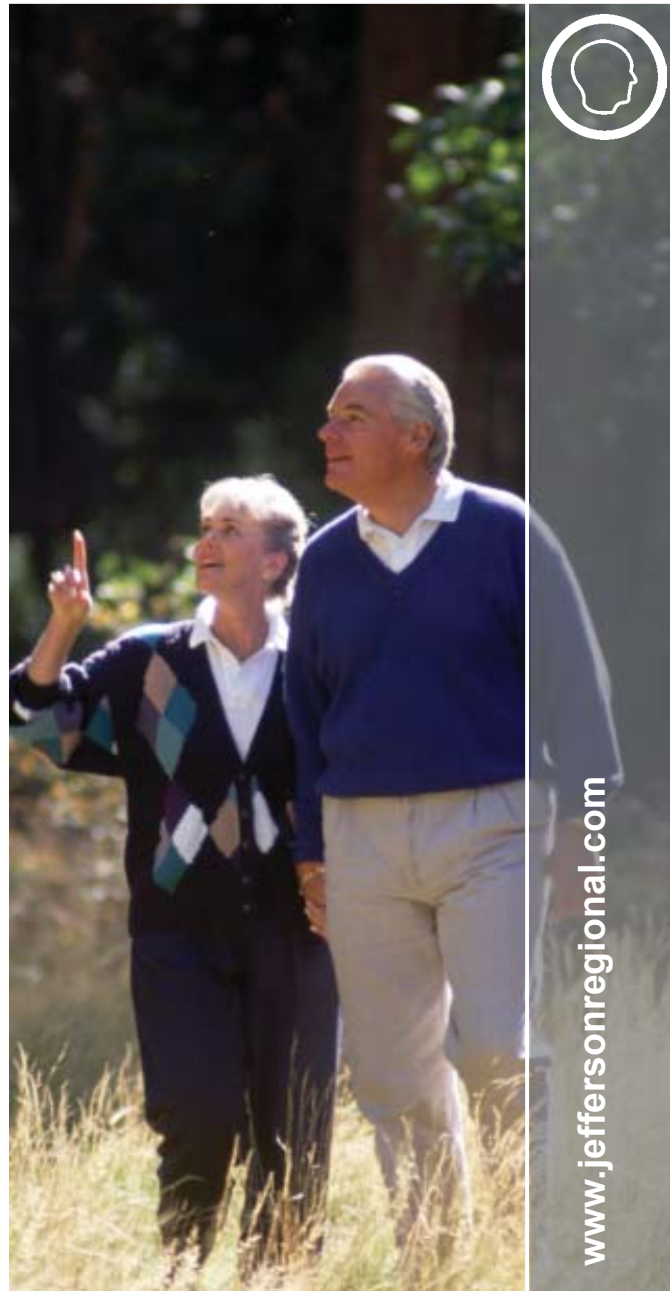
Our staff includes psychiatrists, psychologists, counselors, social workers, psychiatric nurses, recreational therapists, occupational therapists and spiritual care counselors.

Medical Director, Behavioral Health

Guillermo Borerro, MD
(412) 469-8933

Director, Behavioral Health

Joseph F. Cvitkovic, PhD
(412) 881-2255



Healing Begins...in the Mind

When people have support and counseling, their prospects for recovery soar. A healing mindset can help them maintain their wellness and prevent the onset of further health problems.

Jefferson Regional Medical Center's Behavioral Health Services can help individuals develop this constructive healing attitude.

You don't have to handle life's difficulties alone. Jefferson Regional Medical Center's behavioral health specialists can help you feel good about yourself again. Counseling is confidential and offers patients a chance to examine and obtain alternative solutions to their problems.



When Behavioral Health Services are needed, one of our psychologists or counselors meets with the patient to develop an individualized treatment plan. Most insurance companies reimburse Behavioral Health Services. Sessions are provided for both inpatients and outpatients.

Seek Behavioral Health Services for:

Psychological Assessment of Mental/Emotional Health Issues:

- Anxiety or depression
- Panic disorders/phobias
- Stress
- Grief issues
- Marital and/or family problems
- Trauma/survivors of abuse
- Obsessive-compulsive disorders
- Self esteem & self confidence
- Senior issues/dementia

Psychological Aspects of Medical Issues:

- Cancer-related conditions
- Cardiac disorders/hypertension
- Chronic pain/kidney disorder
- Headaches
- Skin disorders
- Sleep disorders
- Surgical recovery
- Weight management
- Smoking cessation
- Stomach/gastrointestinal conditions
- Chronic fatigue
- Fibromyalgia



Types of Therapy Services

The staff may utilize one or several of the following therapy services in an individualized treatment plan.

Comprehensive Assessment: Psychiatric, psychological and psychosocial evaluations are provided.

Counseling and Psychotherapy: Discussion may result in the clarification and resolution of significant life issues and problems for individuals, couples, families and groups.

Hypnotherapy and Imagery: Guided sessions work to relieve pain, anxiety, nausea and eating disturbances. Involvement in the sessions helps patients develop positive attitudes and emotional well-being and aids in smoking cessation.

Stress Management and Relaxation Therapy: Programs use techniques to reduce anxiety, tension and stress and develop effective coping strategies.

Medication Therapy: Medications will be prescribed and monitored by a psychiatrist.

Offering a Continuum of Behavioral Health Services

Intensive Outpatient Program (IOP) Services

Intensive Outpatient Program
Jefferson Regional Medical Center's Intensive Outpatient Program offers a more intensive level of care than traditional once-a-week psychotherapy services. The IOP can prevent inpatient hospitalization and can provide a valuable level of support and care for those patients who require more support following hospitalization.

The IOP can be highly individualized. The IOP provides up to nine hours of therapy services per week. Treatment includes individual psychotherapy, group psychotherapy, recreational therapy, spiritual counseling, psychological assessment, psychiatric consultation and care, social services and family counseling.

Referrals are welcome. Contact the IOP case manager at (412) 469-5595.

Employee Assistance Program (EAP)
Employers and employees have easy access to the medical and behavioral health care needed to return workers to optimal health and productivity. For information, call (412) 881-2255.

Outpatient Counseling Services

Located at Caste Village Mall and at the Medical Office building of the Jefferson Regional Medical Center campus, The Counseling Service offers complete therapy.

Appointments for Counseling Services can be arranged to suit your schedule, including evenings. Call (412) 881-2255.

Inpatient Services

Jefferson Regional Medical Center Inpatient Psychiatric Unit

This unit cares for individuals with conditions such as clinical depression, anxiety disorders and schizophrenia. Therapies include group, individual and family counseling; electroconvulsive therapy (ECT); occupational and recreational therapy; 24-hour crisis intervention and support groups. For information, call (412) 469-5000.

Medical Insurance

Jefferson Regional Medical Center accepts most insurance plans and participates in major managed care plans and behavioral health networks. The plans accepted are subject to change, so please contact your insurance carrier about your coverage.