INTERNET ADDICTION

Internet Addiction is part of Behavioral Health Services Dual Diagnosis Program at Bradford Regional Medical Center. The Internet Addiction Treatment and Recovery Program offers counseling and treatment for adults 18 years of age and older, those who have been unsuccessful overcoming the excessive use of the internet and electronic gaming on their own. The program involves a voluntary ten-day stay within a secured and locked unit.

The service is the first hospital based recovery program in the United States, and offers the first ever Digital Device Detoxification Program in the nation.

Our expert clinicians understand technology related behavioral addictions. They work with individuals, couples, and families to help them better understand and recover from an internet, video gaming or technology related behavioral addiction.

Our Program Director is Kimberly Young, Psy.D., internationally acknowledged expert on Internet addiction and digital detoxification and founder of the Center for Internet Addiction. Dr. Young is available for an assessment and referral to our dynamic, unique treatment program.

This inpatient program provides individual, group and family therapy through a unique, individualized treatment plan, of which aftercare planning, family and referral involvement are key components. Patients will be treated by a multidisciplinary team including psychiatrists, licensed psychologists, certified addiction counselors, psychiatric nurses, social workers, mental health therapists, case managers and support staff.

We are committed to helping patients develop a healthier lifestyle free from addiction and abuse of electronic media.
ADMISSION CRITERIA

**PATIENTS MUST...**
- Have *Axis I* psychiatric disorder and co-occurring problems controlling use of electronic media and have not been successful at change on their own
- Be committed to discovering a healthier lifestyle free from addictions
- Have had a recent psychological assessment and/or psychiatric evaluation
- Be a minimum of 18 years of age or older
- Be medically stable

REFERRAL PROCESS

**PATIENTS MUST...**
- Obtain recent copy of psychiatric evaluation and/or psychological assessment
- Complete a referral form and patient agreement
- Fax referral form, psych evaluation, and patient program agreement packet to 814.368.7784

_Dr. Young and a psychiatrist will review the referral packet and determine if patient is appropriate for the program._

_A case manager will notify the patient of bed availability date, and if any additional information is required before the patient can be admitted._

PAYMENT

Cash, personal or corporate check fourteen (14) days prior to admission in the amount of $14,000.

THERAPEUTIC STRUCTURE

- 7-9 structured groups daily
- Daily individual sessions with the psychiatrist and licensed psychologist
- Daily re-integration into electronic media
- Programming based on a 10-day inpatient treatment stay
- Intake evaluation and discharge planning with Dr. Young
- Voluntary program within a secured (locked) unit

FAMILY & SOCIAL SERVICES

- Educational resources available upon request
- Family educational session available with licensed psychologist

PSYCHOLOGICAL TESTING

- Conducted upon the order of the attending psychiatrist
- Testing can include Beck depression and Anxiety Screens Inventory, UCLA Loneliness Scale and Millon Clinical Multiaxial Inventory-III.

VISITATION

- Weekdays, by appointment with the social worker - 11:30 a.m. - 3 p.m.
- Two visitors per patient at a time
- No children under the age of 12 are permitted on the unit

TELEPHONE HOURS

- Following a 24-hour blackout period individual may make and receive phone calls from 8 a.m. - 8:45 p.m., except during scheduled program events
- Calls are made and received from a unit courtesy phone
- Calls are limited to ten minutes for the courtesy of others

SMOKING

Not permitted

FOR MORE INFORMATION CALL:
1.800.446.2583 or log on to
[www.brmc.com/internetaddiction](http://www.brmc.com/internetaddiction)

Bradford Regional Medical Center
116 Interstate Pkwy. • Bradford, PA 16701
Behavioral Health Services at Bradford Regional Medical Center is pleased to share a brief overview of our services.

Located off Route 219 near the New York/Pennsylvania border, Behavioral Health Services (BHS) at Bradford Regional Medical Center (BRMC) provides comprehensive inpatient and outpatient psychiatric services to individuals with a wide range of mental health and addictions needs. Our multidisciplinary treatment team includes psychiatrists, licensed psychologists, registered nurses, social workers, case managers, certified addiction counselors, mental health therapists and support staff. Our treatment programs provide group, individual, and family therapy, and include key components of aftercare. BHS is an approved provider for Medicaid, Medicare, and most commercial insurance plans. BHS offers a variety of programs and services, including:

- **The Dual Diagnosis Unit** is a distinct inpatient program for individuals 18 and older who are dually diagnosed with a psychiatric and a substance abuse disorder. Patients receive comprehensive, integrated inpatient therapy from a multidisciplinary team. This program is renowned for its clinical success and admits patients from Pennsylvania, New York, and Ohio. Furthermore, the entire unit has been completely renovated.

- **The General Psychiatric Unit** is an inpatient unit that provides crisis and short-term psychiatric services for individuals experiencing active psychiatric symptoms. Admission criteria includes active psychosis, suicidal ideation or behavior, voluntary or involuntary committed persons, or depressed persons exhibiting extreme social isolation and withdrawal.

- **The Alcohol Detoxification Unit** provides a medically managed approach to alcohol withdrawal. Individuals requiring medical detoxification often experience nausea and vomiting, paroxysmal sweats, tremors, sensorium and orientation clouding, elevated blood pressure and heart rate and headache.

- **The Intensive Outpatient Program (IOP)** is a treatment program designed to stabilize and treat individuals with drug and alcohol abuse and/or dependence. Our goal is to provide intensive outpatient therapy in a less restrictive treatment environment and assist individuals in establishing a personal recovery program while maintaining involvement with family, employment and community.

- **The Electroconvulsive Therapy (ECT Therapy)** is administered by a trained team of medical personnel to help individuals who cannot use or do not respond to medication or psychotherapy.

- **The Short-Term Adult Recovery Program (STAR Program)** treats individuals with acute mental illnesses before their psychiatric symptoms become severe and unmanageable. This intensive day treatment program is designed as a step down from hospitalization and/or a step up from outpatient psychotherapy.

- **Internet Addiction Treatment and Recovery Program** Treats individuals who have been unsuccessful in overcoming excessive use of internet and electronic gaming on their own. The program includes a voluntary 10-day inpatient stay. It is the first hospital-based internet addiction program in the United States and is under the direction of Kimberly Young, Psy.D., renowned expert in internet addiction and digital detoxification and founder of the Center for Internet Addiction.

For additional information on our programs, please call toll free, 1.800.446.2583. We welcome on-site visits from prospective referral sources and the opportunity to meet with you to discuss how BHS can provide excellent care to your patients.