FirstHealth Behavioral Services serves those in need of mental health and chemical dependency treatment.

FirstHealth Behavioral Services
35 Memorial Drive - Specialty Centers Building
Pinehurst, NC 28374
(910) 715-3370 or toll-free (866) 804-7870
www.firsthealth.org/behavioral

Lodging information available upon request.
Intensive Outpatient Services (IOS)/
Partial Hospitalization Program (PHP)

PHP and IOS offer treatment for those suffering from behavioral health disorders or experiencing overwhelming personal crises. Both programs are designed to help individuals understand their illness, reduce the impact of symptoms, and cope with challenging situational crises. Both the chemical dependency and psychiatric tracks have a setting that provides tools for recovery. The positive environment fosters support and change, allowing the client, whenever possible, to keep his/her job and maintain his/her home. PHP criteria for admission requires the patient to exhibit more acute symptoms, but is still an alternative to inpatient care.

Hours
Intensive Outpatient Services hours are Monday through Friday, 8:30 a.m. to noon, and are determined on an individual basis.

Partial Hospitalization Program hours are Monday through Friday, 8:30 a.m. to 3 p.m., and include lunch.

Services Include
- Care Planning: This “treatment team” consists of nursing staff, licensed therapists and case managers who provide services under the direction of a psychiatrist.
- Psychiatry: A psychiatrist oversees all services including initial evaluations, medication management and stabilization.
- Group Therapy: This group setting provides an opportunity for the patient to process thoughts, feelings and issues related to his/her recovery.
- Individual Therapy/Counseling: This service offers the individual a private opportunity to speak with a team member about issues or problems that would not be suitable for a group setting.
- Family Education: The Family Group Session is designed to facilitate the healing process of the family system as a whole. It is an expectation of the program that family members attend the weekly education sessions.
- Psycho Education Group: This specific group type focuses on educating patients on their disorder, ways of coping and life skills.
- Case Management & Continuing Care Planning: This service includes coordination of the client’s care with referral sources, payers, discharge planning and community resources that provide ongoing treatment and support after the IOS and/or PHP programs are completed.
- Follow-up Care: Since the client is encouraged to continue care, follow-up group and individual therapy options are offered. Follow-up care is based on individual needs.

Cost
Insurance is verified, and payment options are discussed.

Confidentiality
With the client’s permission, information is shared with the IOS/PHP team and provided to other health care professionals to ensure continuity of care.

To Schedule An Assessment
FirstHealth Behavioral Services offers its Intensive Outpatient Services/Partial Hospitalization Program in the FirstHealth Specialty Centers Building on the campus of Moore Regional Hospital in Pinehurst, North Carolina. To schedule a confidential assessment or to learn more about our services, call (910) 715-3370 or (910) 715-1523. Or visit us at www.firsthealth.org/behavioral.