

## Mental Health, Psychiatric and Recovery Services for Children, Adolescents, and Adults



**Jennifer Bruno – Facility Director**  
Leading a strong team through challenges to support and serve the needs of the community

### THE AFTERMATH OF COVID – WHAT IS OUR NEW NORMAL?

Over the last 18 months or so, we have collectively faced the challenges brought on by the COVID-19 pandemic. Seemingly, there isn't one among us who has not been impacted in one way or another. The results of this global catastrophe have impacted the mental health and wellness of our society. We cannot ignore the difficulties we have experienced and how this crisis has changed us, and seemingly we are not yet out of the woods.

### THE IMPACT OF COVID-19

- Increased isolation and loneliness, less socialization
- Loss of general support – working from home, online academics, quarantine

- Grief/loss – death of a loved one, loss of a job, home, identity
- Absence of “once in a lifetime” celebrations – prom, graduation, milestone birthdays, birth of a baby
- Increased feelings of fear, panic, and worry
- Concerns about the future
- Increases in depression and anxiety
- Increases in feelings of restlessness
- Lasting physical impact after having COVID-19

As a mental health and substance recovery agency, LifeBack has seen firsthand the ways COVID-19 has impacted the general wellness of people, noting dramatic spikes in symptoms of depression and anxiety. Now, more than ever before, it is crucial to take care of yourself and those you love. Being proactive and seeking support make a difference. LifeBack is here and ready to help you find the support you need!

LifeBack is a growing behavioral health agency located in the heart of Doylestown. LifeBack offers a wide range of mental health, substance use, and psychiatric services.

### WHO

- Adults
- Adolescents
- Children – starting at age 7
- Families
- Couples

### WHAT

- Depression & Anxiety
- ADHD
- Bipolar Disorder
- Family Issues
- Relationship Conflict

### HOW

- Individual Therapy
- Couples Therapy
- Family Therapy
- Psychiatric Services
- Case Management

### WHY GETTING HELP IS IMPORTANT

- Mental health stability is the backbone of your wellness
- It is ok to not be ok and to ask for help
- You don't have to do it alone; we can help
- You deserve to be happy and well

### OUR MISSION

LifeBack's mission is to provide the highest quality of care possible to children, adolescents, and adults through a wide range of evidenced-based treatment modalities. We aim to lead the community and set the standard for clinical excellence. Our goal is to provide all our patients with a positive treatment experience and a new perspective on self-worth and wellness.

### CORE VALUES

LifeBack rests on a foundation of integrity and commitment. We are committed to providing superior patient care through a wide range of treatment modalities. LifeBack utilizes a core set of values as blueprint for continuously evaluating, improving, and ensuring that clinical excellence and superior patient care are the expectation. Our patients achieve their goals with the support of our dedicated and dynamic team.

### TREATMENT APPROACH

Utilizing an integrative approach, our team builds on and emphasizes your individual strengths to help promote overall health and well-being. Our team draws on components from various modalities including cognitive behavioral therapy; dialectal behavioral therapy; psychodynamic, strengths-based interventions; and trauma-informed care.

### PRIORITIES

It is LifeBack's top priority to create and maintain an environment where all patients feel safe, welcomed, and respected. We value the individual beliefs and experiences of all our patients. We aim to ensure that the LifeBack team acts with integrity, showing an overall commitment to the core values of the agency. We promote an environment that is positive and inclusive.

### TAKING THE FIRST STEP

We understand that seeking treatment for yourself or a loved one can be overwhelming, so we are here to help! If you are interested in seeking services at LifeBack, here is what you can expect:

- **FIRST** – Call our intake department (609-482-3701) to speak to an Intake Specialist who will patiently guide you through the initial phone screening.
- The Intake Specialist will gather information about your symptoms and scheduling preferences and will then verify your insurance coverage.
- **NEXT** – You will receive information regarding general health topics and agency procedures as well as intake paperwork.
- You will review and sign intake forms.
- **FINALLY** – An initial counseling assessment will be scheduled – Let the Journey to Wellness Begin!

Call 609-782-3701 to schedule an assessment or for more information on the services we provide.

### REMEMBER THIS!

It is never too late to make a change. Every day is an opportunity to do things differently. Wherever you may be on your journey or whatever your struggles may be, possibilities exist. Our world is full of complications, and life is rarely without some sort of suffering or sadness. Meaningful connection and support make it easier. Make today your day—the day you decide to take the first step on a path to getting your LifeBack!



**LifeBack**

**Get Yours.**

*We're here to help you take the first step to getting your LifeBack!*

Mental Health, Psychiatric and Substance Recovery  
Treatment for Children, Adolescents, and Adults

**Call us Today!**

**NJ - 609-482-3701 PA - 267-935-9925**

[www.lifebacknj.com](http://www.lifebacknj.com)

**Working to Restore Wellness in the Lives of Others**