

**Appointment Line: 863.248.3311 or Toll-free 800.305.6780**



## ABOUT PEACE RIVER CENTER OUTPATIENT THERAPY

**Our therapists work with adult and adolescent clients to develop individualized treatment plans to help clients reach their mental health, wellness and recovery goals.**

Common disorders treated are: major depression, bipolar illness, anxiety, schizophrenia, ADHD and child behavioral disorders. We also treat co-occurring mental health and addiction disorders. Therapists may also provide referrals, as appropriate, for specific Peace River Center services such as Targeted Case Management, Psychiatric Evaluations, Adult Recovery Services, and Children's Psychiatric Services.

## LOCATIONS AND HOURS

To get established as a client please **call 863.248.3311** or come in to one of the offices listed below during the **walk-in hours**. During your walk-in appointment you will meet briefly with a therapist to determine what your needs are and get you scheduled for the next step.

### Bartow

#### Outpatient Therapy and Psychiatry at Bartow Crisis Campus

1255 Golfview Ave, Bartow, FL 33830

Appointment Line: 863.248.3311

Hours: Mon to Thurs 7:00 am – 5:00 pm

Fri 7:30 am - 4:00 pm

**Walk-in Hours: Tues and Thurs 8:00 am – 10:00 am**

### Lakeland

#### Outpatient Therapy and Psychiatry at Lakeland Crisis Campus

715 N Lake Ave, Lakeland, FL 33801

Appointment Line: 863.248.3311

Hours: Mon to Thurs 7:30 am – 7:00 pm

Fri 7:30 am – 4:00 pm

**Walk-in Hours: Tues and Thurs 9:00 am – 11:00 am**

### Lakeland Continued

#### Outpatient Therapy and Psychiatry at Gilmore Health Campus

1835 Gilmore Ave, Lakeland, FL 33805

Appointment Line: 863.248.3311

Hours: Mon to Thurs 7:30 am – 6:00 pm

Fri 7:30 am – 4:00 pm

Sat 7:30 am to 11:30 am

**Walk-in Hours: Mon 8:00 am – 10:00 am,  
Tues – Thurs 8:00 am – 10:00 am, and  
Tues – Thur 1:30 pm – 3:00 pm**

### Sebring

#### Peace River Center Outpatient Office – Outpatient Therapy and Psychiatry

3750 Emergency Ln, Ste. 1, Sebring, FL 33870

Hours: Mon – Thurs 8:00 am – 5:00 pm

## SERVICES

- Intake assessment by a therapist – to establish services
- Individual therapy
- Family therapy
- Group therapy
- Psychiatric evaluations – After intake assessment
- Medication management – After a psychiatric evaluation

### Wauchula

#### Peace River Center Outpatient Office – Outpatient Therapy and Psychiatry

213 E Orange St, Wauchula, FL 33873

Appointment Line: 863.248.3311

Hours: Mon – Thurs 7:30 am – 5:30 pm

## YOUR FIRST APPOINTMENT

There are two ways to get started with Outpatient Therapy. You can call our Registration team at 863.248.3311 or stop by our locations during the listed **Walk-in Hours**. The registration team member will gather the necessary information to complete the registration process with you. We suggest bringing to your first appointment:

- Form of identification
- Insurance card(s)

If using sliding scale fee, please also bring:

- Proof of income paperwork
- Address verification (such as an electric bill)

## WHAT TO EXPECT

After your initial brief assessment, the therapist will schedule your intake appointment, which will be for 60 minutes. The intake is necessary in order to access therapy, psychiatric and other services Peace River Center provides.

## MEDICATION MANAGEMENT

Please note, clients cannot be scheduled to see a provider to get medications until after the intake is complete. Due to volume and demand, the time between intake and psychiatric evaluation for medications could be weeks. We ask that clients please plan accordingly and get their intake complete as soon as possible to expedite this process and prevent an interruption to their medication schedule.

## IMMEDIATE CRISIS SERVICES

Our Mobile Crisis Response Team (MCRT) is available to provide free emotional support and crisis intervention 24-hours a day, seven days a week. Call 863.519.3744 or toll-free 800.627.5906, text 863.204.3443, or use your computer browser to chat, [PeaceRiverCenter.org/chat](http://PeaceRiverCenter.org/chat). The MCRT also provides immediate mental health support at the Bartow and Lakeland Crisis Campuses.



## EVIDENCED-BASED PRACTICES

Originally from the medical field, evidence-based practices (EBP) are treatments established as effective through scientific research. Evidence-based practices when used consistently are found to produce improved client outcomes. Below are some of the evidence-based practices Peace River Center uses throughout its programs.

- Attachment-Focused Therapy
- Child Play Therapy
- Cognitive Behavioral Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Infant Mental Health
- Parent-Child Interaction Therapy (PCIT)
- Sandplay
- Solution-Focused Brief Therapy



It is the policy of Peace River Center to provide equal opportunity in employment and the provision of services to all persons without regard to race, color, creed, sex, national origin, age, sexual orientation, religion, veteran status, disability, genetic information or genetic identity or other protected classifications.

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# OUTPATIENT THERAPY SERVICES

