

### Trusted Experts



The mental health experts at Nulton Diagnostic & Treatment Center provide outpatient mental health services to more than 3,000 people every year. Our programs are rooted in wellness, recovery and open communication. This creates a supportive healing environment that guides you through every stage of your treatment. To learn how our Telepsychiatry program or other services can help you, your child, your aging parents or other loved ones, please contact us today to schedule a confidential consultation.

### Getting Started is Easy

Just call us to make a confidential appointment. Your family doctor can also refer you to our telepsychiatry program and set up your first appointment.

Nulton Diagnostic & Treatment Center is licensed by the Commonwealth of Pennsylvania and is approved in many counties to provide telepsychiatry services. Services have also been approved by many MCOs, CCBHO, VBH and CBHNP.

Please call us toll-free at 1.888.918.5465 to see if we are available in your community. Services are currently only available to those receiving Medical Assistance (Access Card) who meet certain eligibility guidelines based on their diagnosis, treatment history and level of functioning. Our team will evaluate you with this in mind before services can begin. Telepsychiatry is available to adults, adolescents and children.

#### **Nulton Diagnostic & Treatment Center**

1.888.918.5465  
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**Nulton Diagnostic &  
Treatment Center**

Telepsychiatry



**You Are Not Alone**  
*The Help You're Looking for is Finally Here*

With help from our board-certified psychiatrists and our innovative telepsychiatry program, you can finally get the mental health care you need—without having to leave your community.

Using state-of-the-art video-conferencing equipment, we bring the expert services of some of Pennsylvania's best psychiatrists right to your community. That means no more long drives. No more wasted time stuck in traffic. Just personalized attention close to home—and the chance to get the care you need to manage and overcome life's everyday challenges.

**Taking a Team Approach**  
*Serving Children and Adults*

We take a team approach to your care, offering the combined expertise of board-certified child psychiatrists, board-certified psychiatrists, registered nurses and experienced mental health specialists. Working together, we will develop a treatment plan that's right for you.

Through regularly scheduled video check-ups, our psychiatric team will actively monitor your progress. In addition, our psychiatrists will continually evaluate the effectiveness of any prescribed medications, make any necessary changes and coordinate prescription refills. You get the care you need—without having to travel too far from home.

**We're With You Every Step of the Way**  
*Resources to Meet Your Needs*

Members of our experienced team are local and just a phone call away. We are right here, in the community, to help you manage unexpected challenges that may occur between telepsychiatry appointments. Our extensive support services include:

- **Counseling** for individuals and families
- **Family-Based care**, which includes intensive in-home therapy for children suffering from a severe mental or emotional illness
- **Peer support** that links you with someone who has successfully recovered from mental illness
- **Blended case management** to help locate transportation, housing, education and job training opportunities



**Understanding Telepsychiatry**

**What is telepsychiatry?**

Telepsychiatry uses live video-conferencing to provide psychiatric services to people who live in rural areas or in communities with a shortage of psychiatrists. It uses TV cameras and microphones to connect patients and psychiatrists face-to-face, in "real time." That means you receive the care you need from board-certified doctors without having to leave your community.

**Is it effective?**

It is. In fact, the American Psychiatric Association reports that patients who use telepsychiatry are happy with the care they receive and feel that they have better outcomes.

**Who will be my doctor?**

Nulton Diagnostic & Treatment Center has partnered with psychiatrists across Pennsylvania to bring expert mental health services to your community. Just like your other doctors, you will be treated by the same doctor at each telepsychiatry visit. You will come to know your doctor and your doctor will come to know you, too.

**What can I expect during my appointment?**

An experienced member of our team will join you during every telepsychiatry appointment to make sure you receive the best care possible. In addition, we will work with your psychiatrist to help coordinate any follow-up matters at the local level and manage the technology so that you can focus on getting well.

**Are services available to children?**

Yes. Through this innovative program, families can now benefit from the expertise of a board-certified psychiatrist who understands how to care for even the youngest patients.