

Our  
community  
matters.



OUR  
MISSION

TO  
CHANGE  
LIVES  
THROUGH  
RECOVERY

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All day. Everyday. **24** Help  
**7**

MENTAL  
HEALTH  
OUTPATIENT  
PROGAM

wedgepc.com



## OUR APPROACH

At the Wedge we see mental health treatment as a relationship between the individual seeking treatment and the clinical team. The treatment team is made up of the assessment specialist, therapist, psychiatrist, clinical supervisor, and program director.

We approach mental health treatment from a *recovery-oriented* and *person-centered* approach, recognizing that there are many factors that lead people to come to treatment. We identify that there are intrinsic **strengths** in every person we serve. Their *resilience* leads us to respect their right to *self-determination* as together we craft treatment plan goals to create hope and bring dreams into reality.



YOU ARE NOT ALONE  
THERE IS HOPE

Go to  
[www.wedgepc.com](http://www.wedgepc.com)  
to see live testimonials.

## ENROLLMENT

Intakes are offered Monday through Friday with some evening availability. Urgent requests can often be accommodated quickly. A trained clinician completes an initial assessment, and works with the individual to develop a treatment plan. A therapist is quickly assigned to begin therapy sessions. A psychiatrist completes an evaluation, and if appropriate, offers medication to immediately assist in alleviating symptoms of depression, anxiety, mood instability, etc.

## TREATMENT

Frequency of therapy appointments is based on the needs of the participant, and are often scheduled weekly. We offer person-centered and evidenced-based treatment, and individuals are expected to collaborate in the development of their treatment goals. In the case of children, we often recommend that parents and other supports participate in the treatment. Our clinics also offer group therapy for men, women, and children on a variety of subjects where they can learn from peers and a trained group therapist on how to cope with life challenges. If medication is prescribed, people will have access to psychiatric appointments to monitor therapeutic services and medication. Our therapists encourage the involvement of family, friends, and other significant people and ask individuals to have members of their family, family of choice, close friends, and other social service providers get involved in helping achieve their goals.

Facebook: [Wedge Recovery Centers](#)



Twitter: [@WedgeRecovery](#)



AN ESTIMATED 1 IN 4 ADULTS  
STRUGGLES WITH  
MENTAL HEALTH ISSUES.

The length of time in therapy and medication management is unique for each person.

The staff at the Wedge work to help individuals achieve their goals at the pace that works best for them. For individuals who require additional care, the Wedge provides referrals to community supports and other treatment programs, including our Substance Use Programs and Psychiatric Rehabilitation Services (Mental Health Day Program).

We provide evidence-based services, including Cognitive Behavioral Therapy, and our program is designated by the Philadelphia Department of Behavioral Health and Intellectual disAbility Services Evidence-Based Practice and Innovation Center (EPIC).

