





# VIRGINIA'S PREMIER MENTAL HEALTH TREATMENT CENTER

AMFM Healthcare is an integrative treatment provider specializing in acute primary psychiatric and dual-diagnosis care; fully addressing all healthcare needs of our clients. Each of our facilities house a maximum of eight residents with a dedicated clinical team. The limited number of residents enables our team to service a large range of clinical issues, while providing an individualized and intimate treatment process.

### **WE PROVIDE**

MEDICATION MANAGEMENT & EDUCATION LIFE SKILLS TRAINING PSYCHOEDUCATION GROUPS GROUP THERAPY | INDIVIDUAL THERAPY

### **MODALITIES USED**

COGNITIVE BEHAVIORAL THERAPY DIALECTICAL BEHAVIORAL THERAPY SAND TRAY THERAPY EYE MOVEMENT DESENSITIZATION & REPROCESSING L.E.A.P. | PLUS OTHERS AS CLINICALLY APPROPRIATE

As a leading mental health treatment provider, each patient will receive a comprehensive psychiatric evaluation and a weekly individual assessment with our psychiatrist. Additionally, our medical team is available on a 24-hour basis.

- INDIVIDUALIZED PHASE WORK
- INDIVIDUAL SESSIONS WITH PSYCHIATRIST
- TAI CHI | YOGA | MEDITATION
- RECOVERY SUPPORT HOUR
- FITNESS HOUR WITH CERTIFIED INSTRUCTOR
- INDIVIDUAL SESSIONS WITH PRIMARY THERAPIST
- MUSIC THERAPY
- ART THERAPY
- INDIVIDUAL THERAPY SESSION WITH PSYCHIATRIST
- INDIVIDUAL SESSIONS WITH CASE MANAGER
- THERAPEUTIC CREATIVE WRITING CLASS
- EXPERIENTIAL OUTING (HALF DAY)
- PHYSICAL THERAPIST SESSION

# EVERY STEP OF THE WAY



After the tragic loss of a beloved son due to mental illness, A Mission for Michael was created with the vision of preventing such hopelessness in the lives of others. Our team is comprised of individuals who have both the qualifications and the passion to take care of severe mental illness. In the field of mental healthcare, A Mission for Michael is unique. Combining compassionate, individualized care with clinical expertise, we provide solutions for individuals and their families to overcome the struggles of mental illness.

## WHAT WE TREAT:

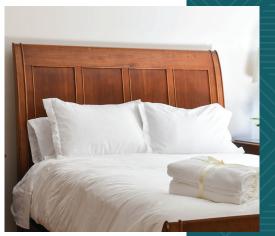
SCHIZOPHRENIA | SCHIZOAFFECTIVE | BIPOLAR I & II | ANXIETY | DEPRESSION PTSD | TRAUMA | PERSONALITY DISORDERS | SUBSTANCE USE DISORDER

### HOW WE TREAT:

IN A SMALL MILIEU, WE UTILIZE A STRENGTH-BASED MODEL OF CARE ALONG WITH EVIDENCE-BASED THERAPEUTIC MODALITIES, PSYCHIATRY, EXPERIENTIAL THERAPIES, AND A HEALTH AND WELLNESS COMPONENT TO FOSTER AN ENVIRONMENT WHERE SUSTAINABLE HEALING CAN BEGIN.







#### AMFM HEALTHCARE ACCEPTS MOST MAJOR INSURANCE PLANS INCLUDING:





A MISSION FOR MICHAEL MISSION PREP MISSION CONNECTION



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