

Transformative IOP and PHP Therapy in Berwyn, Pennsylvania

Create Joy. Heal Generations.

Embark guides adolescents and young adults ages 10-34 and their families on the journey to lasting mental wellness. Embark Behavioral Health offers flexible mental health support through our Intensive Outpatient (IOP) and Partial Hospitalization (PHP) programs. IOP is available in person, and in some states virtually, and PHP is offered in person only. Whether you're facing anxiety, depression, suicidal thoughts, trauma, or school refusal, our expert clinicians are here to help. Our clinic in Berwyn is carefully designed to provide a calm, healing environment for teens and families alike.



Ages	Schedule	Care Includes	Additional Specializations	In-network Insurance Partners	Format
 12-18	 IOP: Min 3 hours/day, 3-4 days/week PHP: 6 hours/day, 5 days/week	 Individual, group, and family therapy; psychiatry and med management as appropriate.	 Trauma, family conflict, school refusal	 Aetna, MultiPlan, Independence Blue Cross, VNPN	 Therapist-led small groups

Insurance Coverage Made Simple

We work with most major insurance providers and offer free insurance verification before treatment begins. Our expert team walks you through every step.

Exceptional* Results

88%

of parents reported 0 psychiatric hospitalization visits one year after discharge. **Two years after treatment, 83% of parents reported the same.**

94%

of parents reported that their child has either returned to school or been employed one year after discharge. **Two years after treatment, 95% of parents reported the same.**

*2024 Embark Annual Report (aggregate results)

Residential Treatment

Embark's Residential Treatment Centers provide 24/7 care in supportive, clinically led environments for youth facing mental health challenges. Each location treats core concerns like depression, suicidal thoughts, anxiety, and trauma, with some locations offering additional specializations for clients with unique struggles.

Contact your local Embark representative to learn more about each program's specializations.

Name	State	City	Age	Gender
Embark	CA	San Martin	12–17	All
Embark	CO	Greeley	12–17	All
Embark	MO	Independence	12–18	All
Embark	OR	Bend	10–17	All
Embark	PA	White Haven	12–17	Only females (assigned at birth)
Embark	TN	Benton	12–17	Only males (assigned at birth)
Embark Stabilization & Assessment	UT	Hurricane	12–17	Only males (assigned at birth)
Embark	UT	Springville	12–17	Only females (assigned at birth)
Embark	VA	Alexandria	12–17	All
Calo Preteens	MO	Lake Ozark	9–13	All
Calo Teen Boys	MO	Lake Ozark	14–17	Only males (assigned at birth)
Calo Teen Girls	MO	Lake Ozark	14–17	Only females (assigned at birth)
Calo Young Adults	MO	Lake Ozark	17.5–20	All
Chrysalis	MT	Eureka	13–18	Only females (assigned at birth)
Optimum Performance Institute Los Angeles	CA	Los Angeles	17–28	All
Optimum Performance Institute Houston	TX	Greater Houston area	18–28	All
New Haven	UT	Spanish Fork & Saratoga Springs	12–17	Only females (assigned at birth)
New Haven Stabilization & Assessment	UT	Spanish Fork	12–17	Only females (assigned at birth)
Sunrise	UT	Washington	12–17	All



We're Here For You

To learn more or to refer a client, contact
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Joint Commission



embark
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