embark BEHAVIORAL HEALTH

embarkbh.com | 570-215-9026

Transformative **Residential Treatment** in White Haven, Pennsylvania

Create Joy. Heal Generations.

Embark Behavioral Health offers Residential Treatment in many states, providing 24/7 care in safe, structured, nurturing environments tailored to individual needs for lasting results. Our licensed clinicians support youth and young adults through challenges like **depression, anxiety, suicidal thoughts, trauma, family conflict, school refusal, and more.** Some also offer specialized care based on age, complex emotional needs, and therapeutic goals. In the Pocono Mountains, teen girls step away from external challenges and into focused, therapeutic healing in White Haven, Pennsylvania.

Name	State	City	Age	Gender	Insurance
Embark	PA	White Haven	12–17	Females (assigned at birth)	We can work with most insurance providers. In network with Highmark BCBS, MultiPlan, Velocity National Provider Network (VNPN).
Specializations	Gender-affirming care that includes specialized care for borderline personality disorder, Level 1 ASD, stabilized eating disorders and attachment disorders.				

Comprehensive Levels of Care

Alongside residential treatment programs, Embark offers virtual and in-person IOP and in-person PHP, allowing us to adjust treatment based on individuals' unique needs for results that last.

Virtual IOP

- **Ages:** 12–34
- **Schedule:** 3 hours/day, 3–4 days/week
- **Format:** Therapist-led small groups
- **Care Includes:** Group and family therapy; psychiatry and med management as needed
- **Flexibility:** Attend from home or while traveling
- **Availability:** 18+ states

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)

All Embark Residential Programs

Every young person's mental health journey is unique. In addition to **treating anxiety, depression, suicidal ideation, trauma, and family conflict, many of our programs offer specialized care for complex needs like OCD, BPD, ASD level 1, ODD, conduct disorders, RAD, substance use, and complex family dynamics.** We tailor our approach to support lasting healing for preteens, teens, and young adults. Explore our full list of residential programs—no matter where you live, the right fit may be in another state.

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

"You can be assured that your child is with the greatest people. They will be there for your child when you can't and help them get back to the life they so deserve."

— Embark Residential Alumni Parent

Schedule a Tour or Refer a Client

We welcome the opportunity to support families and partners whose clients need care. To learn more or to refer a client, contact **Jayme Poalise** at 609-471-7922 or jayme.poalise@embarkbh.com.

Accredited by the Joint Commission

embark
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