Mental Health

Sovereign Health knows that cognitive impairment places individuals at a higher risk for psychiatric disorders. Our application of neurobiology research, particularly in neuroplasticity, underpins our brain wellness and cognitive retraining approach to recovery.

Upon arrival, a patient’s cognitive and emotional functioning is assessed. Once in treatment, progress is monitored through a process of measurement-based assessments, which allows us to modify interventions in real time.

We use a treatment approach that integrates interpersonal and object relations psychotherapy with motivational interviewing, dialectical behavior therapy and cognitive retraining.

Good mental health requires ongoing maintenance throughout one’s life. We help patients set and accomplish quantifiable goals and offer long-term monitoring of their progress post-treatment through our Telehealth service.

Treatment Programs Offered:
- Detoxification
- Primary Mental Health
- Substance Use
- Dual Diagnosis
- Telehealth
- Eating Disorders
- Pain Recovery
- CROSS: Christian Recovery Offering Significant Success
- POWER: Primary Opportunities for Women Experiencing Recovery
- PRIME: Personal Recovery Integrating Men's Experiences

For more information, please visit www.sovhealth.com

24/7 ADMISSIONS HELPLINE
866.286.3509
Sovereign’s Mental Health Program features a primary component called brain wellness. The unique philosophy that underpins our entire treatment program is the cognitive connection to mental health. Improving cognition can help the affected person learn how to successfully live with a psychiatric disorder. We use cutting-edge technology, medication and counseling and lifestyle changes to help patients live healthy and happy lives.

Patients Served
- Adolescents
- Adults
- Males, Females and Transgender

Levels of Care
- Residential Treatment
- Partial Hospitalization
- Intensive Outpatient
- Recovery Management

Meet the Chief Clinical Officer

Anthony J. Mele, Psy.D
Dr. Anthony J. Mele is a licensed psychologist who brings almost 25 years of clinical expertise and executive leadership to the behavioral healthcare industry. As Chief Clinical Officer for Sovereign Health, Dr. Mele oversees the development and delivery of state-of-the-art behavioral health treatment serving hundreds of patients in a nationwide network of facilities.

Treatment Modalities (Vary by Location)
- Individual, Group and Family Therapy
- Cognitive Rehabilitation and Brain Wellness
- Neurofeedback
- Eye Movement Desensitization and Reprocessing (EMDR)
- Trauma-Informed Therapy
- Motivational Interviewing (MI)
- Dialectical Behavior Therapy (DBT)
- Experiential Therapy
- Nutrition and Exercise Programs

Multidisciplinary Team
- Psychiatrist
- Primary Therapist
- Case Manager
- Family Therapist
- Clinical Concierge

Ancillary Services (Vary by Location)
- Court / Legal Services
- Financial Counseling
- Life Skills / Vocational Planning
- Advanced Laboratory Services (Pharmacogenetic Testing)

Most Private Insurance Accepted. Call us today at 866.286.3509 to speak with a treatment specialist, complete a confidential assessment and review financial options.