

## About Us

Personal Enrichment through Mental Health Services (PEMHS) has been committed to providing care in crisis since 1981. Our dedicated staff, and comprehensive range of programs are designed to meet the needs of children, adults and families with the goal of building strong communities. PEMHS is a private, non-profit behavioral health care organization located in Pinellas County, Florida. Programs include a 24-hour suicide hotline, emergency screening and crisis intervention services, inpatient services for adults and children, residential services for children and community based programs. We understand that high quality services are necessary to obtain the best outcome for individuals and families facing behavioral health issues. PEMHS is licensed by the Florida Department of Children and Families and by the Florida Agency for Health Care Administration. PEMHS is also certified by the American Association of Suicidology and is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).



CARING, COMPASSIONATE AND COMPETENT  
CARE IN CRISIS

# Achieve a higher quality of life.

## We walk with you

### Our Program Philosophy

We believe that the use of addictive chemicals, including alcohol, by children and adolescents poses a threat to normal brain development, physical health, education, achievement of goals, to freedom, and to the proper functioning of families. The threat can be eliminated by learning about and ending the destruction caused by taking these substances, and by following up on any recommendations made by the program staff after discharge. Treatment and counseling have been proven to be the most effective ways to overcome the abuse of alcohol and illicit drugs, and we believe that even if you don't want to quit right now, you may still be able to benefit from some form of treatment.

**Our services are available to those without the ability to pay.**

### Contact us

phone: 727.545.6477

Ext. 390

fax: 727.545.6464

info@pemhs.org

PEMHS  
11254 58th St. N  
Pinellas Park, FL 33782



www.pemhs.org



Serving Floridians since 1981

## Personal Enrichment Through Mental Health Services

## Juvenile Addictions Receiving Facility





## Each youth admitted to the program receives the following services:

- A Board Certified Child Psychiatrist completes psychiatric history and evaluation
- Nursing Assessment
- History and Physical examination
- Stabilization for withdrawal and/or behavioral symptoms
- Individual, family, and Group therapy sessions by a licensed mental health provider
- Aftercare planning
- Family consultation to review findings and make recommendations for aftercare

### Criteria for admission

- Ages 13-17
- May come voluntarily or involuntarily via family, guardian, physician, police, or court order.
- Shows impairment of judgment due to substance abuse
- The length of stay (typically 3-5 days) is determined by how long it takes to complete a full and accurate assessment, to stabilize for withdrawal and behavioral symptoms, and to arrange aftercare planning.

### Fees

We do not deny services to those in need. We gladly accept youth whose families do not have the ability to pay for such services and/or those who have no insurance.

### The downward spiral

No child or teen would choose to be addicted to drugs and/or alcohol. How could this happen to our loved one or friend? One aspect to understand about addiction is that the person is chemically killing a physical or emotional pain by altering their mind's perception of reality. For drugs or alcohol to be a choice, there is some underlying sense of hopelessness or unhappiness. They want to feel numb.

**727.545.6477 Ext. 390**

Below are some of the signs that should alert you to the possibility there is use of drugs:

- Sudden decline in school achievement
- Tardiness or truancy
- Cigarette smoking
- Deterioration in appearance, no longer cares
- Increased secretiveness, unexplained phone calls, heightened hostility to inquiry, sudden onset of hypersensitivity.
- Going out every night, involved with weekday social activity consisting primarily of "hanging out"
- Disappearance of family funds or possessions.
- Aggressive behavior, recurrent fighting, violent hostility, evidence of social alienation
- Heavy use of over-the-counter preparations to reduce red eye reddening, nasal irritation or tell-tale bad breath (alcohol or cigarettes)
- Withdrawal from extracurricular activities that were previously important to the child such as sports, religious or youth programs.
- Serious erosion of parental trust
- Marked shift in the child's peer group and avoids introducing you to new friends
- Child supports idea of legalizing marijuana
- No longer interested in activities once enjoyed
- Marked personality changes. Evidence of social withdrawal, a new guardedness in communication with other family members, inexplicable depression, and changes in sleeping patterns are possible indicators.



### Behavioral information about drugs:

Addictive drugs activate the brain's reward system. The promise of a reward is so intense, it causes the individual to crave the drug and all activities focus around obtaining and taking the drug. A person's level of consciousness is reduced by the drug, which harms the ability to think and be fully aware of one's surroundings.

Drug users perceive something else going on instead of the actual series of events that are happening. This makes drug usage especially dangerous for teens. Injuries due to accidents, physical disabilities and disease, and the effects of possible overdoses are among the health-related consequences of teenage substance abuse. Disproportionate numbers of youth involved with alcohol and other drugs face an increased risk of death through suicide, homicide, accident, and illness.

Mental health problems such as depression, apathy, developmental lags, withdrawal and other dysfunctions frequently are linked to substance abuse among adolescents. Substance-abusing youth are at a higher risk than nonusers for mental health problems.

In addition to personal problems, abusing alcohol and drugs may result in family crises and jeopardize many aspects of family life which could result in family dysfunction. Parents and other siblings can be profoundly affected and may feel a drain in financial and emotional resources.

There is an undeniable link between substance abuse and delinquency. Arrest, adjudication, and intervention by the juvenile justice system are eventual consequences for many youth engaged in alcohol and other drug usage.

Partying can be detrimental to both genders for obvious reasons but it can be especially harmful to females. With lowered inhibitions and an altered state of mind, they are at a higher risk for the possibility of rape and unwanted pregnancy. Females also metabolize alcohol differently causing them to get the same effect with smaller amounts and in a shorter period of time. They can develop eating disorders, depression, stroke, cirrhosis of the liver, and damage to the heart more quickly than males.