



## Providing Supportive & Compassionate Care

### About Us

University Behavioral Health of Denton is a private, freestanding psychiatric hospital that specializes in mental health and chemical dependency care. Serving North Texas and the surrounding areas since 2005, we provide a wide range of services and programs that offer evidence-based treatment proven to have positive outcomes for our patients.

### UBH Denton provides comprehensive Behavioral Health services to:

- Adolescents (ages 13 – 17)
- Adults
- Active Duty Military/Veterans/First Responders

### Services Offered:

- Psychiatric/Mental Health Crisis Stabilization
- Substance Use/Addiction Detox
- Ross Institute for Trauma Program (ages 18+)
- Psychiatric Intensive Care Unit
- Dedicated unit for Military/Veterans/First Responders
- Outpatient services
- Outpatient program provides on-site school



### We are in network with and accept a wide array of insurance plans, including:

- Aetna®
- Amerigroup
- Blue Cross® Blue Shield®
- Beacon Health Options
- CHAMPVA
- Cigna®
- Denton County MHMR
- Healthchoice
- Humana®
- Medicare
- Magellen<sub>SM</sub>
- Molina Healthcare®
- Medicare Advantage Plans
- Cenpatico®
- Scott & White Health Plan
- TRICARE®
- United Healthcare®/Optum®



Call **940.320.8100** to speak with an Intake Counselor 24 hours a day, 7 days a week.

For more details on our programming, visit [UBHdenton.com](http://UBHdenton.com).

In the case of a medical emergency or crisis, please dial **9-1-1** or go to the nearest emergency room.

**Note:** List is not comprehensive. Please call us with questions about any plan(s) not listed above.



# Fast Facts for Patients

## What should I bring with me?

- Insurance cards and ID cards
- Name, address and telephone number of current and previous therapists and doctors
- Home medications (will be stored in pharmacy)
- Medical information regarding any allergies you have to medications, food or other sources
- Daily clothing – recommended 3 days of clothing due to limited storage (washer/dryer available at no charge)
- Shoes without strings, metal
- Personal hygiene items such as a toothbrush, toothpaste, shower shoes, deodorant and female sanitary items (these items cannot include alcohol-based products or aerosols)
- Warm pajamas (must be appropriate)
- Clothing that is modest and climate appropriate (i.e., jacket or sweater, no strings or ties)
- Tobacco products (adults only, to be used during designated breaks as determined by unit rules)
- Recommended athletic shoes with VELCRO® brand fasteners for gym activities

## What do I need to leave at home?

- Electronic devices not allowed, including but not limited to: cell phones, iPods®, laptops, earphones, alarm clocks, radios or recording devices
- Shoestrings, drawstrings or belts
- Hair dryers, curling irons, straighteners, etc.
- Clothing with inappropriate artwork (alcohol, drugs or violent phrases or pictures)
- Outside food or drink
- Jewelry (with the exception of wedding bands)
- Items with sharp edges or points, any items with glass or flammable liquids
- Drugs or alcoholic beverages
- Knives, guns or any protection devices
- Pens or pencils or binders with metal spirals
- Mirrors, nail files or clippers
- Needles, hooks or wire hangers
- Stuffed animals, blankets and pillows
- Makeup will be kept and available as requested (adults only, not allowed for adolescents)
- Disposable razors (will be checked in)

All valuables should be left/sent home and not retained at UBH. Individuals are fully responsible for personal items. Items that must be stored in facility lockup will NOT be accessible throughout the length of stay.

**Please note: Patients will not have access to internet during their stay. However, they have access to a phone and can make and receive calls.**

## Discharge planning

Discharge planning is one of the keys to successful treatment and we begin working on your discharge plan as soon as you are admitted.



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Physicians are on the medical staff of UBH Denton, but, with limited exceptions, are independent practitioners who are not employees or agents of UBH Denton. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 201891-2033 3/20