

Appointment Line: 863.248.3311 or Toll-free 800.305.6780



ABOUT PEACE RIVER CENTER OUTPATIENT THERAPY

Our therapists work with adult and adolescent clients to develop individualized treatment plans to help clients reach their mental health, wellness and recovery goals.

Common disorders treated are: major depression, bipolar illness, anxiety, schizophrenia, ADHD and child behavioral disorders. We also treat co-occurring mental health and addiction disorders. Therapists may also provide referrals, as appropriate, for specific Peace River Center services such as Targeted Case Management, Psychiatric Evaluations, Adult Recovery Services, and Children's Psychiatric Services.

LOCATIONS AND HOURS

To get established as a client please **call 863.248.3311** or come in to one of the offices listed below during the **walk-in hours**. During your walk-in appointment you will meet briefly with a therapist to determine what your needs are and get you scheduled for the next step.

Avon Park

Central Florida Health Care – Outpatient Therapy and Psychiatry

950 County Rd 17A W, Avon Park, FL 33825
Appointment Line: 863.452.3003/863.248.3311
Hours: Mon to Thurs 7:30 am – 5:30 pm

Walk-in Hours: Tues and Thurs 8:00 am – 10:00 am

Bartow

Outpatient Therapy and Psychiatry at Bartow Crisis Campus

1255 Golfview Ave, Bartow, FL 33830
Appointment Line: 863.248.3311
Hours: Mon to Thurs 7:30 am – 5:30 pm

Walk-in Hours: Tues and Thurs 8:00 am – 10:00 am

Lakeland

Outpatient Therapy and Psychiatry at Lakeland Crisis Campus

715 N Lake Ave, Lakeland, FL 33801
Appointment Line: 863.248.3311
Hours: Mon to Thurs 7:30 am – 8:00 pm
Fri 7:30 am – 2:00 pm

Walk-in Hours: Tues and Thurs 9:00 am – 11:00 am

Outpatient Therapy and Psychiatry at Gilmore Health Campus

1835 Gilmore Ave, Lakeland, FL 33805
Appointment Line: 863.248.3311
Hours: Mon and Weds 7:00 am – 5:30 pm
Tues and Thurs 7:00 am – 7:30 pm
Fri 7:30 am – 5:00 pm
Sat 8:00 am to 12:00 pm

**Walk-in Hours: Mon – Thurs 8:00 am – 10:00 am
Tues – Thurs 1:30 pm – 3:00 pm**

SERVICES

- Intake assessment by a therapist – to establish services
- Individual therapy
- Family therapy
- Group therapy
- Psychiatric evaluations – After intake assessment
- Medication management – After a psychiatric evaluation

Lake Wales

Outpatient Therapy and Psychiatry

815 State Road 60 E, Lake Wales, FL 33853
Office Line: 863.978.4800
Appointment Line: 863.248.3311
Hours: Mon – Thurs 7:30 am – 5:00 pm
Fri 8:00 am – 12:00 pm

Wauchula

Peace River Center Outpatient Office – Outpatient Therapy and Psychiatry

213 E Orange St, Wauchula, FL 33873
Appointment Line: 863.248.3311
Hours: Mon – Thurs 7:30 am – 5:00 pm
Fri 8:00 am – 12:00 pm

Locations and service hours are subject to change without notice. Please visit www.PeaceRiverCenter.org/locations or call 863.248.3311 for the most up to date list.

YOUR FIRST APPOINTMENT

There are two ways to get started with Outpatient Therapy. You can call our Registration team at 863.248.3311 or stop by our locations during the listed **Walk-in Hours**. The registration team member will gather the necessary information to complete the registration process with you. We suggest bringing to your first appointment:

- Form of identification
- Insurance card(s)

If using sliding scale fee, please also bring:

- Proof of income paperwork
- Address verification (such as an electric bill)

WHAT TO EXPECT

After your initial brief assessment, the therapist will schedule your intake appointment, which will be for 60 minutes. The intake is necessary in order to access therapy, psychiatric and other services Peace River Center provides.

MEDICATION MANAGEMENT

Please note, clients cannot be scheduled to see a provider to get medications until after the intake is complete. Due to volume and demand, the time between intake and psychiatric evaluation for medications could be weeks. We ask that clients please plan accordingly and get their intake complete as soon as possible to expedite this process and prevent an interruption to their medication schedule.

IMMEDIATE CRISIS SERVICES

Our Mobile Crisis Response Team (MCRT) is available to provide free emotional support and crisis intervention 24-hours a day, seven days a week. Call 863.519.3744 or toll-free 800.627.5906, text 863.204.3443, or use your computer browser to chat, [PeaceRiverCenter.org/chat](https://www.peacrivercenter.org/chat). The MCRT also provides immediate mental health support at the Bartow and Lakeland Crisis Campuses.



EVIDENCED-BASED PRACTICES

Originally from the medical field, evidence-based practices (EBP) are treatments established as effective through scientific research. Evidence-based practices when used consistently are found to produce improved client outcomes. Below are some of the evidence-based practices Peace River Center uses throughout its programs.

- Attachment-Focused Therapy
- Child Play Therapy
- Cognitive Behavioral Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Infant Mental Health
- Parent-Child Interaction Therapy (PCIT)
- Sandplay
- Solution-Focused Brief Therapy



It is the policy of Peace River Center to provide equal opportunity in employment and the provision of services to all persons without regard to race, color, creed, sex, national origin, age, sexual orientation, religion, veteran status, disability, genetic information or genetic identity or other protected classifications.

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OUTPATIENT THERAPY SERVICES

