

Utilize all-inclusive care

*Enjoy 24-hour care in a  
homelike environment*

Learn valuable skills

*Call to learn how RTFA can  
help today!*

814-878-2153

or Toll-free 888-453-5806

[www.StairwaysBH.org](http://www.StairwaysBH.org)

2185 W. 8th Street

Erie, PA 16505



*a member of Journey Health System*

Stairways Behavioral Health is a private nonprofit organization that assists persons with mental health care needs at any stage of life in their recovery by providing comprehensive rehabilitation, treatment and support essential for living, working, learning and participating fully in the community.



Accredited by the Joint Commission on  
Accreditation of Healthcare Organizations

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*Stairways Behavioral Health*  
RESIDENTIAL  
TREATMENT FACILITY  
FOR ADULTS

*Building a Bridge  
to Recovery*



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## What is RTFA?

The Residential Treatment Facility for Adults (RTFA) is a 15-bed facility providing 24-hour, supervised care for up to 30 days. The RTFA provides a safe, tranquil, predictable, and supportive setting as an alternative to inpatient mental health hospitalization or as a step-down from inpatient care.

Not only do individuals in acute psychological distress require kindness and nurturance, but many need assistance in managing normal everyday routines that, under better circumstances, would not appear daunting at all.

Treatment is tailored to meet each individual's needs and goals through a holistic, multidisciplinary approach. Services include psychiatry, nursing, individual and group therapy, and case management.

## Adults participating in the treatment program will:

- Develop healthful daily routines and benefit from such things as:
  - getting a full night's rest
  - eating three healthy meals prepared for them
  - waking at the same time each morning
- Fully participate in group and individual therapy and meet with a psychiatrist
- Enjoy leisure time, as rest and reduction in stress are critical to recovery
- Work with Stairways professionals to make connections to formal and informal supports in the community for assistance after leaving the program

*“I really feel like I’m getting the help I need and can see improvements because of it.”*



## Who qualifies for the RTFA?

- Erie County residents who are 18 years of age or older and who have been diagnosed with a serious mental illness.
  - Individuals with a history of multiple hospitalizations or similar treatment programs or a recent inpatient stay with an unsatisfactory outcome.
- A person who may be safely diverted to a less restrictive level of care than a hospital setting but who requires a 24-hour, supervised setting.
- Persons who lack community and primary supports.