

# Outpatient Services

*Offering a full range of mental health services close to home.*

## ***Mental Health Treatment***

According to the National Comorbidity Survey (NCS), about 19 percent of the population has a diagnosable mental illness. Untreated mental illnesses can lead to decreased work productivity, family disruptions, significant personal distress, and disability.

Hyland Behavioral Health provides a variety of outpatient programs to fit the needs and wishes of our patients. Hyland's outpatient programs combine group education and counseling with individual therapy sessions. Your treatment team consists of Psychiatrists, Licensed Clinical Social Workers and Professional Counselors, Registered Nurses, and Behavioral Health Clinicians.

## ***Outpatient Programs:***

### **Intensive Outpatient Programs:**

These programs are designed especially for patients who can carry out many usual activities, but experience symptoms that impair their daily lives. Patients attend several times per week, three hours per day. Chemical Dependency Programs are offered afternoons or evenings and Psychiatric Programs are offered mornings or afternoons.

### **Adolescent Intensive Outpatient Program:**

Offered mornings for youth ages 12-18, this program is structured to help teens manage family, school, and general life stressors. Our treatment team works closely with parents and schools to ensure comprehensive care.

### **Counseling Clinic:**

Offers individual, marital, and family counseling to people of all ages who are experiencing emotional, substance abuse, or psychiatric problems. Appointments are available during the day and evening, Monday through Friday.

### **Group Education and Counseling:**

Groups include Anger Management, Parenting with Love and Logic, and Smoking Cessation. Groups meet weekly for six evening sessions. Call for a group schedule.

## **Contact Information:**

**Outpatient Services:**  
call 314-525-7296 for more information or for your initial assessment appointment

Hyland Behavioral Health is located on the campus of St. Anthony's Medical Center in south St. Louis County.

Accredited by the Joint Commission.



10010 Kennerly Rd. • St. Louis, MO 63128 • 314-525-7275