

Chemical Dependency Outpatient Programs

All counselors at Hyland Behavioral Health are licensed through the state of Missouri as Professional Counselors or Clinical Social Workers.

Partial Hospitalization Program (PHP):

What is it?

This is a highly-structured daytime treatment environment that allows patients to return to their homes each evening. Clients participate in 5 hours of treatment Monday through Friday. Programming begins at 9:00 am and ends at 3:00 pm.

Who is it for?

For patients who experience significant difficulty completing their normal daily activities due to their disorder, but they do not require the medical care and supervision of inpatient treatment.

Intensive Outpatient Program for Chemical Dependency (IOP):

What is it?

IOP is a highly-structured and group therapy-based care. The evening outpatient chemical dependency program meets several times per week for three hours in the evening.

Who is it for?

For patients who can carry out many usual activities, but experience symptoms that impair their daily lives. Patients undergoing intensive outpatient treatments may be able to maintain work obligations.

Counseling Clinic:

What is it?

The Counseling Clinic serves all age groups and offers individual, group, marital and family counseling sessions. Our counselors offer clinical expertise for matters dealing with addictions, depression, anxiety, and many other topics.

Who is it for?

For people of all ages who are experiencing emotional, substance abuse, or psychiatric problems.



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

Chemical Dependency Outpatient Services

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

Drug abuse is a serious public health problem that affects almost every community and family in some way. Each year drug abuse results in around 40 million serious illnesses or injuries among people in the United States*. For over 30 years, Hyland Behavioral Health has provided chemical dependency treatment programs to the St. Louis community.

Our program is based on a 12-step recovery model, the most recognized method for successful long-term sobriety. The chemical dependency treatment program is a combination of group therapy, individual therapy and education sessions with dual diagnosis capabilities with an emphasis on behavioral health.

Individualized Treatment

Our approach is tailored to fit the needs and wishes of each patient. All clients have individualized treatment plans, which place them at the level of care that best meets their needs.

Group Programs

Our group therapy sessions allow clients to develop a support network of people who share their desire to live life clean and sober, while giving them the tools and education to do so.

Family Support

Families are encouraged to participate in their loved one's recovery process. Each family is offered a group meeting, emphasizing the family as a support system for the individual and the redevelopment of trust among members.

Please see the other side for more about our outpatient services.

* National Library of Medicine and
the National Institute of Health



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Contact Information:

Please call 24 hours a day
for assessments.

Assessment for Services:
314.525.4400

Counseling Clinic:
314.525.1400

Outpatient Services:
314.525.7296

We accept most insurance
plans.

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

It is accredited by the Joint
Commission on
Accreditation of
Healthcare Organizations.

Member of the
Association for
Ambulatory Behavioral
Health.