

Overview

STR Behavioral Health – Lancaster is a premier outpatient treatment center specializing in substance use and mental health disorders. We provide comprehensive primary programs for both substance abuse and mental health, as well as dual diagnosis care.

Our services include partial hospitalization and intensive outpatient programs (available both day and night), supported by a team of psychiatric providers, licensed clinicians, and experienced professionals. We also offer medication-assisted treatment (MAT) options at every level of care.

Levels of Care

Partial Hospitalization Program (PHP)

The most comprehensive outpatient program available, our partial hospitalization program (PHP) traditionally includes group therapy, five days per week. Clients enrolled in our PHP also receive psychiatric treatment as well as individual and family therapy, as determined by their therapist.

Intensive Outpatient Program (IOP)

Our intensive outpatient program (IOP) provides a step-down level of care from our PHP. It can also serve as a direct step into care from the community as well as provide additional support to supplement traditional outpatient services. It's designed to help individuals who are either experiencing an increase in distressing symptoms and behaviors or for those who are not progressing in traditional outpatient services.

What We Treat

- Various Substance Use Disorders and Process Addictions
- Mood Disorders including Major Depressive Disorder and Generalized Anxiety Disorder
- Personality Disorders including Borderline Personality Disorder (BPD)
- Content Thought Disorders including Obsessive-Compulsive Disorder (OCD) and Bipolar Disorder
- Thought Disorders including Schizophrenia and Schizoaffective Disorder

How We Treat

- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Mindfulness
- Nutrition Therapy
- Life Skills Practice and Application
- Relapse Prevention

Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates. Please contact us at 717.913.4032 to learn more about the financial and insurance options available.

Note: We do not accept Medicare or Medicaid.