

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)

PHP is offered Monday through Friday. In conjunction with PHP, clients attend therapy sessions with a clinician twice per week to navigate their individual needs, as well as a weekly psychiatric evaluation and follow-up.

Intensive Outpatient Program (IOP)

We offer two levels of intensive outpatient programs—IOPx5 and IOPx3. IOPx5 is Monday through Friday. The step-down IOPx3 program is available on Monday, Tuesday and Thursday. Both levels include weekly individual therapy sessions and an initial psychiatric evaluation with medication consultation.

What We Treat

- Anxiety disorders
- Bipolar disorder
- Borderline personality disorder
- Depressive disorders
- Obsessive-compulsive disorder
- Schizophrenia & schizoaffective disorder
- Substance use disorders (SUD)

How We Treat

- Acceptance & commitment therapy (ACT)
- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Experiential therapy
- Group therapy
- Medication-assisted treatment (MAT)
- Meditation therapy
- Relapse prevention
- Trauma 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.

STR Behavioral Health – Lancaster is proud to be Joint Commission Accredited.

