

## Overview

STR Behavioral Health – Lehigh Valley is a leading substance use and mental health disorder outpatient treatment center. We offer primary substance abuse and mental health programs, as well as dual diagnosis.

Our programs include partial hospitalization treatment and intensive outpatient treatment (day and night programs), all with the support of a psychiatric provider, licensed clinicians, and experienced professionals. Medication-assisted treatment (MAT) options are offered at all levels of care.

## Levels of Care

### Partial Hospitalization Program (PHP)

PHP is offered from 9:00 am to 2:30 pm 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 to Friday from 9:00 am to 12:00 pm. The step-down IOPx3 program is available in the morning from 9:00 am to 12:00 pm and in the evening from 6:00 pm to 9:00 pm. 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 and alcohol use disorders

## 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 267.692.2216 to learn more about the financial and insurance options available.

Note: We do not accept Medicare or Medicaid.

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

