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. Each client in PHP attends therapy sessions with a clinician twice per week to navigate their individual needs, as well as a psychiatric evaluation and a follow-up on a weekly basis.

Intensive Outpatient Program (IOP)

IOP services are offered Monday, Tuesday, and Thursday from 9:00 am to 12:00 pm and 6:00 pm to 9:00 pm, allowing clients to choose their days/evenings based on their personal schedules. Each IOP client attends therapy sessions with a clinician once per week, as well as a psychiatric evaluation and a follow-up on a monthly basis.

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 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.