

Robust Clinical Model. How are we different ?

We treat the predisposing and perpetuating factors underlying trauma and attachment wounds that manifest as anxiety, depression, mood disorders, and co-occurring issues such as substance abuse, self-harm, and eating disorders.

Our programming is based on significant milestones and biological factors related to development in an individual's life, as they navigate the multiple stressors and changes associated with various stages of life.

Each patient receives an in-depth assessment by trained staff leading to formulation of a tailored treatment plan, combining a variety of clinical, psychological, and life skills modalities.

Team comprises of :

- Geriatric Psychiatrist
- Psychologist
- Licensed Certified Social Worker
- Certified Psychiatric Nurse Practitioners
- Primary Care Psychiatric Nurse Practitioner
- Recreational Therapist
- Occupational Therapist
- Dietician and Wellness coach
- Religious Services
- Support Staff

As a team, we devise each patient's treatment plan, monitor weekly progress, and formulate long-term strategies for resolution of symptoms. Furthermore, our staff engages a holistic and multi-disciplinary approach to ensure that our patients and their families receive a comprehensive and robust experience.



S & T MEDICAL AND BEHAVIORAL HEALTH CENTER

633 East 151st Street
Phoenix, IL 60426

Village OF Phoenix | COOK COUNTY , ILLINOIS

PROGRAM STARTS ON

December 1, 2022, Mon to Sat
9 am to 5pm

Please call on **630-776-4694**
to schedule appointments

**Together, we must renew our
continued commitment to serve
and pledge to bring a positive
change to our communities.**

 **S&T Medical Group**



S&T MEDICAL GROUP BEHAVIORAL HEALTH DIVISION

S&T medical group's objective is to ensure that our patients have personalized extensive medical and psychiatric care.

Our programs are an immersive experience aimed to foster competencies such as resilience, emotional expression, reflective capacity, and cognitive flexibility

Our Mission

The behavioral health division of S & T Medical Group was started on the premise that even the smallest breakthroughs, when taken together, can amount to something special. Building upon a robust foundation of evidence-based guidelines and therapy, our programs are specifically devised to treat patients who have reached an impasse in their healing journey and continue to suffer from hindering mental health concerns.



Program Overview

The new Mental Health center will cater to the unique mental health challenges that accompany a wide variety of psychiatric diagnoses and physical symptoms.

Our team guides participants as they learn skills, navigate obstacles, and develop new ways of thinking—all with the goal of better understanding and leveraging the mind-body connection. The program emphasizes on acceptance of symptoms, cultivating mindfulness, challenging distorted perceptions and fear-avoidance beliefs. Group, individual, and family therapy modalities include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Mindfulness-Based Stress Reduction (MBSR).

What to Expect

Our multidisciplinary team develops an individualized treatment plan for each patient that includes:

- Full psychiatric evaluation
- Regular psychiatric consultations with a dedicated psychiatrist or psychiatric nurse practitioner
- Daily structured group
- Regular individual therapy sessions with a dedicated individual therapist
- Extensive therapies such as art therapy, movement therapy, yoga, and mindfulness
- Ongoing reassessments and modifications to treatment plan
- Available resource therapists providing executive functioning and vocational support.

Our treatment plans are tailored to the needs of each individual and adapted over the course of treatment.

Program participants work with therapists who specialize in addressing mental health issues with a holistic approach.

Participants meet regularly with the psychiatrist for psychiatric medication management. The group therapy model provides the opportunity to connect with others, normalize experiences, and build group accountability.

This individualized approach to treatment supports people in achieving resolution of their clinical symptoms with a goal of a meaningful and functional life.

Conditions treated:

- Thought Disorders
- Depression
- Insomnia
- Bipolar Disorder
- Anxiety
- OCD & Complex Anxiety
- Trauma related illness
- PTSD
- Dementia/Major Neurocognitive Disorders
- Impulse Control Disorder
- Personality Disorders
- Substance Use & Co-occurring Disorders
- Mental Health, Pain & Illness
- Treatment Modalities
- Psychiatric assessment and medication management
- Individual therapy
- Group therapy
- Occupational Therapy
- Recreational Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness
- Transcranial magnetic stimulation (TMS)
(Expected to start in early 2023)

