

Specialty Behavioral Health Services

Saint Louis
BEHAVIORAL
MEDICINE
Institute

slbmi.com
314-289-9411



Deliver, Discover, Educate and Advance

now offering

Telehealth Services and Programs

We've transformed our outpatient programs to a virtual platform, so that patients wishing to participate may do so through the use of telehealth. This HIPAA-compliant format allows you to see and speak with a Psychologist, Therapist, or Psychiatrist just as you would during an in-person session — all in real time, respectful of social distancing practices.

Comprehensive Outpatient Care

The Saint Louis Behavioral Medicine Institute clinicians are committed to providing high-quality care. Our clinicians are specialists in their areas of practice, allowing us to offer treatment services tailored to our patients' needs.

General Mental Health Services

In addition to our specialty programs, many of our clinicians are able to assist with general mental health services such as depression, stress management and marital counseling. We also provide neuropsychological and psychological assessments.

To best fit the individualized needs of your patients, we offer several different levels of care including outpatient services, Intensive Outpatient Programs (IOP) and Partial Hospitalization (PHP) with treatment options for general mental health services and specialty behavioral health programs.



Our Specialty Programs include:

Center for Obsessive-Compulsive Disorder (OCD) and Anxiety-Related Disorders

- Provides outpatient treatment (individual therapy, Intensive Outpatient Therapy and group therapy) for OCD, panic disorder, social anxiety, PTSD and treatment-resistant depression using evidence-based Cognitive Behavioral Therapy.
- Provides treatment-readiness therapy for patients who are ambivalent about treatment or encountering an obstacle to being successful in treatment
- Provides consultation for family members to help them learn how to support their loved one
- Provides treatment for families of patients who refuse treatment

Eating Disorders Program

- Offers both standard outpatient care, as well as intensive outpatient treatment for eating disorders (separate adolescent program and adult program)
- Provides clinical evaluation of eating disorder-related conditions
- Provides nutrition counseling, which includes options of meal planning and grocery store/ food outing exposures
- Family-based treatment for pre-teens and adolescents

Dialectical Behavior Therapy (DBT) Program

- Individual outpatient DBT, intensive outpatient therapy and weekly skills groups to assist clients with multiple, complex or severe problems that are potentially life-threatening, particularly for patients who appear to be emotionally dysregulated
- Separate Intensive Outpatient Programs for adolescents and adults
- Services are adherent with the formal Linehan protocol for DBT

Child, Adolescent and Family Services

- Provides therapy for early child-teen onset presentations of anxiety, negative mood/ depression, anger problems and ADHD/ school performance issues
- Diagnostic evaluations of early-onset diagnoses (such as ADHD, autism, mood/ anxiety disorders, eating disorders) in children/adolescents
- Provides family therapy, as well as parent education and child management training for families with children/adolescents and Parent Child Interaction Therapy (PCIT)

Psychology and Religion Program

- Specialized care for clergy, vowed religious and religious professionals
- Addresses religious/spiritual concerns that are related to the patient's mental health – both for vocational ministers and laypersons
- Provides candidacy evaluations for individuals planning to enter vocational ministry
- Provides clinical evaluations for ministers and other religious professionals when mental health concerns are impacting, or suspected to be impacting, their vocational functioning
- Offers Spiritual Direction services

Our Specialty Programs include:

Women's Reproductive Mental Health and Wellness Program

- Provides standard outpatient counseling for women of all ages about any issues related to the reproductive cycle (pregnancy, infertility, miscarriage, PMS and postpartum depression)
- Provides counseling regarding medication management prior to conception
- Offers couples therapy for issues related to infertility, preconception, pregnancy and post-pregnancy

Health Psychology Program

- Provides behavioral services to help patients manage medical and health-related conditions
- Focuses standard outpatient treatment on the interaction between physical, psychological and social factors in health management
- Offers evaluation in assessing the mental health issues that may arise from or contribute to medical conditions

Gender-Affirming Program

- Treats transgender and individuals with non-binary identities
- Provides individual therapy, family therapy, couples/marital counseling, as well as treatment for body image/disordered eating that is sometimes associated with gender dysphoria
- Offers assessment required for gender-affirming medical interventions and creation of letters in support of gender-affirming medical interventions

Additional Services

- Nutrition counseling for medical concerns
- Marital therapy is offered in conjunction with individual therapy or offered as a standalone therapy for couples
- Psychological assessment services (such as ADHD, autism, mood/anxiety), including neuropsychological testing
- Psychiatric services, including psychiatric evaluations and medication management. Psychiatrists are available also for patients to consult on their current medication regimens

We are here to serve our community.

For referrals, call 314.289.9411. For more information, contact slbmiPTintake@uhsinc.com or visit us at **slbmi.com**.

We are in-network with most insurances.

Three locations to serve your clients:

Macklind Office

1129 Macklind Avenue
St. Louis, MO 63110

West County Office

16216 Baxter Road, Ste. 205 and 225
Chesterfield, MO 63017

Belleville Office

521 W. Main St. Ste. 201B
Belleville, IL 62220

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To join our mailing list, visit
<https://slbmi.com/for-professionals/>



St. Louis Behavioral Medicine Institute is an academic affiliate of Saint Louis University Health Sciences Center. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. Physicians are on the medical staff of Saint Louis Behavioral Medicine Institute, but, with limited exceptions, are independent practitioners who are not employees or agents of Saint Louis Behavioral Medicine Institute. The facility shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 210491-0411 03/21