

August 2015



Alternative BEHAVIORAL CARE

*100% Of Our Patients Rated The Services They Received
As Either Very Good or Excellent and Our Testimonials Are
Endless!!!!*

DID YOU KNOW:

THE CDC REPORTS AMERICAN SCHOOLS START TOO EARLY



The average American school starts its school day at 8:03 am however, 8:30 am is the recommended start time according to the American Academy of Pediatrics . Furthermore, the CDC's Youth Risk Behavior Report of 2013 found that two-thirds of American Kids are getting less than 8 hours of sleep at night.

Studies have shown that teens who get too little sleep are more likely to use drugs, are more likely to be overweight and struggle with depression, and are more likely to under-perform in school.

The CDC is urging American schools to start the school day later and calls ".....insufficient sleep among the nation's teenagers a 'substantial public health concern.'"

[Read More](#)

**100% of our patients rated our services
as excellent or very good!**



For many people with behavioral health problems the most effective approach often involves a combination of counseling and medication. At Alternative Behavioral Care, we aim to treat the whole client in one setting. We are not a large bureaucratic hospital. Our office is modern and inviting, and patients are not a number to us. Patients can call our office and speak directly to their psychiatrist or therapist! We know how important it is that patients receive prompt personal attention.

We offer a wide range of services to increase your quality of life. We offer mental health services for:

- **Children:** Ages 4 - 12
- **Women:** Age 18 and up
- **Adults:** Age 18 and up
- **Adolescents:** Ages 12 - 17

If drugs or alcohol are causing problems for you, we offer a safe and gentle program which includes anti-craving medications along with relapse prevention therapy. We are not a traditional 12-step program. Our programs are designed to work around patients' schedule with day and evening options. We offer the following programs:

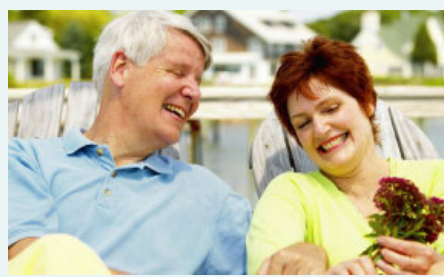
- **Substance Abuse Program:** for Adolescents ages 12-17 and Adults ages 18 and up
- **Specialty Addiction Recovery Program:** Specialty outpatient program for those addicted to opiates such as heroin and pain medications for ages 16 and up.
- **Alcohol Addiction:** We specialize in alcohol addiction and offer special treatments for those addicted to alcohol.
- **Medication Assisted Recovery:** With medical doctors on staff, we provide medication assisted recovery to ease withdrawal symptoms and assist with cravings. Including, but not limited to, Suboxone.
- **Dual Diagnosis Services**

Our dedicated staff consists of psychiatrists, social workers, counselors, and case managers.

Visit our web site to view all our programs at [Alternative Behavioral Care](#). We are here to help you any way we can!

Improve Emotional Wellness by Reducing your Stress

Mental health and physical health are closely intertwined according to *Alive and Well STL*. There are three things you can do to manage and cope with stress in your life:




- Stop negative self-talk and focus on the good
- Write down and remind yourself of all the things that make you smile
- Reach out to friends, enjoy time with others and really listen to each other

Alive and Well STL is a community wide effort dedicated to reducing the impact of stress on our health and well-being.

Alternative Behavioral Care

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