



# Adult & Child Psychiatric Services

## How it works:

- After a therapeutic assessment and individual treatment planning with your counselor, you will gain quick access to secure and confidential psychiatric services with one of our board-certified psychiatrists or psychiatric nurse practitioners
- Psychiatry and counseling are combined for best possible outcomes
- Appointments either via video/phone or in-person at one of our convenient locations:
  - 2615 Edwards Street, Alton
  - 403 Municipal Drive, Carterville
  - 2311 S. Illinois Avenue, Carbondale
  - 902 West Main, West Frankfort

## Psychiatric Services Policy

Centerstone values evidence-based methods in its work with clients and uses evidence-based assessments, services and techniques in its mental health and addictions services. To achieve the best possible results from Centerstone's treatment services, research has shown that mental health counseling and/or supportive recovery services combined with psychiatric medication is the best treatment. This is true for depression, anxiety, and many other mental health conditions. As a result, in order to receive psychiatric services, most Centerstone clients must also participate in counseling and/or supportive recovery services.

### Qualifying Centerstone Supportive Services:

- Counseling
- Health Home
- First Episode of Psychosis
- Transitional Living Program
- Family Services
- Medication-Assisted Treatment
- Intellectual/Developmental Disability programs
- Residential Treatment

Please note that if you do not keep your appointments for client-centered or recovery-focused supported Centerstone services or treatment planning, it will/can result in the loss of psychiatric services and medication refills.



### About Centerstone

Centerstone is a nonprofit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.