



ASTRA
BEHAVIORAL HEALTH, LLC



www.astrabh.com

THERAPY SERVICES

At Astra Behavioral Health, our Board Certified and Licensed therapists specialize in behavioral health treatment for **all age groups**. All therapy services can be provided to through our HIPAA-certified telehealth platform or in-person at any of our locations. Therapeutic services provided include:

- Psychosocial Assessments
- Diagnosing
- Individual Therapy
- Family Therapy
- Couples/Marriage Therapy

PSYCHIATRIC SERVICES

Astra Behavioral Health offers psychiatric services for individuals of **all ages**. Psychiatric services are preformed by our Board Certified Psychiatrist and/or Psychiatric Nurse Practitioners. **Psychiatric Evaluations** and **Medication Management** services can be provided through our HIPAA-certified telehealth platform, or in-person at any of our locations.



ADDICTION TREATMENT

ONLINE ADULT IOP GROUPS

Freedom Recovery, a program of Astra Behavioral Health, offers an Intensive Outpatient Program provided by our licensed recovery therapist. Online groups allow you to receive addiction treatment while continuing with your normal, day-to-day life in a way that residential treatment programs cannot.

Join Astra's recovery groups from anywhere in Kentucky

Day Group: 10:00AM-1:00PM Evening Group: 5:00PM-8:00PM

MEDICATION ASSISTED TREATMENT (MAT)

Medication Assisted treatment is one of the most effective approaches to addiction treatment. Rather than facing withdrawal symptoms and cravings without support, MAT medications can offer relief. Astra's MAT program is structured for adults 18+ living anywhere in Kentucky.

MAT MEDICATION OPTIONS:

BUPRENORPHINE

Suboxone or Subutex

Sublocade - monthly injection

NALTREXONE

Depade or Revia

Vivitrol - monthly injection



DAY TREATMENT

Astra's Day Treatment Programs are designed to help children and adolescents in need of intensive mental health treatment and who are at potential risk of hospitalization or out of school placement. Day Treatment is provided in a separate office or building away from regular classes, and is structured to treat behavioral symptoms, improve function and help integrate students back to a regular school routine.

Day Treatment Program Locations:

- Bardstown/Nelson Co. Schools - (502) 349-3100
- Hardinsburg/Breckinridge Co. Schools - (270) 506-2730

SCHOOL-BASED THERAPY

School-Based Therapy provides outpatient behavioral health treatment for children and adolescents during, or after, school hours. Our School-Based Therapists work within local elementary, middle and high schools to help students overcome behavioral, emotional and social problems that interfere with their school and/or home life.

School-based Therapy Locations:

- Bardstown/Nelson Co. Schools - (502) 349-3100
- Hardinsburg/Breckinridge Co. Schools - (270) 506-2730



TMS THERAPY

Transcranial magnetic stimulation (TMS) is a noninvasive FDA-approved procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. TMS is typically used when other depression treatment options haven't been effective. TMS requires a series of treatment sessions to be effective. Generally, sessions are carried out daily, five times a week for four to six weeks.

TMS Treatment Location:

1013 GRANITE DRIVE, BARDSTOWN, KY 40004

P: (502) 349-3100 - FAX: (502) 349-3169



TARGETED CASE MANAGEMENT

Targeted Case Management services are individualized services that are coordinated to help children and adults with a serious mental illness or a severe emotional disorder reach their full potential in the home, work, and community environments.

Targeted Case Managers assist patients in finding community resources, submit housing applications, managing healthcare services, applying for insurance or other benefits, aiding in legal situations, and much more.

SUPPORTED EMPLOYMENT

Supported Employment services are offered to individuals whose employment success may be impacted by his or her mental health. Supported Employment is person-centered and works to empower individuals to make work-related choices to better their overall well-being.

Supported Employment Specialist can aid in career planning, resume building, workplace advocacy, personalized benefit counseling, individualized job search, and much more.



WHAT WE TREAT

- Anxiety Disorders
- ADHD
- Adjustment Disorder
- Autism Spectrum Disorder
- Anger Management
- Bipolar Disorder
- Cognitive Disorders
- Depression Disorder
- Dementia
- Development Disabilities
- Dissociative Disorder
- Eating Disorders
- Grief and Loss
- Mood Disorders
- OCD
- PTSD
- Phobias
- Relationship Counseling
- Substance Use Disorders
- Schizophrenia

WHO WE TREAT

Anyone living within the state of Kentucky who is at least six (6) years of age and older.

INSURANCE WE ACCEPT

  

  

 **Medicare**  **Medicaid** *..and many more!*

CONTACT INFORMATION

ELIZABETHTOWN OFFICE

2000 Ring Road
Elizabethtown, KY 42701
P: (270) 506-2730
F: (270) 900-0704

LOUISVILLE OFFICE

4010 Dupont Circle Ste 210
Louisville, KY 40207
P: (502) 694-4820
F: (502) 653-6103

BARDSTOWN OFFICE

1013 Granite Drive
Bardstown, KY 40004
P: (502) 349-3100
F: (502) 349-3169

LEBANON OFFICE

420 Loretto Road Ste 200
Lebanon, KY 40033
P: (270) 321-4480
F: (270) 321-4490



SCAN OUR QR CODE
TO COMPLETE YOUR
REGISTRATION FORMS

