STAR Program

Adolescent Inpatient Substance Use Rehabilitation



The Substance Treatment and Recovery (STAR) program, residential substance use treatment, utilizes the Seven Challenges® model for treating adolescents ages 13 to 17.

Teens may struggle with complex issues along with substance use and need treatment tailored to their unique needs. The professionals at The Brook Hospital can help patients evaluate their lives, consider desired changes and succeed in long-term recovery.

Our program can include:

- Evaluation by a psychiatrist
- Thorough assessment and oversight by a certified alcohol and drug counselor
- 24-hour skilled nursing care
- Educational and therapeutic groups
- Individual and family therapy as needed
- Group therapy and education for family members

A multidisciplinary team provides each adolescent with an individualized treatment plan with a focus on problem-solving, measurable objectives and meeting criteria for discharge. Our goal is for each patient to create a healthy balance between the mental, physical and spiritual aspects of their lives.

Treatment for the long-term

Upon completion of the program, a referral is made for the patient to continue treatment in the least restrictive level of care possible (partial hospitalization, intensive outpatient or aftercare program). The level of care recommended is determined by the individual needs of the patient.

Referrals

Self-referrals are accepted as well as referrals from local and regional healthcare professionals.

Insurance

Services are covered by most insurance and managed care companies, including Kentucky Medicaid and TRICARE®.

We are here when you need us. Confidential assessments are available 24 hours a day/7 days a week. Call 502-426-6380 or 800-866-8876 or visit thebrookhospitals.com.

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Physicians are on the medical staff of The Brook Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of The Brook Hospital. The facility shall not be liable for actions or treatments provided by physicians.

Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

For language assistance, disability accommodations and the non-discrimination notice, visit our website.

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THE BROOK HOSPITALS

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