



## Locations

### **Aquinas Center**

5536 Hwy 32  
Farmington, MO 63640  
(573) 756-5749

### **Farmington Outpatient Office**

1103 Weber Road  
Farmington, MO 63640  
(573) 664-1629

### **Houston Office**

1597 North Hwy 63  
Houston, MO 65483  
(417) 967-2887

### **Piedmont Office**

125 East Green Street  
Piedmont, MO 63957  
(573) 223-2734

### **New Era Center**

3150 Warrior Lane  
Poplar Bluff, MO 63901  
(573) 785-5333

### **Poplar Bluff Outpatient Office**

101 South Main Street  
Poplar Bluff, MO 63901  
(573) 686-5090

### **Potosi Office**

10048 Settle Mill Road  
Cadet, MO 63630  
(573) 438-6706

### **Rolla Office**

1051 Kingshighway, Suite 5  
Rolla, MO 65401  
(573) 364-8511

### **Salem Center**

203 North Grand  
Salem, MO 65560  
(573) 729-4103

### **Steelville Office**

215 Third Street  
Steelville, MO 65565  
(833) 299-8778

## Schedule an Appointment

Call 1-800-455-5749

For more information visit  
[semobh.org/contact-us](https://semobh.org/contact-us)



Certified by the Missouri Department of Mental Health.  
Accredited by CARF International.



# CSTAR Program

Comprehensive Substance  
Treatment and Rehabilitation

Southeast Missouri  
Behavioral Health





# CSTAR Program

Integrated Co-Occurring Mental Health and Substance Use Disorder Services

## You don't have to do it alone.

Our CSTAR program is designed to reduce or stop the use of alcohol and other drugs, and educating on how chemical dependency can affect your life. With multiple levels of care and a wide array of services, our team will provide care that is best suited to your situation and rehabilitation needs.

- 0.5 Level 0.5: Early Intervention**  
Screening and education services for individuals with risk factors, but substance use disorder cannot be confirmed.
- 1.0 Level 1.0: Outpatient Treatment**  
The least restrictive level of care, with individually designed care plans of less than 10 hours of weekly services.

- 2.1 Level 2.1: Intensive Outpatient Treatment**  
A day treatment program offering between 10 and 20 hours each week in daily increment of 2 – 3 hours.
- 2.5 Level 2.5: Partial Hospitalization**  
The most intensive level of outpatient services offering 20 hours or more weekly, or daily services of 3 or more hours daily.
- 3.5 Level 3.5: Residential Treatment**  
A program for people who need to break the cycle of use in 24-hour monitored setting, with semi-private rooms, and meals. Services are provided 7 days a week and the length of stay at this level varies based on individual need.

**One may enter treatment at any level.  
All services are confidential.**

## Services Provided



### Individual and Group Counseling

Areas of focus are substance use, mental health disorders (co-occurring), trauma, PTSD, anger management, and family problems.



### Community Support

Get assistance with housing, employment, education and connects you with other community resources and needs.



### Services Provided by Nurse

Services include assessments, health/medication education, and referral to treatment for acute or chronic physical and/or behavioral health needs.



### Medication Assisted Treatment (MAT)

MAT is a research proven practice that combines prescription medication and social support. MAT can be an essential part of the comprehensive services available to people struggling with opioid, alcohol, and tobacco use.



### Peer Support Services

Connect with a mentor who has first-hand experience with recovery, substance use and mental health struggles.

*CSTAR is covered under the Missouri Medicaid Plan. If an individual is not covered by this plan, but is eligible for Missouri Medicaid, our staff will assist in the application process. If not Medicaid eligible, our staff will assist in obtaining appropriate services.*

*Southeast Missouri Behavioral Health's CSTAR Program is available seven days a week. An individual schedule is developed with the client and our staff to meet his/her treatment goals. Our staff consists of professionally-trained counselors trained in current techniques, and required to continually update their credentials.*

*All services are confidential and protected by federal and state regulations.*