



PROGRAMS & SERVICES

COMMUNITY SUPPORT - ADULTS

Community Support focuses on helping individuals develop skills, access resources and learn to manage their mental health. The treatment team provides services that will allow clients to be successful with daily living skills, working, accessing community resources and socialization.

PSYCHOSOCIAL REHABILITATION

Psychosocial Rehabilitation is peer focused and participants have opportunities to share, learn and support each other in their changing needs, interests and abilities. The program seeks to empower, support and enhance its members' ability to successfully live in the community. This is all accomplished by helping participants build and cultivate skills needed to enhance socialization skills and build supportive networks within the program and in their communities. This day program is open to clients from 7am-4pm. The program can assist with transportation.

PSYCHIATRY FOR ADULTS

Clients have access to a psychiatrist or a psychiatric advanced practice nurse. These providers work with clients to provide an assessment to determine both the need for medication and their management of the prescribed medications.

INTEGRATED CO-OCCURRING DISORDERS

This is an evidence-based treatment program designed to support individuals with mental illness and a co-occurring substance use disorder. The multidisciplinary team, consisting of Psychiatrist, Nurse, Qualified Mental Health Professional, Substance Use Professional, Peer Support Specialist, Community Support Staff and other staff, are trained to work with individuals with a co-occurring mental health and substance use disorder diagnosis.

OUTREACH

Adapt has programs that provide outreach to individuals in the community, referred clients, disengaged clients and individuals discharged from inpatient hospital clinics. The goal of outreach is to actively engage clients and their families and connect them with services that will address their behavioral health needs.

THERAPY

Therapy can help individuals change behaviors, thoughts and emotions that cause problems or discomfort. Therapy can also help individuals understand more about themselves and can lead to improved awareness and insight through established therapy objectives. Adapt therapists are trained in several evidence-based approaches including Dialectical Behavior Therapy and Cognitive Based Therapy.

HOUSING SUPPORTS

Stable housing is an important outcome for those who have a mental health diagnosis. Adapt provides various types of housing support within Community Support services. These include supported community living, Intensive Residential Treatment and assistance with locating housing resources.

**Offices are open Monday- Friday
8:30 am - 5:00 pm.**

**Please call 314-269-1169 or email
aomreferrals@compasshn.org.**

**Intakes occur Monday- Friday
between 8:00 am – 3:30 pm at
either service location below:**

**2301 Hampton Avenue
St. Louis, MO 63139**

**12618 Lamplighter Square
St. Louis, MO 63128**