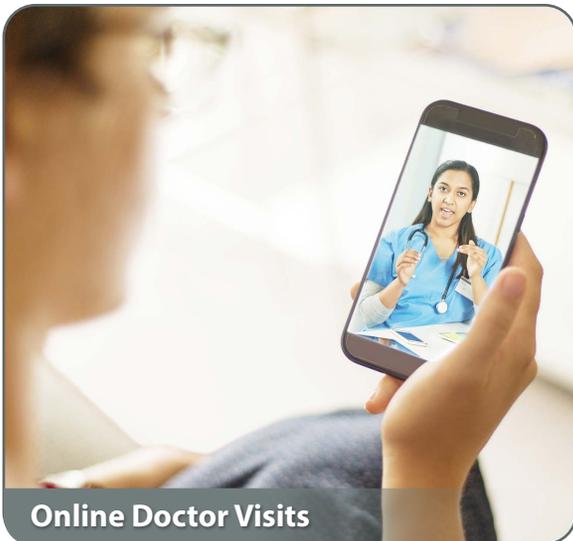


## ADULT SERVICES

### SERVICES

- Counseling  
(individual, group, family)
- Mental health treatment,  
including prescribing  
medications where appropriate
- Addiction treatment
- Assessments
- Telephone, in-person, and  
online visits
- Credit counseling



Online Doctor Visits

## ADULT SERVICES

### RECOVERY VALUES

# HOPE

Empowerment  
*Health and Wellness*

# RESPECT

Spirituality and Connectedness

**10640 Business HWY 21  
Hillsboro, MO 63050**

**(800) 446-0972  
MOhelp@chestnut.org**

 **CHESTNUT**  
HEALTH SYSTEMS  
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 **CHESTNUT**  
HEALTH SYSTEMS



# Adult Services

## For more than four decades,

Chestnut Health Systems has been there. Originally an adult addiction treatment provider, Chestnut has grown to offer adolescent addiction treatment, school-based services, mental health counseling, credit counseling, and more. The generosity of the Jefferson Foundation means that Chestnut's evidence-based treatment and services are now available to residents of Jefferson County where they live.

## Assessment

Chestnut offers many types of treatment. To recommend the best path for you, we'll get to know you. Understanding your physical health, past history of any mental health issues or substance use, and other factors will help us to suggest the most effective treatment or therapies for you.



## Counseling (Individual, Group, and Family)

Chestnut's professional staff is ready to listen, help you consider your options, and work on resolving problems. Counseling can be helpful for people dealing with substance use, stress, anxiety, depression, relationship issues, traumatic events, grief and loss, school or job stresses, life changes, family conflict or abuse, and parenting issues.



## Credit Counseling

We help people and families with financial problems by understanding their personal finances and by working with them to create financial plans, manage their money, and follow a debt repayment plan. (We do not lend money.)



## Medications

Prescription medications can relieve symptoms like panic, confusion, obsession, anxiety, tics, anger, depression, sadness, attention, and hyperactivity. They can also help people to recover from addiction by reducing cravings. Our counselors may prescribe medication as part of a treatment plan which might also include counseling.

