



Let us be a trusted partner on your journey to mental wellness.

Our expert staff use a Dialectical Behavioral Therapy (DBT) Skills model which includes groups, individual and family therapy, as well as parent/caregiver support groups.



Teens will learn skills including:

- Emotion Regulation
- Distress Tolerance/Problem Solving
- Social Skills
- Mindfulness
- Interpersonal Effectiveness/Communication

Our programs are designed for teens with:

- Anxiety, depression, bipolar mood disorders
- Chronic stress or trauma
- Family conflict
- Relapse prevention post recovery
- Difficulty meeting home, school, and social expectations

Our team of experts:

- Licensed child and adolescent psychologists
- Psychiatrists and Nurse Practitioners
- Mental health therapists
- Counseling and clinical student interns

2 Programs to Fit Your Family's Needs



Intensive Outpatient Program (IOP) / After School Program: M, W, Th 4:00-7:00PM • Program Duration: 6-8 weeks

IOP is for teens, ages 13-18, who live at home and need more mental health support than weekly outpatient therapy. IOP can also provide a good transition from a hospitalization, PHP, or residential program.



Partial Hospitalization Program (PHP) / Full Day Program: M-F 9:00AM-3:00PM • Program Duration: 2-3 weeks

The PHP provides a therapeutic environment for youth ages 13 to 18 who would benefit from a structured full day program. PHP can be a good option to help a youth transition from a higher level of care such as inpatient or residential treatment. PHP can also be an alternative for youth at risk of inpatient hospitalization related to difficulty functioning in school, at home or in the community.

What Level of Care is Right for You?

Call us today at (833) 800-9105 so we can learn about your family's needs and provide a confidential screening.

Our admissions team will work with you to identify the appropriate level of care and review your health insurance benefits. We accept most private health insurance plans and MediCal.



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