



Empowering Youth & Family Wellness

We offer outpatient mental health and substance abuse treatment for teens (12-18) and Young Adults (18-25). Our program helps connect clients, and their families, with a supportive community who understand and share similar experiences, while exploring avenues to discover tools to navigate life's challenges with resilience.

Teen & Young Adult Programs

DAY TREATMENT



- 术 Individual therapy & Family therapy
- ★ Medication Evaluation and Management
- ★ On-site educational liaisons
- ★ DBT, CBT, Holistic and Animal-Assisted Group Therapy
- ★ UCLA PEERS® Social Skills Coaching
- * Average length of stay is 25 30 days

INTENSIVE OUTPATIENT THERAPY



- ★ 3-5 days a week of clinical programming
- ★ Individual therapy & Family therapy
- DBT, CBT, Holistic and Animal-Assisted Group Therapy
- ★ UCLA PEERS® Social Skills Coaching
- ★ Average length of stay is 20 30 days

OUTPATIENT THERAPY



- Individual Therapy
- Parent Coaching Sessions
- Alumni Programming

CALL TODAY!



SCAN HERE TO TAKE
THE FIRST STEP



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