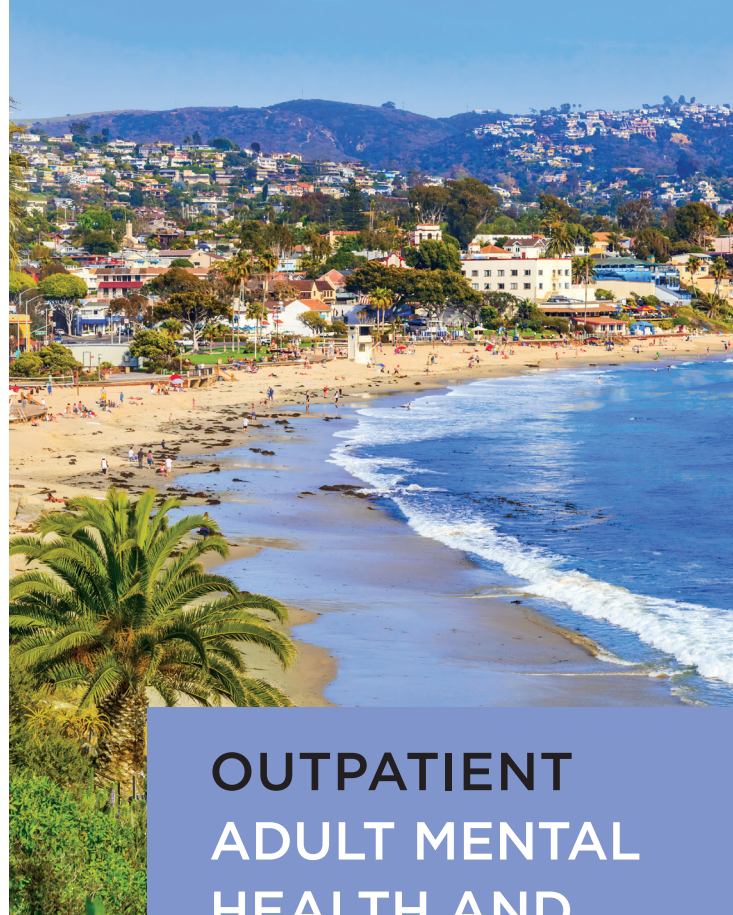
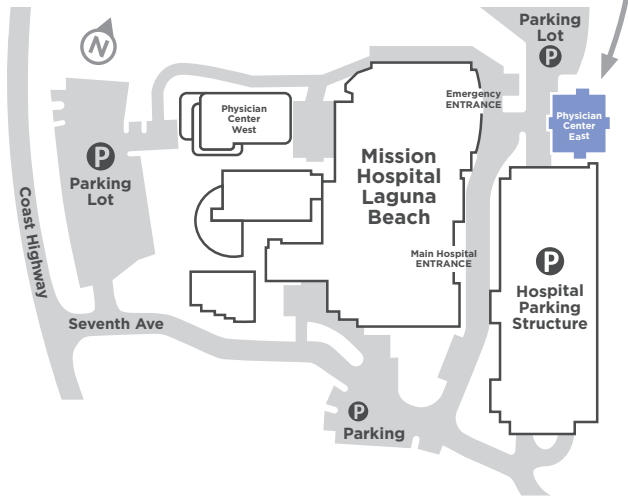


**Mission Hospital Laguna Beach
Physician Center East**

31862 Coast Highway, Suite 100
Laguna Beach, CA 92651



**OUTPATIENT
ADULT MENTAL
HEALTH AND
WELLNESS
PROGRAM**

St. JosephHealth 
Mission Hospital

(949) 499-7504
Mission4Health.com

St. JosephHealth 
Mission Hospital

OUTPATIENT ADULT MENTAL HEALTH AND WELLNESS PROGRAM

Mission Hospital Laguna Beach provides psychiatric and psychological treatment in a beautiful and relaxing environment that is just steps away from the beach. Research-based treatment from caring licensed professionals is provided in a group setting with individual follow-up to ensure treatment goals are met.

Our program includes:

- › Group and individual treatment for mental health and wellness
- › Ongoing psychiatric evaluation throughout the entire course of treatment
- › Partial Hospitalization Program (PHP) level of care
 - Six psychotherapy groups a day, 9 a.m. - 3:30 p.m.
- › Intensive Outpatient Program (IOP) level of care
 - Three psychotherapy groups a day, 9 a.m. - 12 p.m. or 12:30 - 3:30 p.m.
- › Weekly Family Groups
- › Weekly individualized treatment care planning

Our topics include:

- › Cognitive-behavioral therapy techniques
- › Dialectical behavioral therapy skills group
- › Developing coping skills
- › Self-esteem enhancement
- › Managing grief and loss

Complimentary treatment such as education by nurses and pharmacists is included to support mental health and wellness.

Specialty tracks are provided for treatment in the following areas:

- › Anxiety Track
- › Dual Diagnosis Track
- › Bipolar Track

Getting started:

- › Call (949) 499-7504 to speak with one of our caring team members and learn more about our mental health programs.
- › Schedule a complimentary assessment appointment which is available Monday - Friday for your convenience.
- › An individualized courtesy benefit verification will be completed on your behalf.
- › We are contracted with most insurance plans.

**IT IS OUR PLEASURE TO SUPPORT
YOUR TREATMENT NEEDS.**