Our program includes:

- Group and individual therapy 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.
- Family Groups
- 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

Education by nurses and pharmacists is included to enhance treatment.

Specialty treatment is provided in the following areas:

- Anxiety and depressive disorders
- Co-occurring mental health and substance use disorders
- Bipolar disorder
- Psychosis

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 in-person Monday – Friday.
- 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.