



Aspire Behavioral Health has a proven Intensive Outpatient Program (IOP) for adults living with mental health disorders.

The Aspire IOP is a short-term program that helps individuals maintain important components of their daily lives while learning effective ways to manage their emotions and care for themselves.

The program provides an opportunity for prompt access to highly trained therapists who can help stabilize the individual and through our proven program provide near term resolution and longer term life enhancing skills. Our goal is to get people back to living as normal, independent, and productive life as possible—as quickly as possible.



Planting Seeds, Saving Lives.

Our unique philosophy and supportive environment has helped Aspire Counseling Services to become one of the fastest growing mental health/substance abuse treatment facilities in the Valley.

The dedication, experience, and compassion of the clinical and support staff combined with innovative therapeutic programs make a difference in the lives of the patients. Results speak for themselves. The growth of Aspire Counseling Services is evidence that there is hope and it is right here in our community.

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Behavioral Health

Adult Intensive Outpatient Program

Program Overview

Each person entering the program has a customized treatment plan developed. In general, the program consists of the following components.

Individuals attend group therapy 3 days a week for 3 hours each day and the group is limited to 10-12 participants. The program length varies by participant and depends on several factors, including insurance coverage stipulations. During group sessions, the participants identify and work toward individual goals, accomplishing them one day at a time. Families are also invited into the process to learn how to support their loved one as they integrate a new way of managing their lives.



PROGRAM HIGHLIGHTS

Alternative Therapies
Mindfulness Practices
Yoga and Art Therapy
Holistic Wellness

One of the unique features of the curriculum is that it is designed to allow entry at any point. This provides quick access to treatment which is essential for effective and efficient treatment.

To ensure individuals can maintain as much of their current routine as possible, we offer extended hours including evening sessions and Saturday morning group sessions. All sessions are facilitated by experienced, highly skilled and registered therapists.

Issues that are common in group sessions that have been positively impacted by our IOP approach:

- Reduce fears, anxieties and depression
- Manage anger, guilt and shame
- Regulate emotions and tolerate distress
- Express thoughts and feelings
- Set limits and build structure to their days
- Replace negative self-talk with positive self-talk
- Explore personal values and beliefs
- Practice interpersonal effectiveness and communications skills
- Generally improve patients quality of life and well being

