

Aspire Behavioral Health has a proven Intensive Outpatient Program (IOP) that addresses the unique challenges faced by adolescents (age 14-17) with mental health issues or experiencing overwhelming crisis.

Aspire's Adolescent IOP is intended to be a short-term program that allows young people to stay in school and maintain much of their daily routine including time at home. This program will teach our young participants ways to manage their emotions and be able to care for themselves more effectively.

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

Adolescent 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.



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 that our young patients are able to 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 who know the intricacies and nuances of working with young people.

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

PROGRAM HIGHLIGHTS

Alternative Therapies
Mindfulness Practices
Yoga and Art Therapy
Holistic Wellness

