

Aspire Counseling Services has a proven Intensive Outpatient Program (IOP) that addresses the unique challenges faced by adolescents (age 13-17) with substance abuse, mental health issues, or experiencing an 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 overcome their addictions to chemical substances and to manage their emotions 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 normal, independent, and productive lives as quickly as possible

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



Aspire Counseling Services Locations:

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Aspire Behavioral Health:

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Planting Seeds, Saving Lives.



Adolescent
Intensive
Outpatient
Program

PROGRAM OVERVIEW

Aspire Counseling Services has proven success in treating substance abuse and behavioral health issues in adolescents. We start by seeing each person as an individual and customizing a treatment plan that is best suited to their specific situation.

Our services include:

- Individual treatment planning
- Psychiatric care
- Assessment
- Drug & alcohol testing
- Multi-family group sessions
- Spiritual group support
- Crisis intervention
- Referrals
- Relapse prevention
- Discharge planning
- Aftercare

PROGRAM HIGHLIGHTS

Substance abuse and behavioral issues are serious and need treatment to be corrected. Without treatment the consequences and symptoms will most often worsen. One of the unique features of the Aspire curriculum is that it is designed to allow entry at any point.

This provides quick access to help which is essential for effective and efficient treatment. Also, to ensure that our patients are able to maintain as much of their current routine as possible, we offer extended hours including evening sessions.



TREATMENTS

This short-term program provides prompt access to exceptional and innovative mental health treatment.

- 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

