

Aspire Counseling Services has a proven Intensive Outpatient Program (IOP) that addresses the unique challenges faced by adults with substance abuse, mental health issues, or experiencing an overwhelming crisis.

Aspire's Adult IOP is intended to be a short-term program that allows working adults to stay on the job, be home with their family, and maintain as much of their daily routine as possible. This program will empower you to overcome your addictions to substances, to manage your emotions, and to live your life more fully.

The program provides an opportunity for prompt access to highly trained therapists and counselors who can help stabilize the individual and through our proven program provide near term resolution and long 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:**

9830 Brimhall Rd. Suite 100  
Bakersfield, CA 93312  
t. (661) 829-7300 f. (661) 829-7302

7125 N. Chestnut Ave. Suite 104  
Fresno, CA 93720  
t. / f. (559) 777-6797

1445 E. Los Angeles Ave. Suite 104  
Simi Valley, CA 93065  
t. / f. (805) 329-5180

**Aspire Behavioral Health:**

8307 Brimhall Rd. Suite 1705  
Bakersfield, CA 93312  
t. (661) 829-7301 f. (661) 829-7302



Call or Email toll-free 24/7  
info@aspirecounselingservice.com

**(888) 585-7373**

aspirecounselingservice.com

*Planting Seeds, Saving Lives.*



Adult  
Intensive  
Outpatient  
Program



## PROGRAM OVERVIEW

The number of people struggling with substance abuse or mental health issues is staggering. But worse is that most people never seek treatment and without professional help, there is a slim chance that the condition will be corrected. Maybe the most tragic part of all this is that treatment has been proven to be effective. You can free yourself from the prison of substance abuse and mental health challenges.

### 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. To ensure that our working adults are able to maintain as much of their current routine as possible, we offer extended hours including evening sessions.



## TREATMENTS

Aspire Counseling Services has a proven Intensive Outpatient Program (IOP) that addresses the unique challenges you are facing—substance abuse including alcohol or drugs, mental health issues, or experiencing overwhelming crisis.

- 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