

# Healthy Teen Program

Depression and Anxiety Treatment Program  
for Teens (ages 13-18)



Call Today!  
(509) 619-0519

Are you a teen between the ages of 13 and 18 or the parent of one who is experiencing depression, anxiety, lack of motivation, struggling with regulating emotions in the classroom, home or in life? If so, Recovery and Wellness Center has an evidence and skills-based program to help!

This Intensive Outpatient Program is designed to help teens increase their awareness of the emotional, thought and behavioral patterns that contribute to success!

The Healthy Teen Program runs 3-days per week, 3-hours per day and includes the following;

Cognitive Behavioral Therapy

Managing Social Media

Gratitude

Life skills including balancing life, school and social circles

Celebrating Mind, Body and Spirit

Dialectical Behavioral Therapy

Dealing with Stress & Peer Pressure

Leadership

Socialization

Suicide Prevention

***The Healthy Teen Program requires parent/guardian weekly participation. Parents/Guardians will attend every Wednesday 5:30p-7:00p. This is a mandatory component to this program. Continuity between program and home is an important part of recovery.***