

New Afternoon Adolescent Program

Behavioral Health Center
Adolescent Outpatient Services

- Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programs for adolescents, ages 12 to 18.
- Morning PHP and IOP Services available Monday through Friday.
- Afternoon IOP program available Tuesday through Thursday.

What we provide

- A team approach consisting of Licensed Therapists, Psychiatrists, RNs, Expressive Art Therapists and parents/guardians.
- Group therapy, as well as educational sessions on diagnoses, medications, social skills, effective communication, self-esteem, healthy coping strategies, mindfulness, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and more.

For more information or to get started:

Admission to the program begins with a telephone call and an assessment appointment with one of our intake specialists at **(925) 674-4265**

www.johnmuirhealth.com/behavioralhealth

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