

If you or a loved one is suffering from any of these conditions, we can help.

- Burnout
- Emotional Breakdown
- Feeling overwhelmed With Life
- Situational Trauma
- Grief/Loss
- Racing Thoughts
- Poor Self-Image
- Panic Attacks
- Problems Sleeping
- Low/No Motivation
- Social Fear/Anxiety
- Isolation or Loneliness
- Suicidal Thoughts/Self-Harm

Clients who participate in at least 12 sessions:

 **50%**  
IMPROVEMENT  
in depression on average

 **40%**  
IMPROVEMENT  
in anxiety on average

 **53%**  
IMPROVEMENT  
in overall individual  
subjective wellness rating

## Hope Starts Here.

Our unique philosophy and supportive environment has helped Aspire to become one of the fastest growing mental health treatment programs in the state. The dedication, experience, and compassion of the clinical and support team combined with the innovative therapeutic programs make the difference in the lives of our patients.

### Aspire Counseling Service Locations:

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

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

7498 N. Remington Ave. Suite 102  
Fresno, CA 93711  
t. / f. 559-777-6797

28118 Bouquet Canyon Rd.  
Santa Clarita, CA 91350  
t. / f. 661-296-4444

865 Aerovista Place. Suite 130  
San Luis Obispo, CA 93401  
t. / f. 805-329-5595

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



Call or Email toll-free 24/7  
[info@aspirecounselingservice.com](mailto:info@aspirecounselingservice.com)  
**(888) 585-7373**  
[aspirecounselingservice.com](http://aspirecounselingservice.com)



# Specialized Behavioral Health Treatment

Aspire Behavioral Health has two mental health treatment programs available that are customized to meet the specific situation and needs of individuals.

#### PHP: Partial Hospitalization Program

This program provides the highest level of care outside of an inpatient psychiatric hospital.

- Higher Level of Treatments and Care
- Intensive, Short-Term Program
- Stabilizes Acute Mental Health Symptoms in a Highly Structured, Caring Environment
- Program Length 1-2 Weeks, M-F
- Clients Return Home Every Day
- 6 Hours of Treatment Per Day

## PROGRAM HIGHLIGHTS

Aspire has developed an innovative program that is tailored to each person.

- Mindfulness Practices
- Art As Therapy
- Certified Pet Therapy
- Trauma-Conscious Yoga Practice
- Nutrition
- HealthRHYTHMS Drumming

#### IOP: Intensive Outpatient Program

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

- Daily routine is maintained with minimal interruption.
- Enter the program at any time.
- Evidence-based treatment that is highly effective.
- Treatment program is customized for each person.
- Individuals attend group therapy 3 days a week for 3 hours each day.
- Group is limited to 10-12 participants.
- One on one sessions are also included.
- Program length is determined by participant and is based on several factors.

**No referral or pre-authorization is necessary.**

Individuals can self-refer at any time and our caring staff will take care of the required paperwork and obtain insurance approval. There is a cash pay option available as well.

**The insurance companies we accept:**

- Anthem
- Beacon Health Options
- Blue Cross
- The Holman Group
- Magellan Health
- Networks by Design
- MHN. A Health Net Company
- Kaiser Permanente
- Optum
- United Healthcare
- Out of Network Benefits
- Single Case Agreements



"Aspire Behavioral Health is the best thing to ever happen to me. I now have the tools and skills to cope with life's challenges. Thank you so much Team Aspire."

-B.H.