

Aspire Counseling Services has a proven Intensive Outpatient Program (IOP) that addresses the unique challenges faced by adolescents (ages 12-17) with substance use disorders, behavioral health conditions, 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 addictions to chemical substances and 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 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 have helped Aspire Counseling Services to become one of the fastest growing substance use and mental health treatment facilities in California.



#### Substance Use & Mental Health Treatment

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

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

21080 Centre Pointe Pkwy. Suite 101  
Santa Clarita, CA 91350  
t. / f. 661-296-4444

865 Aerovista Pl. 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

#### Mental Health Treatment

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



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

**(888) 585-7373**

aspirecounselingservice.com  
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# Adolescent Intensive Outpatient Program

## PROGRAM OVERVIEW

Aspire has proven success in treating substance use disorder and behavioral health conditions 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 use disorders and behavioral health conditions 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, anxiety, and depression
- Manage anger, guilt, and shame
- Regulate emotions and tolerate distress
- Express thoughts and feelings
- Set limits and build daily structure
- Replace negative self-talk with positive self-talk
- Explore personal values and beliefs
- Practice interpersonal effectiveness and communications skills
- Improve quality of life and well-being

