

Aspire Counseling Services has a proven Intensive Outpatient Program (IOP) that addresses the unique challenges faced by adults with substance use disorders, behavioral health conditions, 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 substance use disorder, manage your emotions, and 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 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

*Planting Seeds, Saving Lives*

Certified by the State Department of Health Care Services.  
(#150059AP 10/31/2023) (#100097AP 3/31/2024) (#190979BP 9/30/2023)  
(#560014AP 9/30/2022) (#400014AP 7/31/2022)



# Adult Intensive Outpatient Program



## PROGRAM OVERVIEW

The number of people struggling with substance use disorders or behavioral health conditions 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 deserve to heal from substance use 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 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

