

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 have 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 teams, combined with the innovative therapeutic programs, make a difference in the lives of our patients.

### Our Locations To Serve You

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

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

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

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

12402 Industrial Blvd., Suite B-6  
Victorville, CA 92395  
t.(661) 829-7300 f. (760) 513-9908

### 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

# 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 Treatment and Care
- Intensive, Short-Term Program
- Stabilizes Acute Mental Health Symptoms
- Highly Structured, Caring Environment
- Program Length: 1-4 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 Therapy
- Certified Pet Therapy
- Trauma-Conscious Yoga Practice
- HealthRHYTHMS Drumming

#### IOP: Intensive Outpatient Program

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

- Daily routine is maintained with minimal interruption.
- Begin the program at any time.
- Highly effective, evidence-based treatment.
- Treatment program is customized for each person.
- Individuals attend group therapy for 9 hours per week.
- Group is limited in size.
- One-on-one sessions are included.
- Program length is determined by participant and is based on several factors.

#### No referral is necessary.

Individuals can typically 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
- Tricare
- Single-Case Agreements
- Out-of-Network Benefits



"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.