

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

#### SUD/Mental Health Treatment

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

4225 E. Windrose Dr. Suite 300  
Phoenix, AZ 85032  
t. / f. (480) 795-7906

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

2775 Tapo St. Suite 102  
Simi Valley, CA 93065  
t. / f. (805) 329-5180

#### SUD Treatment Only

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

12571 Hesperia Rd.  
Victorville, CA 92395  
t. / f. (760) 780-1237

#### Mental Health Treatment Only

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](mailto:info@aspirecounselingservice.com)  
**(888) 585-7373**  
[AspireCounselingService.com](http://AspireCounselingService.com)



ARIZONA DEPARTMENT  
OF HEALTH SERVICES  
Arizona

Certified by the Arizona Department of Health Services.  
(CSL G12187 1/3/2024)



# 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
- Medicare
- 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.