



## 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

