



# VISTA *del* MAR

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## HOSPITAL

## Adolescent Outpatient Programs

Structured program for adolescents ages 12-17, seeking additional mental health support, beyond traditional weekly therapy.

### Intensive Outpatient Program (IOP)

3 days/week

### Partial Hospitalization Program (PHP)

5 days/week

### Comprehensive in-person IOP and PHP programs

- Program is offered in the evening to accommodate after-school hours
- Age-appropriate support
- Experienced, Licensed Professionals available (RN's, LMFT's, Psychiatrists)
- Dinner is provided for Teen Program

### Evidenced Based Treatment

- Education on coping skills to sustain long-term recovery
- Learn to manage any symptoms
- Receive education on wellness, recovery, and resiliency
- Practice mindfulness and positive self-talk
- Learn to balance treatment needs with each of their own responsibilities outside of treatment

Interested in our program or have questions?

**Call 805-850-4001**

or visit [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)



## We Accept Most Insurances!

Located at:

**801 S. Victoria Avenue #303  
Ventura, CA 93003**