



## Inpatient Program for Adolescents and Adults

Designed for adolescents ages 12-17 and adults 18 and older who may be experiencing severe psychological symptoms. Our inpatient treatment team provides 24-hour monitoring, psychiatric care and stabilization for patients who suffer from common conditions such as: Depression, Bipolar Disorder, Psychosis/Schizophrenia, Anxiety, Substance-Related Disorders associated with Psychiatric symptoms. Vista del Mar Hospital utilizes Illness Management and Recovery(IMR) Treatment model, an evidence-based program. IMR assists patients in setting meaningful goals while providing information about mental illness and treatment options. Patients also learn skills for reducing relapses, dealing with stress, and coping with symptoms. Vista del Mar's inpatient program offers a safe, secure and therapeutic environment for every single patient in our care.

