




# OUTPATIENT MENTAL HEALTH & WELLNESS

Visions Outpatient Wellness Center provides services ranging from private practice therapy to intensive outpatient programming. The center provides a relationally based, clinical program to meet client objectives on an individual, group, and family basis. This level of care is often the introduction to the treatment process or a continuing care option for adolescents and their families.

**All genders • 13 to 18 years old**



A Visions client is often struggling with one or more of the following issues:

- Anxiety Disorders
- Bipolar & Depressive Disorders
- Eating Disorders
- Gender Dysphoria
- Learning Disorders
- Impulse-Control & Conduct Disorders
- Neurodevelopmental Disorders
- Obsessive-Compulsive and Related Disorders
- Personality Disorders
- Substance Abuse Disorders
- Trauma Disorders





## The First Step Program

is an individualized program offered on an outpatient basis and created through assessment and presenting clinical needs. This program serves teens and families seeking to explore individual stretches and challenges, family dynamics, and specialized therapies for targeted needs.

## Visions Intensive Outpatient Program

is a non-residential option for adolescents and families seeking comprehensive clinical support while living at home or in a local transitional living facility.

- Clinical support with masters-level clinicians
- Individual sessions
- Family sessions
- Counseling sessions
- Multi-modal workshops
- Parent education & support workshops
- Random drug & alcohol testing

*12-step program support implemented for teens exhibiting addictive behaviors.*

IOP admission involves several comprehensive assessments:

- Biopsychosocial assessment
- Psychiatric assessment
- Substance abuse assessment
- Psychological testing
- Eating disorder assessment
- Sexual compulsivity assessment
- Trauma assessment
- Educational assessment

**Visions  
Adolescent  
Treatment Centers**  
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**Los Angeles  
Newport Beach**