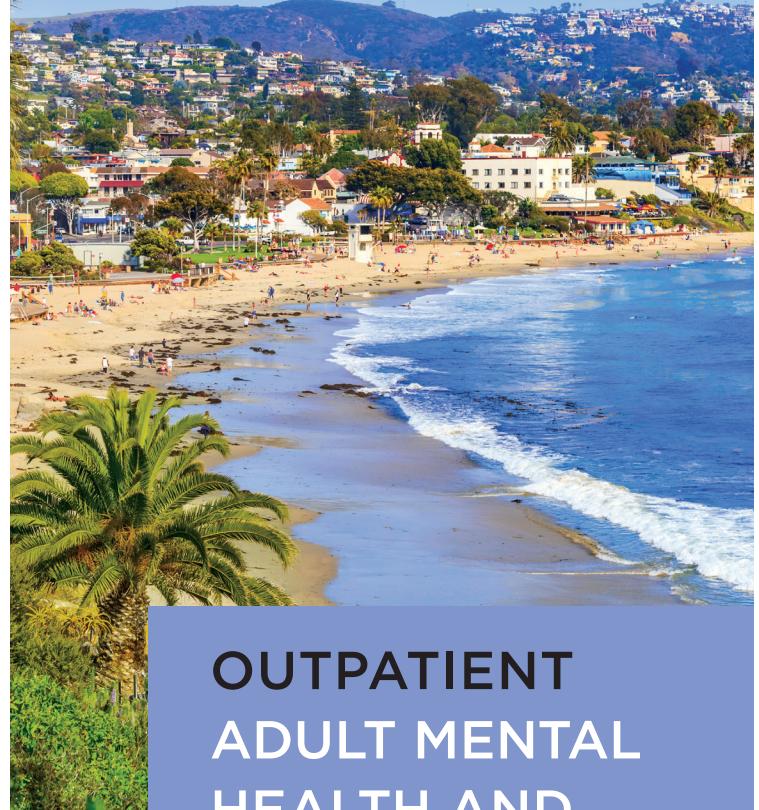
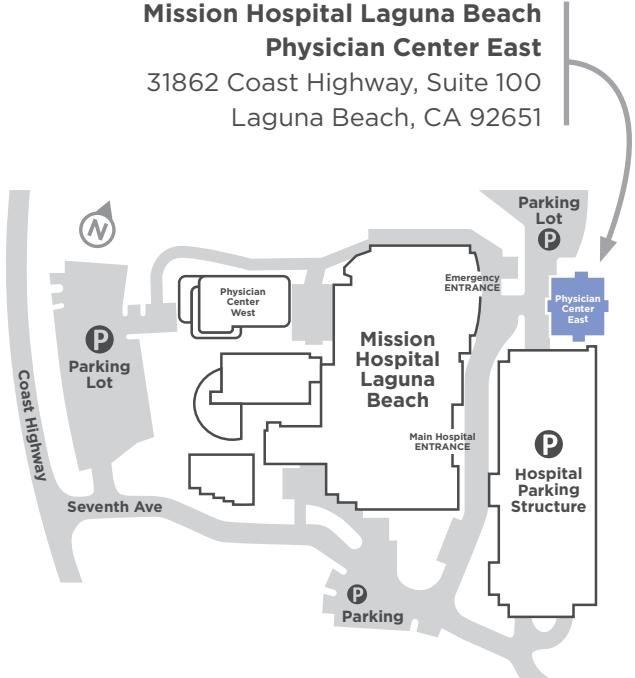


**Mission Hospital Laguna Beach  
Physician Center East**  
31862 Coast Highway, Suite 100  
Laguna Beach, CA 92651



## OUTPATIENT ADULT MENTAL HEALTH AND WELLNESS PROGRAM

**Mission Hospital**

(949) 499-7504

[Mission4Health.com](http://Mission4Health.com)

**Mission Hospital**

# OUTPATIENT ADULT MENTAL HEALTH AND WELLNESS PROGRAM

Mission Hospital Laguna Beach provides psychiatric and psychological treatment in a beautiful and relaxing environment that is just steps away from the beach. Research-based treatment from caring licensed professionals is provided in a group setting with individual follow-up to ensure treatment goals are met.

## **Our program includes:**

- › Group and individual treatment for mental health and wellness
- › Ongoing psychiatric evaluation throughout the entire course of treatment
- › Partial Hospitalization Program (PHP) level of care
  - Six psychotherapy groups a day, 9 a.m. - 3:30 p.m.
- › Intensive Outpatient Program (IOP) level of care
  - Three psychotherapy groups a day, 9 a.m. - 12 p.m. or 12:30 - 3:30 p.m.
- › Weekly Family Groups
- › Weekly individualized treatment care planning

## **Our topics include:**

- › Cognitive-behavioral therapy techniques
- › Dialectical behavioral therapy skills group
- › Developing coping skills
- › Self-esteem enhancement
- › Managing grief and loss

Complimentary treatment such as education by nurses and pharmacists is included to support mental health and wellness.

## **Specialty tracks are provided for treatment in the following areas:**

- › Anxiety Track
- › Dual Diagnosis Track
- › Bipolar Track

## **Getting started:**

- › Call (949) 499-7504 to speak with one of our caring team members and learn more about our mental health programs.
- › Schedule a complimentary assessment appointment which is available Monday – Friday for your convenience.
- › An individualized courtesy benefit verification will be completed on your behalf.
- › We are contracted with most insurance plans.

**IT IS OUR PLEASURE TO SUPPORT YOUR TREATMENT NEEDS.**