



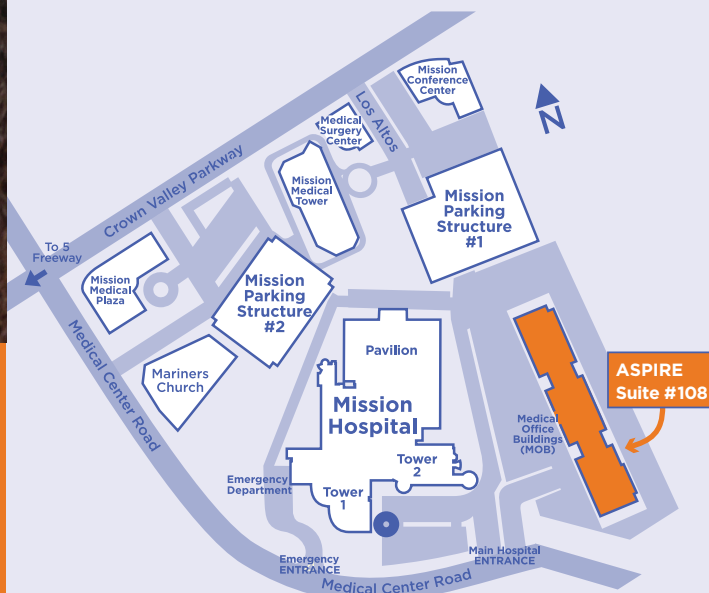
## Who We Are

ASPIRE combines an evidence-based outpatient program specifically designed for adolescents with compassionate care provided in a healing environment.

Our experienced interdisciplinary treatment team is made up of highly trained licensed marriage and family therapists, psychologists, psychiatrists and nurses who specialize in adolescent care.

By choosing ASPIRE, parents find answers to their questions, and teens find practical tools to help them thrive.

For Information Call  
**(949) 364-4246**



**St. Joseph Health**   
Mission Hospital



### Mission Mental Health & Wellness Center

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ACS WASC accreditation is an ongoing six-year cycle of quality whereby schools demonstrate the capacity, commitment, and competence to support high-quality student learning and ongoing school improvement.



# ASPIRE

After-School Program  
Intervention and  
Resiliency Education®

Mission Mental Health & Wellness Center

**St. Joseph Health**   
Mission Hospital



## ASPIRE Philosophy

Adolescence is a time of tremendous growth and change. This period of transition comes with a unique set of experiences and challenges that can make navigating the path to adulthood difficult. Adolescents who lack positive coping skills to manage life stressors may struggle with their mental and emotional health. As a result, they may resort to unhealthy or unsafe activities such as substance use, self-injury, school avoidance and relationships with peers who engage in high risk behavior.

At ASPIRE, we work with adolescents and their families to overcome these obstacles and establish a path toward mental and emotional wellness, resiliency and success.

## Program Details

Our eight-week Intensive Outpatient Program (IOP) offers a comprehensive approach to managing mental health.

Adolescents aged 13 to 17 meet in a small interactive group setting Monday, Tuesday, Thursday from 4 to 7 p.m. and Friday from 4 to 6:30 p.m. Group content is based on principles of Dialectical Behavior Therapy (DBT), an evidence-based treatment focusing on identifying triggers that lead to unhelpful behavior patterns. Teens are taught effective coping skills to manage difficult thoughts, feelings and situations.

Our board certified psychiatrist will meet with the teens throughout their time in the program to oversee treatment progress and provide medication support services.

## Family Services

We believe that the family system plays an important role in adolescent development and growth; therefore, we work extensively with the family throughout treatment to ensure the greatest potential for success. Our weekly parent skills and multi-family groups provide an opportunity for parents to practice and refine the tools learned from the program in collaboration with their teens.

## Getting Started

During the initial contact with the family, an ASPIRE team member will conduct a telephone prescreening to determine if the presenting concerns can be adequately addressed within the program. If so, an in-person assessment, provided at no cost to the family, is scheduled with the adolescent and parents/guardians. During this assessment, an ASPIRE therapist will gather information about the course and severity of symptoms, family history and relevant social factors to obtain a clear clinical picture.



## Fees and Insurance

ASPIRE is contracted with most insurance plans. Treatment fees and copays vary based on individual plan contracts. Insurance benefits will be confirmed prior to initial assessment, and coverage information will be provided to the family. Financial assistance may be available for those who qualify.

Psychiatry fees are billed by the physician separately from program fees.

**For additional information about our program, or to schedule a complementary confidential assessment and consultation, please call (949) 364-4246.**