

because you matter! ...

HAGA CLIC AQUÍ

PARA VER EL FOLLETO
EN ESPAÑOL

NOW OFFERED IN

Spanish!

**INTENSIVE OUTPATIENT
PROGRAM**

DAYS: Monday, Wednesday, Friday | **TIME:** 6-9pm
LOCATION: 7050 Parkway Drive, La Mesa, CA 91942

Dinner provided.

*Alvarado Parkway
Institute provides safe,
easy, and excellent care for
adults ages 18 and over who
need treatment for behavioral
health and/or addictive
disorders.*



Our **NEW** Spanish language **Intensive Outpatient Program** is designed for individuals who speak Spanish as a first language and are experiencing mild to moderate mental health and/or addiction symptoms.

The program is offered three days a week, for three hours each day. The flexibility of an outpatient setting enables patients to return home in the evenings.

We offer a full spectrum of mental health services using various evidence-based treatment modalities designed to effectively reduce symptoms and develop new coping skills. The level of care and duration of treatment is customized to the needs of each patient by a culturally competent team of professionals dedicated to your recovery.

OUR OUTPATIENT PROGRAM INCLUDES:

- ✓ Anxiety and Stress Management
- ✓ Cognitive Behavior Therapy
- ✓ Anger Management
- ✓ Distress Tolerance and Emotional Regulation
- ✓ Coping Skills
- ✓ Post-Traumatic Stress Disorder (PTSD)
- ✓ Psychiatric and Medical Assessment
- ✓ Group Therapy/Individual & Family Sessions as Needed
- ✓ Comprehensive Treatment Planning
- ✓ Medication Management
- ✓ Mindfulness
- ✓ Healing and Recovery
- ✓ Discharge Planning
- ✓ Relapse Prevention and Outreach Support
- ✓ Abstinence-based and harm reduction group

Call today!

619-832-0737 PRESS OPTION 3

apibhs.com |   

ALVARADO PARKWAY INSTITUTE | 7050 Parkway Drive | La Mesa, CA 91942

Physician owned hospital.

1-2025