

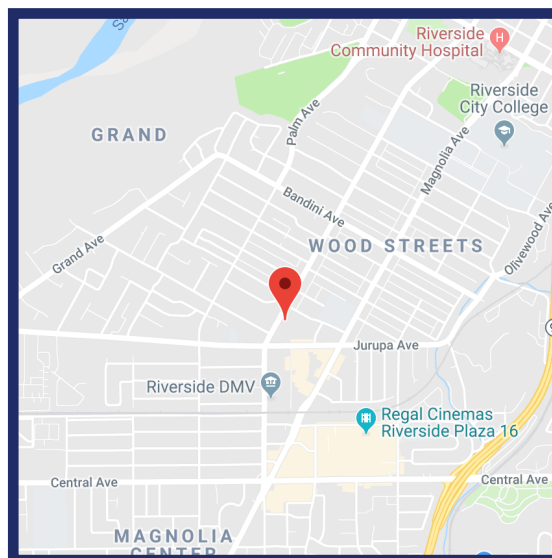
## OFFERING HOPE & HEALING FOR YOUTH

The adolescent treatment program at Pacific Grove Hospital is an ideal setting for young people who have completed residential treatment or who need more support than what traditional outpatient care can provide.

We welcome young patients ages 13–17 to enjoy several hours of therapeutic services each week along with the freedom to return to their homes or another residence in the evenings. Our outpatient program offers support for patients who are struggling with addictions to all types of substances, including alcohol, benzodiazepines, cocaine, heroin, marijuana, meth, opiates, and prescription drugs. Additionally, we provide services to treat mental health concerns such as anxiety, depression, grief, aggression, bipolar disorder, intermittent-explosive disorder, obsessive-compulsive disorder, self-harm, PTSD, and schizophrenia.



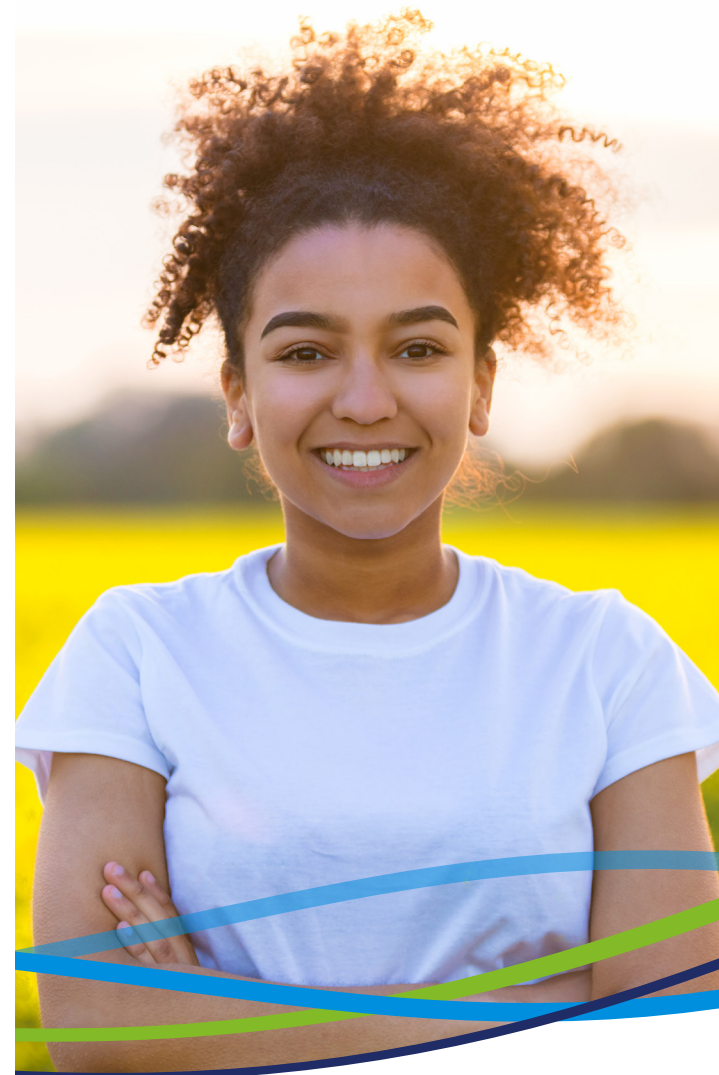
**PACIFIC GROVE**  
HOSPITAL



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**PACIFIC GROVE**  
HOSPITAL

ADOLESCENT OUTPATIENT  
PROGRAMMING

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# OUTPATIENT CARE FOR MENTAL HEALTH & SUBSTANCE ABUSE CONCERNS

## SPECIALIZED SERVICES FOR PATIENTS AGES 13-27

The adolescent outpatient treatment program at Pacific Grove Hospital is designed to suit the unique needs of young people in the treatment setting. Our mental health and substance abuse treatment services are based on the Evidence Based Treatment curriculum and include the following supports:

- Individual Therapy
- Group Therapy
- Family Therapy
- Activities Therapy

## EVIDENCE-BASED SUPPORTS

At Pacific Grove Hospital, we're committed to implementing only the finest, most effective addiction treatment services for young patients. Our program relies on the underpinnings of research-backed cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and other modalities that have proven effective in combating addiction.

Combined with our Evidence Based Treatment curricula, these supports address the negative effects of continuous drug abuse and other mental health concerns. Addiction impacts physical health, emotional well-being, social relationships, school performance, and every other major area of functioning. At Pacific Grove, adolescents work toward recovery by beginning to create balance in each of these critical areas.

# COMPREHENSIVE CHEMICAL DEPENDENCY SERVICES

While each adolescent's experience at Pacific Grove will be unique, patients can expect to have access to the following:

- 12-Step recovery support and access to sponsorship
- Medical intervention (as needed)
- Activities therapy (music, art, yoga, etc.)
- Family counseling and support
- Group therapy breakout sessions on topics such as self-harm, divorce & families, & addiction
- Medical intervention (as needed)
- Detoxification services
- Transitional support

Our goal at Pacific Grove is to assist each young person in achieving the healthy, balanced life they deserve. Our comprehensive addiction and mental health treatment services are designed to support each person on the path to sustained sobriety.



## DEVELOPMENTALLY APPROPRIATE CARE

When a young person is battling addiction, they need developmentally appropriate services that reflect the unique ways that chemical dependency impacts the developing mind and body. Our experienced treatment team understands how addiction and mental illness can often manifest differently in young people as opposed to adults. With these factors in mind, we've created a compassionate treatment environment that fosters healthy coping tools and accountability in each adolescent we serve.



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