



TEEN OUTPATIENT TREATMENT CENTERS

Contact Destinations for Teens Today!

877.466.0620

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Teens have unique challenges when it comes to both mental health issues and addiction. Since they're already facing the challenges associated with adolescence, targeted support and direction can help treat these concerns. Outpatient treatment centers can provide comprehensive therapy while allowing teens to continue their daily routines. What is outpatient treatment like? What are the benefits of outpatient care? A teen outpatient treatment program is often the best solution for adolescents struggling with mental health or substance abuse issues.

What Is Outpatient Treatment?

Outpatient treatment centers provide many of the same benefits as residential treatment. However, therapeutic services for teens are more flexible, allowing individuals to receive help while being able to carry on with their usual routine. Teens who are still attending school or working at a secular job can continue these important activities while they seek treatment for mental and behavioral health challenges.

If you require teen treatment programs for your teen, contact 877.466.0620 to learn more about Destinations for Teens.

Outpatient treatments range from an intensive program like a partial hospitalization program to regular weekly outpatient therapy and medication management. Some programs offer group therapy sessions, which provide peer support to individuals facing similar issues.

An outpatient treatment program generally meets for a few hours at a time, several days per week. Individuals can return home to their supportive family environment and continue with essential activities while receiving critical care.

"Destination for Teens has a great team at their facility! They have given our family the education we were lacking and keys to succeed in the future! Thank you to the team at Destination for Teens. We are looking forward to many bright days with our family!"

- Amanda C

"Destinations for Teens is an exceptional program, managed by compassionate staff and seasoned clinicians. With varying cultural backgrounds and areas of expertise, the Destinations team is committed to helping teens who struggle with mental health issues and their families. Helping clients achieve their treatment goals is paramount and held to the highest standard. Destinations for Teens is so much more than a leading treatment center and valued community resource. It's a family."

- Amanda C

Partial Hospitalization Programs (PHP)

PHPs are the most intensive form of outpatient treatment. They involve full-day treatment sessions for the majority of the week, providing a high level of structure and support while patients continue to live at home.

Intensive Outpatient Programs (IOP)

IOPs offer a step down from PHPs and involve treatment sessions for a few hours a day, several days a week. These programs allow teens to continue their education or job while receiving substantial therapeutic support.

Outpatient treatments

Regular outpatient treatments comprise weekly therapy appointments and medication management. They offer the most flexibility and are best suited for teens who require ongoing support but can manage their daily responsibilities independently.

Types of Teen Outpatient Treatment

Outpatient treatment for teens comes in multiple forms to cater to each individual's specific needs and circumstances.

Partial hospitalization programs (PHP), intensive outpatient programs (IOP), and standard outpatient treatments present unique features and structures:

At Destinations for Teens, we believe in the potential of every adolescent entering our outpatient treatment program and are fully committed to their journey toward recovery, growth, and resilience.

Benefits of Outpatient Treatment

According to the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), outpatient treatment has some significant benefits for teens

Outpatient treatment allows for a [seamless transition between various levels of care](#). Teens can progress from an intensive outpatient program to a less intensive one, ensuring continuity of care and reducing the likelihood of relapse

Outpatient programs are flexible, enabling teens to receive care while continuing their education or employment. This kind of flexibility can [reduce stress and pressure on the patient, making the recovery process smoother and more manageable](#)

Outpatient treatment programs offer flexible, personalized, and holistic care for teens struggling with mental health and substance abuse issues. These programs, which include partial hospitalization, intensive outpatient programs, and regular outpatient treatments, provide a supportive environment for adolescents while allowing them to continue with their daily responsibilities. A rehab center equipped with multiple levels of care can be incredibly beneficial.



Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



What Are the Benefits of Outpatient Treatment Centers?

Outpatient treatment centers provide many unique benefits to help teens gain control over challenges. Consider the benefits below:

Amenities

During outpatient treatment, people can continue living in their homes, attending school or work, and performing their family obligations. For many, this provides a complete sense of satisfaction.

Family Focus and Education

Outpatient treatment options often involve the entire family. Family members receive vital education on how to support their teens. Family can be one of the most powerful assets for teens who are struggling with addiction or mental health issues.

Access to Continual Community Support

Outpatient programs place importance on continuing support through access to community programs. These intensive support options can help prevent future relapses for many people.



Personalized Treatment Plans

Every teen is unique, and so are their struggles. At Destinations for Teens, we understand this difference and create personalized outpatient treatment strategies catering to individual needs. Our team of dedicated professionals interacts with every adolescent to understand their problems and accordingly designs a recovery plan. These plans not only address substance abuse or mental health issues but also work on building life skills and confidence.

Holistic Healing Approach

Our teen outpatient treatment does not solely focus on the problem at hand. Instead, we believe in treating the individual as a whole. We incorporate a variety of therapy options including art therapy, music therapy, mindfulness and meditation, and physical wellness activities to foster all-round development. This holistic approach ensures a balanced and comprehensive healing process, aiming to equip our teens with the skills to thrive beyond their recovery journey.



With Destinations for Teens, adolescents have the opportunity to overcome their challenges in an environment that is as therapeutic as it is nurturing, providing them with the guidance, tools, and support they need for a successful recovery.

Qualities of a Successful Treatment Center

When researching outpatient treatment centers, you'll want to be sure you're choosing the best facility for your needs. Look for some of the following qualities to ensure your teen experiences a successful outcome:

Evidence-based therapy approaches

Proven approaches such as cognitive-behavioral therapy and dialectical behavior therapy help teens transform negative thought patterns and actions. These therapies set the foundation for teen healing.

Holistic approach

Many high-quality facilities focus on all aspects of a person's well-being. Therefore, treatment options may involve dietary components, physical fitness, stress reduction, and spirituality.

A wide array of treatment options

No two people respond to the exact same treatment protocol. Successful treatment centers will be able to create a specific program to meet the unique needs of each teen.

Supportive and compassionate staff

Teens need to feel safe, respected, and cared for at their outpatient treatment center. This sense of support is essential for successful teen healing.

At Destinations for Teens, we believe in empowering adolescents through our comprehensive and personalized outpatient treatment programs, fostering a supportive environment that nurtures growth, resilience, and lifelong recovery.



Outcomes of Teen Outpatient Treatment

A well-structured teen outpatient treatment program can lead to several positive outcomes. These programs foster personal growth and equip adolescents with coping mechanisms and life skills beyond the treatment period.

- **Increased self-esteem** — By addressing underlying issues and promoting a sense of accomplishment, teens often experience a significant boost in their self-esteem and self-worth.
- **Improved relationships** — As teens learn to communicate more effectively and manage their emotions, they will likely experience improved relationships with family and friends.
- **Better academic performance** — With enhanced focus and fewer distractions from untreated mental health or substance abuse issues, students often observe an improvement in their academic performance.
- **Greater life satisfaction** — Teens will experience an overall increase in life satisfaction as they overcome their struggles, build resilience, and enjoy a healthier, more balanced life.
- **Prevention of further issues** — Early intervention and effective treatment can help prevent future mental health or substance abuse issues, positively impacting the teen's life trajectory.

Outpatient treatment at Destinations for Teens addresses the immediate issue and aims for a transformed life, instilling a sense of empowerment and resilience in our teens for a better future.

Helping Your Teen Heal at Destinations for Teens

Whether your teen undergoes outpatient treatment, a teen partial hospitalization program, or a comprehensive residential treatment program, it's important to continue showing love and emotional support for your teen as they take on the challenges associated with healing. The road to healing can seem long and daunting. However, remain optimistic that a complete recovery is right around the corner.

With locations in California and Nevada, Destinations for Teens provides life-changing treatment for all serious concerns. We offer multiple levels of care to help your teen embrace a new beginning.

Learn how our outpatient treatment centers can change your child's life. Call Destinations for Teens today at 877.466.0620 to learn more about our teen treatment centers.

