

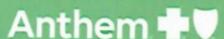


## ABOUT US

At My Teen Mental Health, we specialize in supporting adolescents aged 14-17 with primary mental health challenges. Our Intensive Outpatient Program (IOP) provides structured, evidence-based treatment in a safe and welcoming environment in Modesto, CA.

## DISCOVER A PATH TO RESILIENCE AND WELL-BEING FOR YOUR TEEN.

### WE ACCEPT MOST INSURANCE



AND MANY MORE

## READY TO GET STARTED? TAKE THE FIRST STEP TOWARD A BRIGHTER FUTURE

If your teen is struggling, you're not alone. Contact My Teen Mental Health today to schedule a confidential consultation. We accept private insurance and are here to guide your family every step of the way.



(209) 604-4469



[www.myteenmentalhealth.com](http://www.myteenmentalhealth.com)



[jamie@modestorecovery.com](mailto:jamie@modestorecovery.com)



801 15th St, Modesto, CA 95354



## EMPOWERING TEENS TO THRIVE THROUGH COMPASSIONATE CARE

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## WHY CHOOSE OUR IOP?

### INTENSIVE SUPPORT WITH EVERYDAY FLEXIBILITY

Our in-person IOP is designed for families who value high-quality care without disrupting daily life. Teens attend sessions from 4:00 PM to 7:30 PM daily, allowing them to maintain school and home routines while receiving the support they need.

### WHY WORK WITH US

#### ► Face-to-Face Connection.

Direct interaction with licensed therapists fosters immediate feedback and a strong sense of community.

#### ► Evidence-Based Therapies.

We use proven approaches like Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) to build coping skills and emotional regulation.

#### ► Cost-Effective and Accessible.

Accepting private insurance, our program offers intensive treatment at a fraction of the cost of residential care.

#### ► Family-Focused.

We empower parents and guardians to be active partners in their teen's recovery.

Ideal for families with private insurance who can transport their teen to our Modesto location.

## WHAT WE OFFER

### COMPREHENSIVE CARE TAILORED FOR TEENS

Our program addresses a range of mental health challenges, including depression, anxiety, PTSD/trauma, bipolar disorder, OCD, ADD/ADHD, insomnia, and schizophrenia.

### CORE COMPONENTS

#### WEEKLY PSYCHIATRY

Ongoing evaluations and medication management by our expert team to ensure safe and effective support.

#### INDIVIDUAL THERAPY

One-on-one sessions to explore personal emotions, set goals, and develop personalized coping strategies.

#### FAMILY SUPPORT

Collaborative therapy and education to strengthen home dynamics and improve communication.

#### GROUP THERAPY

Peer-led discussions in a supportive setting to promote connection, shared learning, and social skills.

We focus on holistic well-being, helping teens build confidence, resilience, and tools for long-term success.

### HOW IT WORKS

#### 01 Intake Assessment

A personalized evaluation to understand your teen's unique needs and create a tailored care plan.

#### 02 Psychiatric Evaluation

Guidance from our psychiatry team to inform treatment and any necessary medication oversight.

#### 03 Therapy Sessions

A blend of individual, group, and family therapy, plus skills training for real-time practice.

#### 04 Ongoing Support

Regular check-ins, psychoeducation for families, and progress monitoring to celebrate growth.

#### 05 Transition Planning

Tools and resources to maintain gains after the program ends.

Sessions run daily from 4:00 PM to 7:30 PM at our Modesto facility, making it convenient for working families.

