

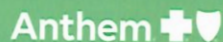


ABOUT US

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



jamie@modestorecovery.com



801 15th St, Modesto, CA 95354



MY TEEN
MENTAL HEALTH



EMPOWERING TEENS TO THRIVE THROUGH COMPASSIONATE CARE

jamie@modestorecovery.com

(209) 604-4469

www.myteenmentalhealth.com

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.

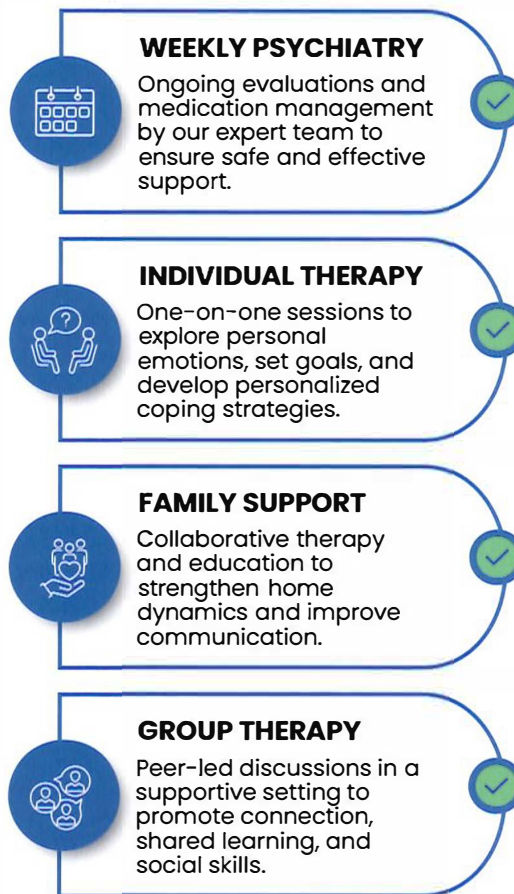
Ideal for families with private insurance who can transport their teen to our Modesto location.

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



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.