

An after-school program for teens, ages 13-18, who live at home and need more mental health support than weekly therapy. IOP is a good treatment option to transition from a hospitalization, PHP, or residential program.

Schedule

All programs are in-person

Mondays:

Youth | 4:00pm – 7:00pm
 Caregivers | 6:00pm – 7:00pm

Wednesdays:

Youth | 4:00pm – 7:00pm

Thursdays:

Youth | 4:00pm – 7:00pm



We provide teens and families with high intensity, positive interventions that promote healthy development and improved daily functioning.

Evidence-Based • Individualized • Trauma Informed • Outcomes Driven

Group Therapy

- Dialectical Behavior Therapy (DBT) Skills Training
- Cognitive Behavioral Therapy
- Experiential Therapy
- Art-based Interventions

Weekly Caregiver Group

- Dialectical Behavior Therapy (DBT) Skills Training
- Psychoeducation and Support
- Communication
- Relationship Building

Teens will learn skills including:

- Emotion Regulation
- Distress Tolerance/Problem Solving
- Social Skills
- Mindfulness
- Interpersonal Effectiveness/Communication

The program is designed for teens with:

- Anxiety, depression, other mood disorders
- Chronic stress or trauma
- Family conflict
- Relapse prevention post recovery
- Difficulty meeting home, school, and social expectations

Our team of experts:

- Licensed child and adolescent psychologist
- Mental health therapist
- Counseling and clinical student interns
- Youth coach



Contact the Center for Information at 858-634-8367 or email IOP@centerforchildren.org



Funding for a portion of our programs provided by the County of San Diego.