

Patient Credits Alter Behavioral Health in Irvine for Making the Process Seamless

July 26, 2023

Irvine, California - July 26, 2023 -
Irvine, California?A former patient is praising the treatment process at Alter Behavioral Health?s facility in Irvine, California, posting a 5-star review of the mental health program in Irvine, California.

?Thank you, thank you!? wrote Jaz J, the former patient. ?You have made the process seamless, and we have been treated with such grace. Thank you.?

Winning the confidence of people struggling with mental illness with transparency and compassion is a top concern for Alter Behavioral Health, where skilled therapists and clinicians deliver evidence-based treatment for many common mental health disorders. Targeted conditions include schizophrenia, bipolar disorder, schizoaffective disorder, major depression, personality disorders, panic disorders, general anxiety disorder, trauma, and post-traumatic stress disorder.

The message that everyone is welcome and will be well cared for is communicated the moment the

prospective patient walks through the door. From the receptionist?s kind greeting to the expert care of Alter?s treatment team, everyone shows empathy and understanding of the patient?s unique needs when seeking recovery from their disorder. At every stage, patients are made to feel at home and peace.

Alter?s mission ? to transform lives and produce societal change by improving mental health treatment methods and outcomes ? depends on the patient's understanding and accepting the therapeutic process. Before anything else, the team makes a precise diagnosis based on a meticulous assessment of the patient?s symptoms, ensuring no condition is overlooked or misunderstood. Without an accurate diagnosis, there?s a good chance that treatment will fail because the actual condition was not discovered. Therefore, Alter?s diagnostic team uses the latest research in mental health science for diagnosis and treatment strategies, which combine medication, psychotherapy, and other modalities as needed.

Therapy is designed to treat the patient holistically ? body and mind. Each treatment plan is personalized and focuses on the whole person, not just their condition. Alter?s team carefully addresses the patient?s needs and then creates customized treatment plans aligned with the individuality of each person?s journey toward healing. Treatment follows a unique holistic paradigm that categorizes each person?s wellness into six dimensions: emotional, psychological, social, physical, spiritual, and occupational. Treatment aims to help the client understand how tending to each dimension in oneself and others can help them to lead a more fulfilling life.

The physical setting of the Alter facility is a critical part of this holistic approach. Rather than the stark, drab furnishings and décor usually associated with mental health treatment centers, Alter has designed its residential facility to be serene and calming ? more like a sanctuary than a clinic. Here, patients and therapists can explore, understand and resolve the issues that brought the patient to treatment. The facilities include stunning common areas where patients can relax and watch TV, with balconies affording peaceful views of the surrounding countryside. Patient accommodations feature excellent lighting, comfortable beds, and clean, accessible bathrooms. Comforts like these are part of a well-founded therapeutic strategy, enabling the patient to focus on their recovery in a setting where they are respected and treated with dignity.

Patients continue receiving care even after residential treatment ends, thanks to Alter?s virtual mental health platform, Mindfuli. It?s a virtual program designed to provide a wide range of mental health services for patients and give support to family members. Patients begin using the platform upon admission to Alter and are paired with Care Counselors to start using it.

It?s all part of Alter?s design as a sanctuary for exploring, treating, and educating patients and their loved ones about their conditions to guide them on a successful journey to recovery.

For more information on mental health treatment for oneselfor a loved one, visit Alter Behavioral Health or call 888-513-2965.

###

For more information about Alter Behavioral Health Irvine, contact the company here:Alter Behavioral Health Irvine(949) 822-898119402 Sierra Bello, Irvine, CA 92603

Alter Behavioral Health Irvine

Mental Health Treatment In Irvine & Mission Viejo
World-Class Mental & Behavioral Health Treatment Center in California

Website: https://alterbehavioralhealth.com/california/irvine/

Phone: (949) 822-8981