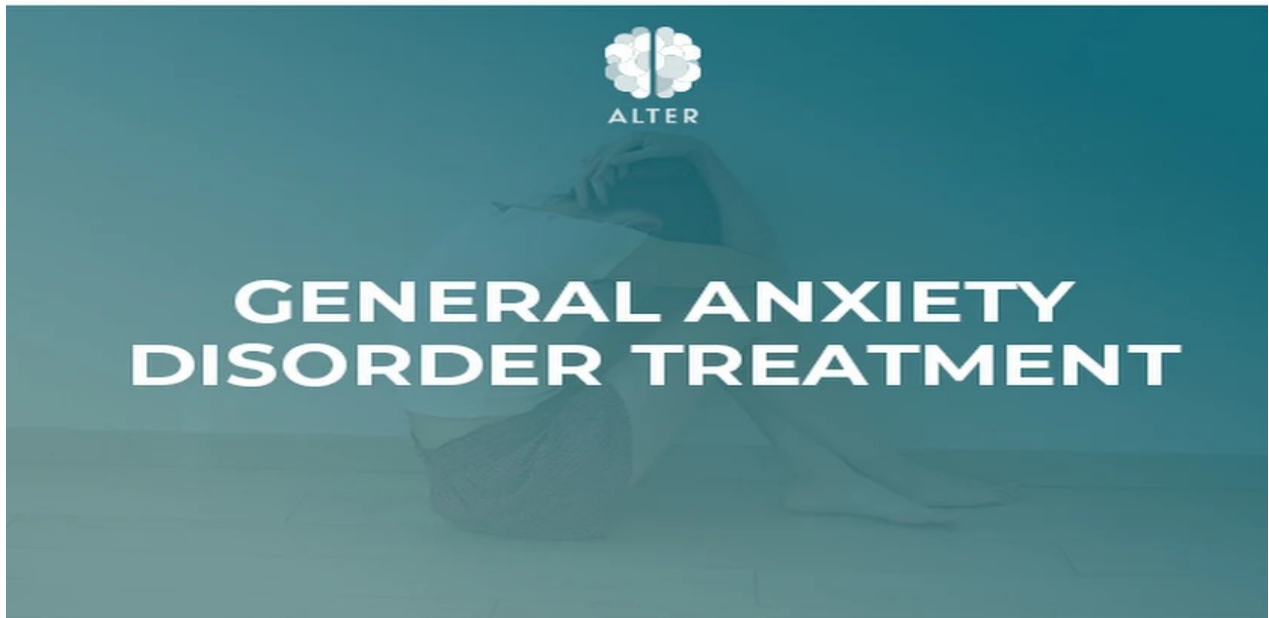




Patient Says She's Found "Great" Treatment and Help from Alter Health Group

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Dana Point, California ? Alter Health Group recently received another five-star review for its mental health treatment work, this time from a patient who received individual therapy sessions twice a week.

?Great therapy, great staff who work with you individually,? former patient Blanca wrote in her Google review. ?The individual sessions are twice a week along with ?therapy? in group.?

Alter Health Group?s mission is to make mental health treatment more accessible, and the network of mental health treatment centers takes the approach of customized mental and behavioral treatment, a compassionate team of mental health experts, and high-quality facilities.

Alter Health Group is the overall umbrella of several different treatment facilities operated across California. Alter Behavioral Health is a mental health treatment facility that offers residential help to patients who temporarily live there. These two centers focus on mainly treating primary mental health and co-occurring

disorders, including disorders like anxiety, depression, schizophrenia, borderline personality disorder, dissociative identity disorder, bipolar disorder, and attention-deficit/hyperactivity disorder (ADHD). Alter Behavioral Health has two facilities, one in Irvine and the other in Mission Viejo. Although in only two locations, these treatment centers serve residents of Orange County as well.

Another facility under the Alter Health Group umbrella is Alter Mental Health, which acts as a short-term crisis stabilization unit for people going through an acute mental health crisis. Alter Mental Health is located in San Diego but serves people who live in surrounding cities and from across California. The types of mental health disorders that can be addressed at this unique facility include bipolar disorder, schizophrenia, schizoaffective disorder, personality disorders, major depression, panic disorders, and general anxiety disorders. Getting help from the crisis stabilization unit is only for a short time, and once the patient is stable, treatment continues at another facility.

Alter also offers outpatient mental health treatment at its Laguna Beach facility operating under the name Alter Wellness Care, while the Dana Point-based California Rehab Campus is known for providing drug and alcohol addiction treatment.

The therapy techniques that Alter Health Group offers include cognitive behavioral therapy and dialectical behavioral therapy. Cognitive behavioral therapy is the practice of restructuring and modifying the way a person cognitively processes anxiety, depression, or other mental health issue, while dialectical behavioral therapy is a type of cognitive behavioral therapy that combines specific strategies that include mindfulness, acceptance, and improving relationships with others. Both methods of therapy are evidence-based and can improve the way that patients function with their mental health issues.

Although receiving treatment is the top priority when patients stay at one of Alter Health Group's facilities, there are also group outings and recreational weekend activities to ensure patients can have fun and socialize while also getting the help they need. In her Google review, Blanca wrote, "There's going out to dinner on a weekend and I am allowed to go to church services on the weekend, too." It's important that patients continue to do normal things they've done before mental health treatment to acclimate to what it will be like navigating their life again outside of residential treatment.

Finding help with mental health treatment in California doesn't need to be difficult ? there are so many resources in the area, including Alter Health Group's world-class and expertly-staffed treatment facilities. Learn more about the work that's done across the state at Alter Health Group treatment centers by visiting the corporate website or by calling 949-570-6454.

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Alter Health Group

Mental Health Clinic in Dana Point. Behavioral health services for depression, anxiety, PTSD and more.

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