

Thankful Patient Praises Alter Behavioral Health Mission Viejo for Being an LGBTQ+ Friendly Environment

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Mission Viejo, California ? A former client is praising the support and acceptance he found at Alter Behavioral Health as a member of the LGBTQ+ community, in an extensive 5-star review of the facility in Mission Viejo.

?I am bisexual and was treated equally to my assumed-to-be straight co-clients,? wrote Hayden, the former client, who gave enthusiastic praise to the facility?s staff.

?The staff (nurses, care coordinators, the case manager, the clinical director and the therapist) were all fantastic,? Hayden wrote. ?Having been to a couple of other treatment centers, (I know) the way Alter operates their residential program is unmatched in Orange County . . . After four years of fighting for my life, I found a place that actually seemed to care about me. Thank you, AMH, and especially the staff in the field on location.?

Hayden?s positive experience reflects Alter Mental Health Mission Viejo?s belief in building a sense of community and helping clients bond with their ?chosen family? ? like-minded individuals who can stand in for genetic family members and offer the emotional connection that healthy ?real? families provide.

Alter strives to make high-quality mental health care accessible to all adults ? whatever their background and wherever they come from ? by applying a modern approach that treats the whole person, not just their condition.

Alter views accurate diagnosis as a critical part of the treatment plan, perhaps the most vital. If the diagnosis is wrong, there?s a strong likelihood that the treatment that follows may also be wrong, and the condition will not be resolved. In order to begin with as accurate a diagnosis as possible, Alter?s treatment teams base their diagnoses on current findings in mental health science and combine medication with psychotherapy and other modalities as needed to provide the best outcomes. To ensure a precise diagnosis, teams meticulously assess a full range of symptoms and ensure no condition is overlooked or hastily diagnosed.

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 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.

Alter provides care in a serene residential facility that is designed to make patients comfortable, which makes them more open to treatment. Rather than the cold, sterile, often-harsh setting of traditional mental health facilities, Alter provides carefully curated outdoor areas, elegant indoor decoration and other amenities to create a warm, welcoming home away from home. 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.

It?s all part of Alter?s design as a sanctuary for exploring, treating and educating patients and their loved ones about their conditions. Each patient?s physical, psychological, social and educational needs are meticulously assessed, and therapy is designed to treat the patient holistically ? body and mind. Each treatment plan is personalized, reflecting Alter?s belief in the individuality of each person?s journey toward healing. Finding a space that is encouraging and lifts patients up during recovery is one of the reasons why so many past patients love Alter Mental Health in Mission Viejo.

Hayden felt that respect from the staff at Alter Mental Health, leaving with confidence in continued recovery and high praise for the team and the program they deliver, concluding, ?I would send my mom, grandma and anyone I care about to AMH with the confidence that they would be taken care of.?

For more information on mental health treatment availalbe at this facility, visit Alter Behavioral Health or call 888-513-2965.

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Alter Mental Health Mission Viejo

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