

Patient Recommends Alter Behavioral Health in Mission Viejo for Having Great Programs

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Mission Viejo, California ? Traditional therapy was just the start of the positive experience at Alter Behavioral Health for one patient who posted a five-star review of Alter?s program in Mission Viejo, California. She praised everything from the staff to the holistic therapies, recreational activities, and even the food.

?The staff are great, beginning with the intake process and the facility staff,? wrote the patient, Blanca. ?They?re nice, helpful and meet where you are at. There is collaboration in weekend outings, so it?s not where they want to take you, but where you want to go. Sound therapy, yoga, breath work, exercise and art therapy are great therapy. These outside individuals know how to work with everyone. Food is delicious too!?

Alter?s Mission Viejo facility is one of two residential programs operated in California by Alter Behavioral Health; it also offers inpatient care in Irvine, outpatient treatment in Laguna Beach, and crisis intervention in San Diego. All facilities share the common goal of making high-quality mental health care available to all residents of Orange County.

Alter uses accepted, clinically proven treatment strategies like cognitive behavioral therapy and medication management to help patients cope with primary mental health disorders such as anxiety, depression, bipolar disorder, schizophrenia, and borderline personality disorder. Treatment is customized for each patient, who works collaboratively with a team of therapists and clinicians to design the most effective plan.

At Alter, this means treatment must address both body and mind. Alternative approaches are used in conjunction with traditional treatment to learn to relax and open their minds to treatment. But holistic treatments like yoga, breath work, and sound therapy ? healing body and mind through music, tones, frequencies, and vibrations ? have long been accepted choices, even among traditional practitioners.

Each person?s plan focuses on six dimensions of wellness: emotional, psychological, social, physical, spiritual, and occupational. It?s the therapist?s job to help the client understand how tending each dimension in themself and others can help them to lead a more fulfilling life. As Blanca learned, Alter believes what happens outside treatment is as important as what the patient experiences during therapeutic sessions.

The physical surroundings are a critical part of that approach. Rather than drab, institutional settings, Alter provides comfortable accommodations and common areas that are thoughtfully designed to maximize patients? opportunities to move forward in their recovery journey. Interiors are elegantly decorated; bedrooms are well-lighted and include comfortable beds and accessible bathrooms. Because making human connections is so essential to recovery from mental illness, common areas are designed to draw patients together. Outdoor and indoor spaces enable conversation and relaxation. Balconies offer a stunning view of the local countryside, inspiring a positive frame of mind. Patients can watch TV together or just chat and get to know each other outside of therapy.

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.

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

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For more information about Alter Mental Health Mission Viejo, contact the company here:Alter Mental Health Mission Viejo(866) 994-311826100 Malaga Ln, Mission Viejo, CA 92692

Alter Mental Health Mission Viejo

Website: https://alterbehavioralhealth.com/locations/mission-viejo/

Phone: (866) 994-3118