

New Teletherapy Program From Moment of Clarity Enhances Access to Mental Health Treatment

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SANTA ANA, CA - September 29, 2025 -
Outpatient mental health services in Orange County continue to expand as providers work to increase access to flexible treatment models. Moment of Clarity?s Santa Ana location now offers teletherapy. Innovations like those by Moment of Clarity reflect this trend by providing structured programs and clinically recognized therapies that support individuals seeking care while they maintain their daily responsibilities.

The Santa Ana facility offers Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP), two models designed to provide different levels of care tailored to individual patient needs. IOP allows participants to attend therapy several times per week, combining individual sessions, group counseling, and practical skills training. This format is particularly suited for those who require ongoing support while balancing careers, academic commitments, or family life. PHP delivers a more intensive daily schedule with clinical oversight, serving as a transitional step between inpatient treatment and independent living.

A key component of the Santa Ana center is its use of evidence-based therapies. Eye Movement

Desensitization and Reprocessing (EMDR) is incorporated for patients working through trauma, consistent with recognition by leading psychiatric associations as an effective treatment for post-traumatic stress disorder. Cognitive Behavioral Therapy (CBT) is utilized to help patients identify and reframe harmful thought patterns, while Dialectical Behavior Therapy (DBT) teaches mindfulness, distress tolerance, and interpersonal effectiveness skills. Together, these approaches create individualized care plans designed to promote long-term stability.

The Santa Ana location also integrates ketamine therapy under medical supervision. While ketamine has historically been used as an anesthetic, its regulated use for treatment-resistant depression has gained acceptance in recent years, including FDA approval for esketamine nasal spray. Ketamine has been studied extensively in recent years for its potential role in treating certain mental health conditions. The U.S. Food and Drug Administration (FDA) approved esketamine, a ketamine-derived nasal spray, in 2019 for treatment-resistant depression when administered in conjunction with an oral antidepressant. Clinical guidelines emphasize that ketamine treatments should be delivered within controlled medical settings, where monitoring and follow-up care are available to ensure safety and effectiveness. At Moment of Clarity, ketamine therapy is incorporated within structured treatment plans, aligning with these regulatory standards and current research on its therapeutic use.

The facility serves a wide geographic area, reflecting the demand for outpatient care across Orange County. Families from Newport Beach, Irvine, and North Tustin frequently visit the Santa Ana location for its comprehensive range of therapeutic options. Residents of Tustin Ranch, Costa Mesa, and Fountain Valley often participate in IOP or PHP programs that allow them to maintain routines at home while receiving consistent support. Patients regularly report that the structured outpatient model provides meaningful support while allowing them to continue engaging in daily responsibilities. Many describe benefits from the balance of clinical care with flexibility, noting improvements in emotional regulation, coping strategies, and family relationships. Families often share that participation in therapy and education sessions strengthens home support systems, helping patients sustain progress after completing formal treatment.

Accessibility has been a defining factor in the Santa Ana facility?s reach. By offering outpatient services that do not require relocation or residential stays, the center allows individuals to remain connected to their communities while still receiving structured therapy. This practical approach reflects a growing preference for treatment models that combine evidence-based care with sustainability. The expansion of outpatient resources in Santa Ana also aligns with broader shifts in Southern California. Mental health providers across the region are emphasizing community-based solutions, increasing access for patients who may not require or be able to commit to full residential programs. These efforts reflect recognition that long-term outcomes often improve when individuals can integrate treatment into their daily lives. Nearby neighborhoods, such as Orange Park Acres, Villa Park, El Modena, and Eastside Costa Mesa, are also represented among patients, underscoring the center's accessibility to both central and surrounding communities.

By combining IOP, PHP, and therapies such as EMDR, CBT, DBT, and ketamine treatment under professional supervision, the Santa Ana location contributes to the evolving landscape of outpatient mental health care. Its role in serving diverse communities across Orange County underscores the importance of flexible, evidence-based options for individuals and families navigating mental health challenges.

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Moment of Clarity Santa Ana

Moment of Clarity in Santa Ana offers world-class mental health treatment. Whether struggling with depression, PTSD or eating disorders, our team of experts can help you feel and be better.

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