

Helping Teens in East County Cope with Stress



For some adolescents, the stresses of home, school and community can lead to a breakdown in communication and self-esteem, causing teens to act out or isolate themselves. Adolescents experiencing these problems need support, direction, treatment and compassionate care.

Sharp Mesa Vista Hospital's Adolescent Cognitive Intensive Outpatient Program is designed to meet the unique needs of teens in grades 7 through 12. This after-school program is held three evenings per week and includes group, individual and family therapy. The program provides a structured, caring and supportive environment for learning healthier ways of coping.

Therapy is confidential and provided by a team of professionals in partnership with the family and community. For more information call (619) 588-3828. Sharp Mesa Vista accepts most insurance plans.

SHARP Mesa Vista
Hospital



Sharp HealthCare