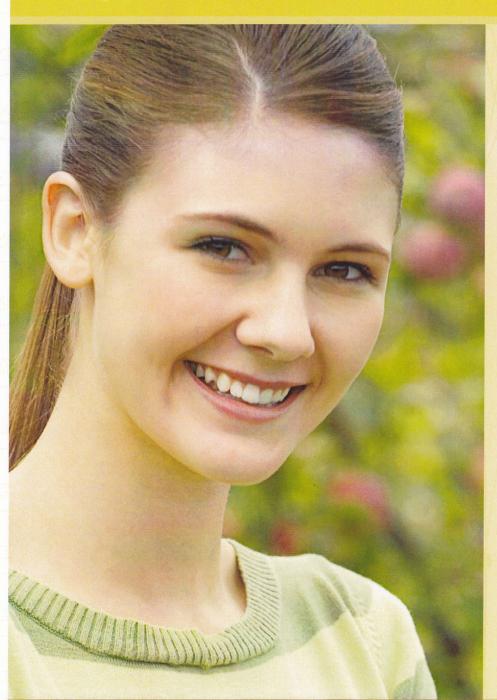
## Helping Teens in East County Cope with Stress



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 Visa Hospital's
Adolescent Cognitive Intensive
Outpatient Program is designed
to meet the unique needs of teens
in grades 7 through 12. This afterschool 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.



