

JUNE 2025 OUTPATIENT PROGRAM NEWSLETTER

SERVICES OFFERED AT ARBH:

- **Adult** – Partial Hospitalization Program (**PHP**)
- **Adult** – Intensive Outpatient Program (**IOP**)
- **Women's** – Intensive Outpatient Program (**WIOP**)
- **Adolescent** – Partial Hospitalization Program (**APHP**)
- **Adolescent** – Intensive Outpatient Program (**AIOP**)



Committed to compassionate behavioral health care in Orange County

Kickstart your path to healing:
Check out our Teen After School Wellness Program video on our website!



Aliso Ridge Behavioral Health celebrates Pride Month by providing gender-affirming mental health care tailored to the LGBTQIA+ community. Our specialized group therapy sessions offer a safe, confidential space for individuals to explore identities and address mental health challenges, facilitated by culturally competent clinicians. We focus on empowering individuals in their mental well-being journey within a diverse and affirming community.

Ready to Start Your Mental Health Journey?

Taking the first step toward prioritizing your mental well-being can feel daunting, but it's a profound act of self-care. Here at Aliso Ridge Behavioral Health, we believe this journey should feel supportive, empowering, and truly personal.

We're not about quick fixes or buzzwords; we're about creating a genuine space where you can explore, heal, and grow at your own pace. Our aim is to walk alongside you, offering understanding and professional guidance without judgment.

If you're considering taking that first step—or perhaps a new step—in your mental health journey, we invite you to connect with us. Let's explore together how we can support you in building a stronger, more resilient you.

IDENTIF-I Support Group LGBTQIA+

A safe, supportive space for LGBTQIA+ individuals (18+) and their loved ones in South Orange County to celebrate identities, share challenges, and foster community.

Every 1st Mon of each month:

6:00pm–7:00pm

Located at ARBH Outpatient

200 Freedom Ln, Aliso Viejo, CA 92656



IDENTIF-I Support Group LGBTQIA+

A support group for individuals and their loved ones identifying along the sexual orientation or gender spectrum. Open to ages 18+, it provides a safe space to celebrate identities, discuss daily challenges, and support the LGBTQIA+ community in South Orange County.

Every 1st Mon of each month
6:00pm–7:00pm
Located at ARBH Outpatient
200 Freedom Ln, Aliso Viejo, CA 92656

Discussion Topics Include:

- Identity exploration & self-acceptance
- Navigating healthy relationships
- Coping with discrimination
- Family dynamics & community support




OUTPATIENT TREATMENT PROGRAM MODALITIES

Teen Wellness	Young Adults	Women's Mental Health
Grief & Loss	Healthy Boundaries	Group Therapy
Cognitive Behavioral Therapy (CBT)	Dialectical Behavior Therapy (DBT)	Building Social Support

Program Highlight

SPEND THIS SUMMER CARING FOR YOUR MENTAL HEALTH

Joining a mental health PHP in the summer can be particularly beneficial for several reasons, especially for young adults, but also for adults with less rigid schedules:

- **Reduced Academic/Work Pressure:** For students, summer break often means a reprieve from the demanding schedules of school, homework, and extracurricular activities. This makes it easier to commit to the intensive daily schedule of a PHP without falling behind academically. Similarly, for adults, summer can sometimes offer more flexibility with work schedules or the opportunity to take a leave of absence more easily.
- **Structured Environment During Unstructured Time:** While summer can offer freedom, for many, the lack of structure can actually worsen mental health symptoms like loneliness, anxiety, and depression. A PHP provides a much-needed routine and purpose, helping to combat the potential pitfalls of unstructured time.
- **Opportunity for Deeper Healing:** With fewer external demands, individuals can fully immerse themselves in the therapeutic process, focusing on healing, skill development, and self-discovery without the added stress of daily obligations.
- **Building Skills for a Smooth Transition:** For young people, participating in a PHP during the summer allows them to build essential coping skills, strengthen emotional regulation, and improve communication before returning to the potential stressors of school in the fall. This can set them up for a more positive and successful academic year.
- **Prevention of Escalation:** For individuals whose mental health challenges tend to worsen in unstructured periods, summer treatment can prevent problems from escalating and lead to more serious issues.
- **Peer Support and Connection:** Many PHPs incorporate group therapy and activities that foster a sense of community and belonging. This can be especially valuable during the summer when social connections might otherwise be less consistent. The summer can provide a unique window of opportunity to engage in intensive mental health treatment, allowing individuals to focus on their well-being, develop lasting coping skills, and build a stronger foundation for their mental health without the competing demands of their usual routines.



Mon - Fri 9:00 am - 2:30 pm

Get the Support You Need

Call Aliso Ridge Behavioral Health for outpatient program details, referrals, admissions, or a free assessment.

(949) 900-8436

THERAPIST HIGHLIGHT

Stephanie Sorensen, LMFT

Stephanie provides treatment in Adult and Women's Outpatient Programs, with over 10 years of clinical experience in individual and group therapy. She specializes in Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Acceptance Commitment Therapy, and EMDR, helping clients with psychiatric issues like depression, anxiety, bipolar disorder, and psychosis. Her background includes working with children, adolescents, and young adults in various settings, including community mental health and universities. In her free time, she enjoys baseball games, Disneyland, concerts, and traveling.

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