



Mental Health & Substance Abuse Treatment for Teens



Clinical Leadership Team



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Medical Director, Northern CA



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Who We Treat

Adolescents 12 to 17 years old struggling with mental health, substance abuse and/or behavioral issues.

- Anxiety
- Depression
- Suicidality
- Psychosis
- Non-Suicidal Self-Injury (NSSI)
- Borderline Personality Disorder
- Substance Abuse / Dual Diagnosis
- Behavioral Disorders

Continuum of Care

Our admissions team is skilled in helping families and providers determine what level of care is appropriate for each teen.

- Residential Treatment Center (**RTC**)
- Partial Hospitalization Program (**PHP**)
- Intensive Outpatient Program (**IOP**)



Evolve Locations

Residential Treatment Centers (RTC)

Northern CA

- Lafayette
- Danville
- Walnut Creek
- Gilroy

Southern CA

- Agoura Hills
- Aura - Tarzana
- Vanalden – Tarzana
- Calabasas
- Ojai
- Woodland Hills
- Mount Helix

Partial Hospitalization (PHP) / Intensive Outpatient (IOP)

- Danville
- San Jose
- San Diego
- Virtual





Our Therapeutic Approach

- ✓ **Dialectical Behavioral Therapy (DBT)**
- ✓ **Cognitive Behavioral Therapy (CBT)**
- ✓ **Group Therapy** (Seeking Safety, Relapse Prevention, 12-step, SMART Recovery...etc)
- ✓ **Structural Family Therapy**
- ✓ **Experiential Therapy**
- ✓ **Dedicated Discharge Planning**



Dialectical Behavior Therapy at Evolve

DBT-Informed and Comprehensive DBT Programs for Teens

DBT-Informed Programs (all Northern California locations)

Evolve offers DBT-informed programming at all our locations and at all three levels of care (RTC, PHP and IOP).

Our DBT-informed programs provide a strong skills-training component, in conjunction with other evidence-based treatment modalities such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Seeking Safety, and others. The combination of therapeutic approaches in each treatment plan depends on the specific needs of the adolescent in treatment.

Comprehensive DBT Program - Evolve Tarzana (Vanalden)

Evolve Vanalden is a fully adherent Comprehensive DBT program. This location uses DBT as the main therapeutic modality and incorporates the four essential components of DBT. These include skills training, milieu-based skills coaching, DBT individual and family therapy, and weekly consultation teams.

All staff members receive ongoing training in DBT techniques specific to the Comprehensive DBT model. Our staff are available 24/7 for teens to receive in-the-moment, face-to-face skills coaching whenever they need it.





Evolve's Residential Model

At Evolve, our treatment team includes board-certified child and adolescent psychiatrists, a clinical program director, therapists, onsite nurses, and residential counselors.

- 6 clients per home
- 3:1 client to therapist caseload
- 24-hour support and supervision
- Length of stay 30-60 days
- All genders (LGBTQ+ affirming)
- Individual Therapy 3x weekly
- Family Therapy 2x weekly
- Psychiatric Consultation 1x weekly
- Group Therapy and Psychoeducation 4x daily
- School Time 2 hours daily (Monday – Friday)
- Ability to offer 1:1 patient monitoring if needed
- Onsite nursing





Experiential Therapy

We integrate an experiential approach with groups such as art, music, psychodrama, yoga, equine therapy, gardening and more.

We empower teens to discover what a life worth living can look like for them.





Evolve's Outpatient Model

Partial Hospitalization Program (PHP)

- Full day of programming, five days a week
- Each week, clients receive two individual therapy sessions, one family therapy session, and one psychiatry session, in addition to daily group sessions and academic support



Intensive Outpatient Program (IOP)

- Minimum of three hours of programming three to four days a week, depending on the needs of the teen and family
- Each week, teens receive one individual therapy session, one family therapy session, and one psychiatry session, in addition to daily group sessions





Parent / Family Participation

- 1 family therapy session weekly (parents & teen)
- 1 family therapy session (parents only)
- Weekly multifamily group (Outpatient Only)
- 2 weekly parent support groups offered
- Monthly parenting workshops





Insurance Accepted

In Network:



We work with most other private insurance companies on an out-of-network basis.

Each Treatment Team is skilled at utilizing CALOCUS assessment to advocate for medical necessity at each level of care.



Admissions & Intake

Admissions: 1-800-665-GROW

Fax: 424-252-1477

PHP/IOP:

Parent or guardian calls admissions to schedule an in person assessment for the client

RTC:

Evolve Admissions Coordinator completes a phone assessment with the clients guardian and gathers collateral material such as IEP's and previous assessments

Clinical Review/Approval for Admission to Evolve's program

Admissions team coordinates the intake with the family, current providers and Evolve clinical team