

Mission Harbor Behavioral Health, Now Serving Santa Barbara Community

Credentialed staff aims to elevate quality of mental health treatment in Santa Barbara

SANTA BARBARA, CA, USA, April 5, 2018 /EINPresswire.com/ -- [Mission Harbor Behavioral Health](#) is a premiere outpatient treatment facility serving the Greater Santa Barbara Area. The experienced

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*Melissa Flanigan, Psy.D,
Clinical Director*

staff offers multimodal approaches and the utmost quality of care for both men and women of all ages, with flexible treatment plans that cater to patient needs. Treatment programs offer help to those struggling with substance abuse, alcoholism, depression, trauma, co-occurring disorders process addictions, and an array of other mental and behavioral health issues.

Mission Harbor offers a full spectrum of care for Santa Barbara residents with a comprehensive and systematic approach to support diverse paths to recovery. They understand that every patient is unique and has their own

story, offering flexible programming that is best suited for each and every patient. The doctorate-level clinical leadership and licensed primary therapists commit themselves to patient recovery from the moment a patient walks in the door to the conclusion of the treatment plan, to a dedicated aftercare and alumni program. The extensive alumni program offers long-term, post-treatment support in substance monitoring, case-management, community building, career support, goal-setting and housing support, to list a few.

“At Mission Harbor, we address the individual and create a personalized treatment plan, enabling for optimal connection and effective resource-building,” says Melissa Flanigan, Psy.D, the Clinical Director at Mission Harbor. “I am committed to creating community in recovery, with special attention to supporting the bridge that connects all paths to recovery from life's biggest challenges. Our hometown of Santa Barbara holds the perfect promise for healing.”

Their programs range from levels of care and are covered by most insurance companies. Therapy types include but are not limited to cognitive therapy, mindfulness/meditation techniques, family therapy, trauma therapy, psychiatric evaluation, acceptance and commitment therapy and solution-focused therapy. Issues treated include, but are not limited to, substance abuse, ADHD, anger management, grief and loss, eating disorders, crisis management, mood disorders, sleep disorders and sexual disorders.

“Very few Santa Barbara families haven’t been hit by the tragedy of poor mental health and addiction,” says Sam Dekin, the Executive Director at Mission Harbor. “Our plan is to bring quality, well-rounded treatment to our native city. Treatment that utilizes the latest in neuroscience techniques while also fostering principles of authenticity and accountability.”

Mission Harbor believes that treating mental health starts with a simple conversation. Those who are

struggling, or know someone who is struggling, can reach admissions counselor for a free and 100% confidential assessment at 805-874-5922, seven days a week.

About Mission Harbor

Mission Harbor Behavioral Health is an outpatient mental health treatment facility based in Santa Barbara, CA. Their experienced staff is trained to offer the highest quality of care in a flexible outpatient environment. They offer custom treatment plans that are covered by most insurance policies. Get started and meet your team today to learn how you can start a better tomorrow at

<https://sbtreatment.com/>.

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