

# Mission Harbor Behavioral Health Launches Specialized Program for Adolescents

SANTA BARBARA, CA, USA, June 27, 2018 /EINPresswire.com/ -- Santa Barbara's [Mission Harbor Behavioral Health](#) launched a specialized program for individuals aged 13 to 18 that are dealing with mental health issues. The outpatient program will treat various illness combining 4 therapy models, whole-family therapy, parental courses, doctoral-level staff, and more.

Some of the [issues treated](#) during the intensive outpatient program are substance abuse, social anxiety, panic attacks, obsessive-compulsive disorder, depression, cutting, and more. Four types of therapies are utilized in the treatment process: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure With Response Prevention (ERP) and Acceptance and Commitment Therapy (ACT).



Mission Harbor staff at their Open House event. Back Row (left to right): Dr. Dustin Sanchez, Dr. Melissa Flanigan, Sam Dekin, Nancy Belknap, Mandi Matthews, Amanda Urban Front Row (left to right): Christina Kelley, Tina Brandt, Stephanie Dekin, Amyris Wi

“The purpose of an outpatient care setting is to interrupt a child’s self-destructive behavior patterns close to home, to avoid the need for residential treatment,” said Dr. Andrea Kulberg, Clinical Director of Adolescent Programs. “Let Mission Harbor provide your child with the safe, structured environment they need to learn new coping skills and find their way out of substance abuse, depression, or avoidance behaviors.”

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*Sam Dekin, Executive Director of Mission Health*

Where Mission Harbor Behavioral Health differentiates itself is in inviting parents and family members to join in the treatment and recovery process. During these special family sessions, the family system is changing with improved communication, boundaries, personal responsibility for behavior, and processing of family wounds. Whole-family therapy teaches everyone the roles they play, how to support one another, and that healing together is important.

With two designated weekly courses for parents, mothers and fathers will learn new and successful ways to take back the power in their home. Whether home life has been taken over by addiction,

severe anxiety, suicide gestures, or self-harm behaviors, parents will learn how to talk to their distressed child, and will participate in designing a behavior plan specific to their child's needs, to get their family back on track.

Every Tuesday, Mission Harbor hosts a free Parent Orientation from 5:30 pm to 6:30 pm. The group is open to the public and is hosted by Andrea Kulberg, PhD, Clinical Director of Adolescent Programs. Parents can get information about programs, speak with other parents, and learn how to take back the power in their home which has been hijacked by mental illness.

"Our staff offers insight, education, and the support necessary to bring harmony and balance back into those families that are suffering through substance abuse and mental health challenges," said Sam Dekin, Executive Director at Mission Harbor. "Obviously, it is necessary to inspire young men and women towards positive change, but we have seen firsthand that it is also necessary for the entire family to commit to change as well. We seek to restore order within the individual and the family."

For more information about the specialized Adolescent Program, Intensive-Outpatient Program options, Partial-Hospitalization Program options, and more, visit [www.sbtreatment.com](http://www.sbtreatment.com) or call 805-874-5922, seven days a week, for a free and 100% confidential assessment.

#### 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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