

Key Healthcare Incorporates Surf and Yoga Therapy in Teen Mental Health Treatment for Holistic Healing

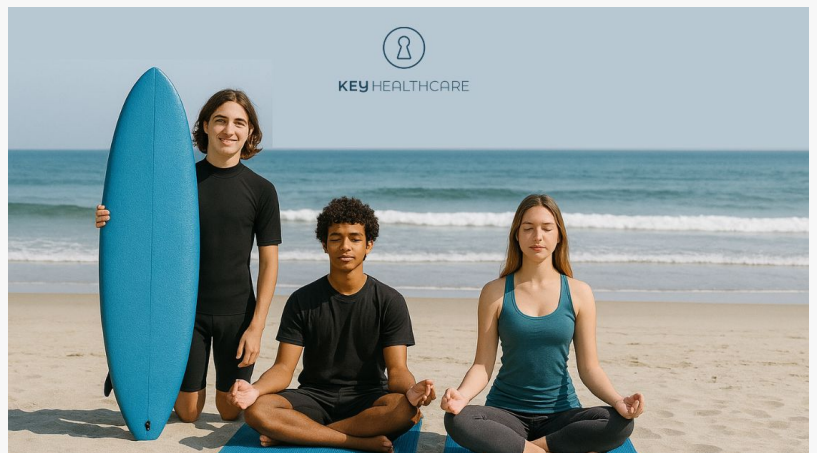
CA, UNITED STATES, April 12, 2025 /EINPresswire.com/ -- [Key Healthcare](#), a premier provider of adolescent mental health and substance abuse treatment in California, is making waves by incorporating surf and yoga therapy into its [California teen residential treatment](#) programs. This innovative approach leverages the therapeutic benefits of the ocean's rhythm and the grounding practices of yoga to assist teens in navigating the challenges of substance use and mental health issues. By riding the waves and engaging in mindful movement, adolescents can achieve balance, build resilience, and rediscover their sense of self on the path to healing.

Surf therapy has been recognized for its multifaceted benefits in mental health and substance abuse treatment. Engaging with the ocean allows teens to experience mindfulness, build resilience, and foster social connections. The physical demands of surfing promote overall fitness, while the act of riding waves encourages presence and focus, aiding in stress reduction. Additionally, the communal aspect of surf therapy helps adolescents develop communication skills and a sense of camaraderie with peers facing similar challenges.



KEY HEALTHCARE

Key Healthcare logo representing a leading teen mental health and substance abuse treatment center in Los Angeles. The keyhole icon embodies access to healing, transformation, and recovery for adolescents.



Key Healthcare integrates yoga and surf therapy into its teen mental health treatment programs in Los Angeles. These experiential therapies support emotional regulation, confidence-building, and holistic healing.

Complementing surf therapy, yoga offers a practice that unites physical movement with mental clarity. Through various poses and breathing techniques, yoga enhances flexibility, strength, and balance. More importantly, it cultivates mindfulness and emotional regulation, empowering teens to manage cravings and navigate the complexities of recovery with greater ease.

A study published in *Psychology of Sport and Exercise* evaluated a six-week surf therapy program for Australian youths aged 8-18 seeking mental health support. Participants reported short-term reductions in depression, anxiety, emotional problems, and overall difficulties. However, these improvements were not sustained six weeks post-intervention, indicating the need for ongoing support or longer-term programs.

By integrating these therapies, Key Healthcare underscores its commitment to treating the whole person, not just the symptoms of mental health issues or substance use. The inclusion of surf and yoga therapy aligns with the center's mission to provide innovative, evidence-based treatments that address the diverse needs of adolescents on their path to recovery.

For more information about Key Healthcare's programs and the integration of surf and yoga therapy, please visit Key Healthcare's website.

Ryan Blivas

Key Healthcare

+1 855-620-5606

info@keyhealthcare.com

Visit us on social media:

[Facebook](#)

[Instagram](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/802609129>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.