

Santa Clarita Behavioral Health Offers Comprehensive Trauma Treatment in the Santa Clarita Valley

Valencia-Based Behavioral Health Center Provides Structured PHP and IOP Care for Complex Trauma and PTSD to Santa Clarita Valley Residents

SANTA CLARITA, CA, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- Santa Clarita Behavioral Health, a Joint Commission-accredited outpatient behavioral health center located in Valencia, California, is offering structured, evidence-based [complex trauma treatment](#) through both Partial Hospitalization and Intensive Outpatient programs. The facility serves Santa Clarita Valley residents whose past experiences continue to affect their emotions, relationships, and daily functioning, providing a high level of clinical care close to home without the commute to Los Angeles.



Santa Clarita Behavioral Health Logo

Complex trauma develops from repeated traumatic experiences that overlap over months or years, and it typically requires more intensive treatment than standard weekly therapy can provide. Yet structured, trauma-focused outpatient programming remains difficult to find in many communities. Santa Clarita Behavioral Health was founded specifically to address that gap in the Santa Clarita Valley, with founders who bring lived experience with behavioral health challenges to a clinical model rooted in both personal understanding and evidence-based care.

The clinical model integrates trauma-focused CBT, ACT, DBT, EMDR, somatic experiencing, psychodynamic therapy, and mindfulness techniques with medication management and holistic services including yoga, breathwork, art therapy, and narrative therapy. Care is delivered through the facility's [Partial Hospitalization Program \(PHP\)](#), which provides intensive daily structure, and

its [Intensive Outpatient Program \(IOP\)](#), which offers consistent support for those stepping down from PHP or managing symptoms alongside work and daily responsibilities. Both programs are available in-person in Valencia and virtually throughout California, with morning, afternoon, and evening scheduling options.

With over 1,500 clients served and a 2:1 client-to-staff ratio, Santa Clarita Behavioral Health has established a strong track record in the region. The facility is in-network with most major insurance plans and offers same-day admission.

About Santa Clarita Behavioral Health

Santa Clarita Behavioral Health is a Joint Commission-accredited outpatient behavioral health center located at 23838 Valencia Blvd, Suite 200, Valencia, CA 91355. The facility offers PHP, IOP, and alumni programming for adults managing mental health conditions, eating disorders, addiction, and co-occurring disorders, with virtual treatment options available throughout California.

Santa Clarita Behavioral Health is in-network with most major insurance plans, including Aetna, Anthem, Beacon Health Options, Blue Cross Blue Shield, Blue Shield of California, Caredon Behavioral Health, Cigna, ComPsych, Health Net, Kaiser Permanente, Magellan Health, Managed Health Network (MHN), Motion Picture Industry Health Plan (MPI), Optum, SAG-AFTRA Health Plan, Tricare, TriWest, UMR, and UnitedHealthcare, and offers same-day admission. The facility continues to expand its services and clinical team in response to growing demand across the Santa Clarita Valley and surrounding communities. To learn more or verify insurance, visit santaclaritabehavioralhealth.com.

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