

LIFESCAPE RECOVERY HIGHLIGHTS OUTPATIENT ANXIETY TREATMENT IN LOS ANGELES

Outpatient Mental Health Center Points to PHP and IOP Anxiety Care as Most Adults With Anxiety Disorders Still Go Untreated

LOS ANGELES, CA, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Lifescape Recovery, a top-rated outpatient mental health and addiction treatment center in Los Angeles, is putting a spotlight on its [anxiety treatment for adults in Los Angeles](#), Hollywood, Los Feliz, and the surrounding areas. Anxiety is one of the most common reasons people contact the facility, and it is also one of the conditions people tend to manage on their own the longest before asking anyone for help.

Anxiety disorders are the most common mental health conditions in the United States. According to the National Institute of Mental Health, generalized anxiety disorder affects roughly 6.8 million American adults, about 3.1 percent of the population, and fewer than half of them receive treatment. Social anxiety disorder affects an estimated 15 million adults, and research from the Anxiety and Depression Association of America has found that many people live with symptoms for years before seeing a clinician. Part of the problem is the gap in between: weekly talk therapy is not always enough, and inpatient admission is more than most people need or can realistically do.

Lifescape treats anxiety in that middle space. Care is delivered through the facility's [Intensive Outpatient Program](#) (IOP) and its Partial Hospitalization Program (PHP), both built around individualized treatment plans rather than a fixed curriculum. Clinicians use Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, individual psychotherapy, group counseling, and medication management when it is appropriate. The approach is trauma-informed and focused on identifying what is driving the anxiety, not just quieting the symptoms. Lifescape maintains a 1-to-1 client-to-staff ratio.

Scheduling is a real barrier for working adults, so the programs are designed to bend around daily life. IOP typically runs three hours per day, three to five days per week. PHP runs six hours per day, on a five day schedule . Morning, afternoon, and evening options are available. Clients can attend in person at the Los Angeles facility or receive the same programming by telehealth anywhere in California.

Anxiety also rarely shows up by itself. It frequently occurs alongside depression, trauma, obsessive compulsive disorder, and substance use, and Lifescape treats those co-occurring conditions inside the same treatment plan instead of sending clients elsewhere for the second diagnosis.

The facility holds more than 100 five-star Google reviews and is certified by the California Department of Health Care Services. Treatment is covered by most major insurance plans, including Aetna, Blue Shield of California, Blue Cross Blue Shield, Caredon, Cigna, Health Net, Kaiser Permanente, Optum, Tricare, TriWest, and United Healthcare. Same-day insurance verification and same-day admission are available, and the intake team is reachable 24/7. More detail on getting started is available through Lifescape's [admissions process](#).

About Lifescape Recovery

Lifescape Recovery is an outpatient mental health and addiction treatment center located at 1212 North Vermont Avenue, Los Angeles, CA 90029. The facility offers PHP, IOP, and alumni programming for adults managing mental health conditions, addiction, and co-occurring disorders, with both in-person and telehealth options available throughout California.

Andrew Broz
Lifescape Recovery
+1 310-916-6268
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/936992883>

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.

© 1995-2026 Newsmatics Inc. All Right Reserved.