

Del Rae Behavioral Health Hosts Open House for San Diego Healthcare Professionals and Community Partners

Sorrento Valley Facility Showcased PHP, IOP, Supportive Housing, TMS, Brain Mapping, and Holistic Treatment Services

SAN DIEGO, CA, UNITED STATES, September 2, 2026 /EINPresswire.com/ -- Del Rae Behavioral Health hosted an open house at its Sorrento Valley facility on Friday, August 14, welcoming healthcare professionals, community partners, and referral sources for a three-hour introduction to the center's mental health programming. The event ran from 11 a.m. to 2 p.m. at 6170 Cornerstone Court E and featured facility tours, conversations with the clinical team, and light refreshments.

Attendees were introduced to the center's full continuum of care, including its Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), supportive housing, brain mapping, Transcranial Magnetic Stimulation (TMS), and [holistic treatment](#) approaches. The open house was structured to give referring clinicians and community organizations a direct look at the treatment environment and the clinical team responsible for day-to-day care, rather than a brochure-level overview.

Del Rae Behavioral Health's [outpatient treatment program](#) integrates Cognitive Behavioral



Group photo - Del Rae Open House



Food - Del Rae Open House

Therapy, Dialectical Behavior Therapy, EMDR, and Acceptance and Commitment Therapy with individual and group therapy. Brain mapping is used to inform individualized treatment planning, and TMS is available for clients whose [depression](#) has not responded to conventional approaches. Programming is offered in morning and afternoon tracks, allowing clients to maintain work, school, and family commitments while in treatment.

The facility also demonstrated its holistic treatment offerings, which run alongside clinical programming and include yoga, sound healing, Pilates, personal training, gym access, and sleep studies. This whole-person model reflects the center's relationship-centered philosophy, which emphasizes trust and emotional safety as the foundation for clinical progress and rejects a one-size-fits-all approach to treatment.

Del Rae Behavioral Health treats anxiety, depression, bipolar disorder, OCD, mood disorders, personality disorders, PTSD, and trauma, and maintains specialized programming for college students. The center is in-network with Aetna, Blue Cross Blue Shield, Beacon Health Options, Cigna, Multiplan, and Value Options, and offers gender-specific and co-ed tracks along with aftercare and alumni support.

About Del Rae Behavioral Health

Del Rae Behavioral Health is a mental health treatment center located at 6170 Cornerstone Court E, Suite 300, San Diego, CA 92121, licensed by the State of California Department of Health Care Services. The facility offers PHP, IOP, outpatient treatment, supportive housing, TMS, brain mapping, and holistic programming for adults managing mental health conditions across San



Founder speech - Del Rae Open House



Facility - Del Rae Open House

Diego County. For more information, call (619) 853-3001.

Monica Persons
Del Rae Behavioral Health
+1 619-227-9731

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/939160687>

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.