



CHOC CHILDREN'S HOSPITAL

MENTAL HEALTH

HealthisHealth

INTENSIVE OUTPATIENT PROGRAM

CHOC offers teenagers experiencing symptoms of a mental health condition, a new source of a hope in a validating, supportive environment staffed by experts in adolescent mental health. **The ASPIRE® (After School Program Interventions and Resiliency Education) Intensive Outpatient Program** at CHOC Children's Hospital brings solutions to teens and their families who show moderate to severe symptoms of anxiety, depression, or other mental health problems.

High school aged participants attend after-school programming for three hours a day, four days a week in sessions that span eight weeks total.

Get more information about the
CHOC ASPIRE® Intensive Outpatient Program at
www.choc.org/mentalhealth



CHOC.ORG