



RIVERCREST HOSPITAL

Teen Outpatient Program

3 days per week, 3 hours a day

Teenagers can begin to heal from mental illness in a structured, caring, and supportive environment. Group session topics include handling stress, anxiety, and anger, dealing with bullying, building self-esteem, developing healthy coping, problem solving, goal setting skills, and much more.

Day Program

3 days per week or 5 days per week

Our day program benefits adults experiencing difficulty with stress, anxiety, grief and loss, life transitions, depression, bipolar disorder, and co-occurring substance use. This intensive mental health treatment allows patients to return home each day and maintain important family and community relationships.