

Program Philosophy

**The purpose of our
Outpatient Programs are to:**

- Assist each individual in learning effective ways to manage and care for oneself while living with mental health or substance use issues.
- Reduce or stabilize symptoms while still living at home and among family.
- Psychoeducational services for individuals, their family and persons of support.
- Skill building group exercises in a safe, therapeutic setting.
- Learn techniques to assist with anticipating and managing symptoms.
- Interact with others who have similar concerns and struggles.

With two levels of Outpatient Programs available, we work closely with you to determine what is best for you and your specific circumstances. Our team partners with you to receive treatment while maintaining an independent lifestyle as our goal is to assist you in getting back to living your life with greater insight and adjustment.



Stepping Stones

**We accept most
insurance**

**5201 White Lane
Bakersfield, California
93309**

P (661) 241-5507

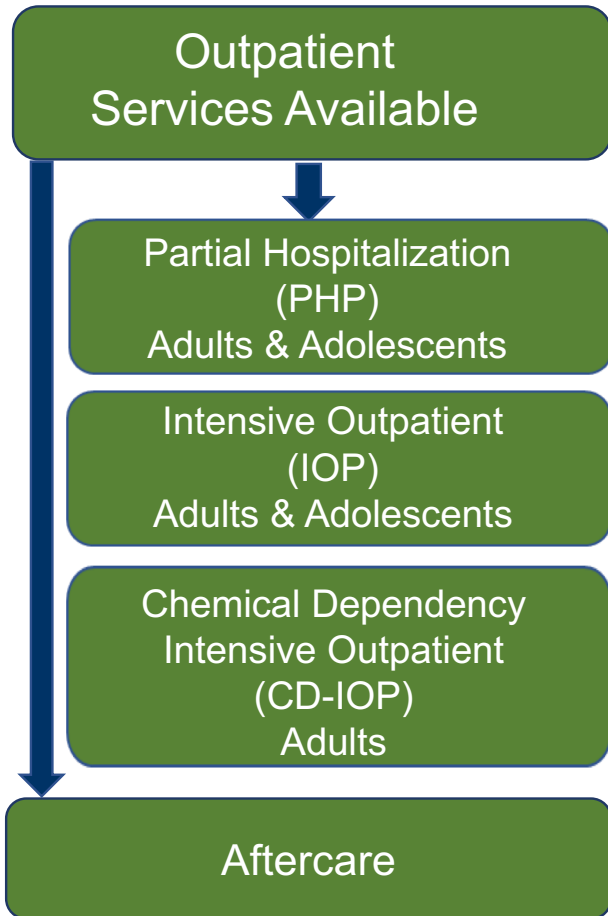
F (661) 241-5587

www.bakersfieldbehavioral.com

**Adult & Adolescent
Outpatient Services**

**Behavioral Health, Dual
Diagnosis, & Chemical
Dependency**

 **Bakersfield Behavioral**
HEALTHCARE HOSPITAL



**At Stepping Stones,
your path to
wellness includes:**

- Individualized Treatment Planning
- Psychiatric Assessments and Treatment
- Therapeutic Group Sessions
- Family Group Education
- Physician Oversight
- Medication Management
- Discharge Planning
- Referrals to Community Resources



**Our holistic approach to
treating the entire person
may include:**

- Therapeutic Sessions Including Music and Expressive Arts
- Movement and Mindfulness
- Meditation and Yoga
- Pet Therapy

- Transportation provided when available, for all services.
- Meals and/or snacks provided for all services.
- Homework time included during adolescent services.
- Morning and evening sessions available for most services.

For more information please call

661-241-5507

