



Resilience Treatment Center is a primary mental health treatment facility offering integrative psychiatric and psychological services for clients that suffer from a broad range of psychological disorders. Our program is designed to widen personal horizons, cultivate compassionate awareness, increase self-efficacy, foster healthy relationship, and build emotional resilience. We take great pride in empowering our clients to create fulfilling, purposeful lives and vibrant communities.



### Who We Treat

Individuals with the following mental health issues:

- Mood Disorders, including Depressive Disorders, Bipolar Disorders, Schizoaffective Disorders
- Anxiety Disorders, including Obsessive-Compulsive Disorder [OCD] and Post-Traumatic Stress Disorder [PTSD]
- Personality Disorders, including Borderline Personality Disorder



### How We Treat

Our therapeutic approach:

- Dialectical-Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Evidence Based Treatment
- Trauma Focused Treatment
- Client Centered Care
- Holistic Methodology
- Medication Management
- Mindfulness



### What We Offer

Residential, PHP & IOP treatment:

- Individualized treatment plans tailored to clients' needs
- Psychiatry and Nursing Services
- Multiple individual weekly sessions
- Weekly individual family sessions
- Multiple weekly individual DBT therapy sessions
- Weekly individual life skills/case management session
- More than 15 hours of weekly group therapy

Process Group ♦ Music Therapy ♦ Psychodrama  
♦ Hardwiring Happiness ♦ DBT Skills ♦ Seeking Safety  
♦ Trauma Resiliency ♦ Healthy Relationships ♦ Art  
Therapy ♦ Family Systems ♦ Self-Esteem & Coping  
Skills ♦ Personal Development ♦ Embodied Self  
♦ Goals Setting & Commitments ♦ Managing Anxiety  
♦ Yoga and Fitness



### The Cost of Treatment

Insurance and private pay

With an in-house Utilization Review and Billing Department, we are in network with several providers and we work with most out of network plans. We accept both PPO and HMO insurance. Please contact our Admissions Department for insurance verification and to schedule an assessment.

800 • 693 • 9100