

ASPIRE at Hoag

ASPIRE at Hoag is designed to help young people experiencing emotional and neurobehavioral problems, including depression, anxiety, trauma, grief and other symptoms related to mental health issues.

ASPIRE (After-School Program: Interventions and Resiliency Education) promotes emotional wellness through a holistic approach, encouraging participation and education for teens and their families. **ASPIRE** provides a structured, supportive environment that will instill healthy behaviors and teach teens how to manage their emotions and interpersonal relationships. The program offers uniquely structured treatment for adolescents with mental health conditions by providing:

- **After-school structure:** **ASPIRE** provides structure and training after school hours – a time during which daily stresses and lack of supervision make young people especially prone to making poor choices.
- **Focus on hope, not mental illness:** The focus of the program is to offer solutions, provide hope and create a positive learning environment.
- **Development of life skills:** Utilizing dialectical behavioral therapy techniques, **ASPIRE** engages the youth and their families in individual, group and family therapy sessions. Program activities are designed to teach practical coping strategies and allow participants to practice what they've learned in a supportive environment.

Treatment with **ASPIRE** at Hoag is provided four afternoons per week for eight consecutive weeks.

To learn more visit [Hoag.org/ASPIRE](https://www.hoag.org/ASPIRE), or to enroll your teen in the program call 888-535-9524.