



**After-hours
scheduling and
help line:
602.254.4357**

No referral
necessary.

Call for more
information or to
schedule a free
intake assessment
with a therapist.

Most major
insurance is
accepted.

Banner Behavioral Health Adolescent Substance Abuse & Mental Health

Teenagers face unique pressures and exposures that can take a toll on their mental health and well-being. For those who need support but do not require hospitalization, Banner Behavioral Health operates an adolescent intensive outpatient program (IOP) to help them to take charge of their mental health and well-being. Whether dealing with chemical dependency and substance abuse such as the use of alcohol, tobacco or drugs or struggling with harmful thoughts, behaviors and habits, this customized program provides participants with professional and peer support.

Open to individuals ages 13-17, this holistic group-based three-hour therapy session meets three times per week for a total of nine hours each week. It uses evidence-based techniques such as motivational interviewing, cognitive behavioral therapy, dialectical behavioral therapy and more. Through intentional thought, behavior and lifestyle changes, participants learn to cope with everyday pressures and harmful temptations. In turn, they become better equipped to maintain healthy habits and interactions with their families, peers and others. To help reinforce these skills, family therapy is provided on a weekly basis, helping parents/guardians better understand how to support their teen.

Mental Health IOP (MH) – support for those who need to process and work through depression, anxiety, grief, relationship struggles and more. The group focuses on teaching mindfulness and emotion regulation to help restore balance and harmony in one's life.

Chemical Dependency (CD) – professional assistance with substance abuse issues using such practices as motivational interviewing, cognitive behavioral therapy and rational emotive behavior therapy. The group focuses on teaching the skills and techniques necessary to restore order and regain control of one's life.

Location & Meeting Times

Banner Del E. Webb Medical Center

14502 W. Meeker Blvd., 1st Floor, Sun City West, AZ 85375

Information: 623.254.3454 | Scheduling: 602.254.4357

Monday, Wednesday & Thursday 5 – 8 p.m.