



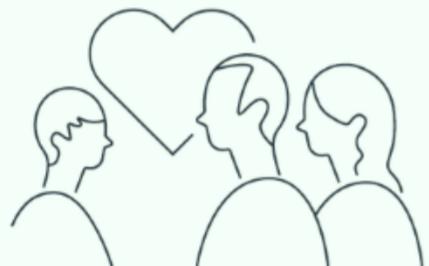
charlie health

PERSONALIZED TREATMENT PROGRAMS FOR TEENS, YOUNG ADULTS, AND FAMILIES

Intensive Outpatient (IOP)

INTENSIVE OUTPATIENT THERAPY (IOP)

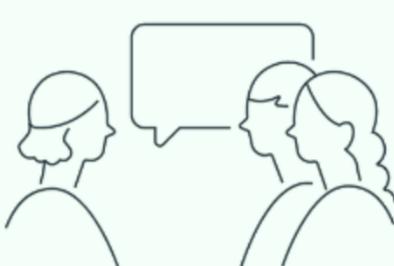
Family Therapy



Family involvement is a critical component of the healing process.

- 1-2 hours / week

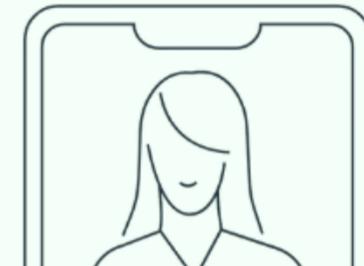
Group Therapy



Connect with peers who are navigating similar challenges to build community.

- 9 hours / week

Individual Therapy



Individualized support with a primary therapist who specializes in your unique needs.

- 1 hour / week



Licensed, masters-level clinicians



Video-based, accessible sessions



Flexible, after school / work scheduling



Skills-based & creative arts therapy



Highly curated group therapy



Free Support Groups



"Choosing to take a step in your healing journey is never easy and I'm here to support you. It's okay that this is hard, and uncertain - you are not alone. Let's start with a phone call or email, and we'll map out the next steps together."

Jessie Comfort

Clinical Outreach Manager

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[Call: \(406\) 400-HEAL](tel:(406)400-HEAL)
[Visit: www.charliehealth.com](http://www.charliehealth.com)





CURATED IOP GROUPS AND SPECIALIZED TREATMENT FOR TEENS AND YOUNG ADULTS.

Charlie Health matches each client to a group based on age, maturity, and experiences to ensure a safe, supportive, and affirmative space for healing.

TREATMENT MODALITIES CURATED GROUPS

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Art Therapy
- Music Therapy
- Dance & Movement Therapy
- Yoga, Mindfulness & Meditation
- Eye Movement Desensitization and Processing (EMDR)
- Peer & Parent Support Groups
- Attachment Based Family Therapy (ABFT)
- Motivational Interviewing (MI)
- Drama Therapy
- Spirituality
- and more!

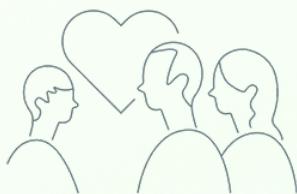
- Bullying and Cyber Bullying
- Social Isolation
- PTSD
- Female Identifying Trauma
- Depression
- Anxiety
- LGBTQIA+ DBT
- LGBTQAI+ Advocacy
- Military Families
- Gender Dysphoria
- Split Second Decision Making
- Substance Use- Active Recovery
- Substance Use- Contemplating Change
- Healthy Relationships
- Body Image, Gender Specific
- and more!

We are constantly collaborating with communities and local providers to create the most effective groups. Let us know what your community needs!

Programas de tratamiento personalizados para adolescentes, adultos jóvenes, y familias

Programa Ambulatorio Intensivo Virtual

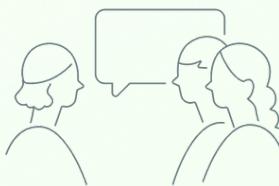
Terapia Familiar



La participación de la familia es fundamental del proceso de recuperación

- 1-2 horas por semana

Terapia Grupal



Conectarse con compañeros que están navegando desafíos similares

- 9 horas por semana

Terapia Individual



Apoyo individualizado con un terapeuta primario que se especializa en sus necesidades únicas

- 1 hora por semana

- | | |
|--|--|
| <input checked="" type="checkbox"/> Terapeutas con licencia y a nivel de maestría | <input checked="" type="checkbox"/> Basado en habilidades y terapia de artes creativas |
| <input checked="" type="checkbox"/> Sesiones de accesos a través de vídeo | <input checked="" type="checkbox"/> Grupos seleccionados con compañeros de ideas similares |
| <input checked="" type="checkbox"/> Horario flexible, después del colegio o el trabajo | <input checked="" type="checkbox"/> Grupos semanales gratuitos de apoyo a los padres |



"Pedir ayuda requiere coraje, y tu recuperación puede comenzar con una llamada. ¡No está solo, estoy aquí para apoyarse! Está bien en no estar bien."

**– Jessie Comfort
Gerente de Divulgación Clínica**

Llama: (214) 380-3411

Visite: www.charliehealth.com