



Adolescent Programs



Our adolescent programs treat mental health concerns including depression, anxiety and other emotional challenges.

Inpatient Treatment - The Discovery Program is for youth ages 11 to 17 and focuses on assessment and stabilization.

We provide 24-hour care and take a holistic approach to treatment that includes:

- Group therapy
- Experiential therapy
- Medication management
- Relapse prevention
- Yoga
- Psychosocial education
- Family meetings
- Discharge planning

The multidisciplinary team of psychiatrists, nurse managers, nurses, social workers/therapists, experiential therapists, and behavioral health advocates work together to give your child his or her best chance for recovery.



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Outpatient Programs - Our outpatient programs focus on supporting clients as they progress toward wellness. The emphasis is on emotional regulation, relational dynamics and building resiliency.

Summit is our **Partial Hospitalization Program (PHP)** designed for adolescents ages 11 to 17. Program components include medication monitoring, evidence-based group therapy, weekly family meetings and collaboration with schools and outpatient providers. The program meets 5 days a week for 6 hours each day. We offer a lodging option to accommodate patients.

Altitude is our **Intensive Outpatient Program (IOP)** for adolescents ages 11 to 17 designed as a more structured level of care offering nine hours of therapy per week. Treatment includes evidence-based group therapy, family involvement and collaboration with schools and outpatient providers. The program meets 3 days a week for 3 hours each day.



If your child needs help, we are here
24 hours a day, 7 days a week.
Call 720-348-2805.

YOUR JOURNEY TO WELLNESS STARTS HERE

Highlands Behavioral Health System
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Littleton, CO 80130
720-348-2800
highlandsbhs.com



Physicians are on the medical staff of Highlands Behavioral Health System, but, with limited exceptions, are independent practitioners who are not employees or agents of Highlands Behavioral Health System. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations, and the nondiscrimination notice, visit our website. 211972-3117 12/21