

THANK YOU FOR SUPPORTING MENTAL HEALTH CARE AT CHOC CHILDREN'S



RECENTLY, AMAZING THINGS HAVE HAPPENED IN THE
MENTAL HEALTH INITIATIVE BECAUSE OF SUPPORT LIKE YOURS.

TOGETHER, WE...



HELPED FAMILIES GET THE CARE THEY NEED

Since the opening of the mental health inpatient center in April 2018, we have helped hundreds of young patients and their families understand and cope with mental health challenges. The center continues to operate at its 18-bed capacity, offering vital care to patients who otherwise would have no access to a local inpatient facility.



LAUNCHED AN AFTER-SCHOOL SUPPORT PROGRAM

The ASPIRE Intensive Outpatient Program is an eight-week intervention that helps teens avoid a psychiatric hospitalization or readmission. Our first group of teens has graduated from the course, receiving personal guidance to develop positive mental health strategies.



EXTENDED CARE TO THE COMMUNITY

We are now serving families in our co-occurring and young child clinics. The co-occurring clinic focuses on children and teens who have mental health challenges in addition to other illnesses or disabilities. The young child clinic serves children three to eight years old who are experiencing behavioral and emotional challenges, mental health concerns or school readiness issues. By establishing these outpatient services, we are creating best practices that will affect the way mental health is treated.



YOU HELP CHANGE LIVES

A young patient with major depressive disorder attended a child life session in our inpatient center, where they learned about mindfulness through watercolor painting. The patient, who originally struggled to verbally communicate their personal challenges, found it easy to tell the child life specialist about their thoughts and emotions by discussing the meaning behind their painting.

Because of art therapy, this patient was able to better express themselves and connect with their care team, giving them valuable communication skills and lasting confidence.