



Counseling Services - Adolescents

Adolescence is an emotionally tumultuous time when a young adult is dealing with several age-related adjustments. AspenPointe Counseling offers both individual and group therapy for youth struggling with behavioral disorders, anxiety and/or depression.

Overview:

More than 14 million children and adolescents in the United States, or 1 in 5, have a diagnosable mental health disorder that requires intervention or monitoring and interferes with daily functioning.

Adolescence is an emotionally tumultuous time when a young adult must deal with increased social and academic pressure, hormonal and bodily changes, and/or sexuality and identity issues.

Adolescents often exhibit behavioral changes that include rebellion against parents and other authority figures, experimentation with sex and drugs, and/or withdrawal from family and friends. A teenager that appears to be depressed or anxious should be evaluated and treated as in any other phase of life.

We offer specialized therapy for this age group. We use clinical proven JV DBT (Dialectical Behavioral Therapy) to balance acceptance and change and focus on active problem solving skills.

Eligibility Criteria:

Children ages 11 to 18 years old.

Insurance(s) Accepted:

Self-pay and most private insurances including: UBH/UH, Aetna, Humana, Cigna, Blue Cross, Blue Shield and TRICARE.

Hours:

Monday-Friday, 8 a.m. to 6 p.m. Evening and weekend appointments available upon request.

Support Line: Call (719) 572-6100