



CAMINO A CASA[®]
BY
CASA PACIFICA
The Way Home

**Intensive Outpatient
Care for Teens:**
Empowering Growth,
Strengthening Families

CAMINO A CASA'S INTENSIVE OUTPATIENT PROGRAM (IOP)

Specialized Care for Teens, Ages 12-17

Camino a Casa's Intensive Outpatient Program (IOP) provides focused, comprehensive mental health support for teens aged 12-17 whose challenges disrupt their daily lives.

Designed to fit seamlessly alongside school and family routines, our program helps teens develop healthy coping strategies, improve communication and build a foundation for lasting success—all while maintaining the stability of their everyday environment.

TUESDAY-THURSDAY, 3:30 PM-6:30 PM
2615 S. MILLER ST., SUITE 107
SANTA MARIA, 93455

Who We Help:

Our IOP is ideal for teens who are:

- Managing mental health issues like anxiety, depression, bipolar disorder, suicidality, or self-harm.
- Struggling at home or school but do not require hospitalization.
- Transitioning from a hospital or residential care setting and need ongoing, structured support.
- Seeking to prevent the need for hospitalization.

Our IOP Offers:

- Dialectical Behavior Therapy (DBT) groups to build resilience and healthy coping skills.
- Weekly family therapy led by experienced clinicians to improve communication and relationships.
- Experiential therapies that enhance emotional growth and social skills.
- Coordination with referring behavioral and medical providers for seamless care integration.

Program Benefits:

- **Flexible Treatment:** Teens participate in therapeutic activities while maintaining school and extracurricular commitments, ensuring continuity in their daily lives.
- **Peer Support:** Group therapy fosters connection, reduces isolation, and provides a safe space for sharing and learning.
- **Family Involvement:** Family therapy sessions strengthen relationships and support the recovery process.

How to Refer:

Camino a Casa is in-network with most commercial insurance plans including Medi-Cal in Santa Barbara County.

Contact our Admissions Team to learn more:
805-366-4000 or admissions@casapacifica.org

"Our child found calm and support during a critical time, and we are incredibly thankful for this program. While we hope we won't need it again, it's comforting to know it's available if we do. I deeply appreciate the Camino a Casa staff member who met with us at the hospital when we felt out of options. They took the time to understand our needs and guide us toward resources, including the IOP." - Parent of a Client





Santa Maria Office
Offering IOP, IHBHS
2615 S. Miller St., Ste. 107
Santa Maria, CA 93455

Camarillo Headquarters
Offering RTC, PHP, IOP
1722 S. Lewis Rd.
Camarillo, CA 93012

Camarillo Office
Offering IHBHS
751 E. Daily Dr., Ste. 320
Camarillo, CA 93010



caminoacasa.org