



Mental Health and Addiction **Treatment for Teens**



Our **Philosophy**

Evolve Treatment Centers offer solution-focused, evidence-based programs which help teens envision and create a life worth living.



Grow With Us

Our goal is for teens to leave Evolve with the tools to live in balance with themselves, their families, and the world.

1-800-665-GROW

www.evolutetreatment.com



The background of the page is a close-up photograph of several white plastic paint containers. One container in the foreground is filled with bright yellow paint, and a paintbrush is partially submerged in it. To the left, another container holds blue paint. The paintbrushes have colorful paint on their bristles, suggesting recent use. The overall scene is artistic and creative.

Our **Programs**



Residential Treatment Center (RTC)

Evolve RTC supports teens who need 24/7 care and supervision for mental health, addiction or behavioral issues.



Partial Hospitalization Program (PHP)

Evolve PHP supports teens who live at home but struggle to maintain balance due to mental health, addiction or behavioral issues.



Intensive Outpatient Program (IOP)

Evolve IOP supports teens who live at home and attend school but need additional support for mental health, addiction or behavioral issues.



Alumni and Post-Treatment

Evolve provides a detailed transition plan to support and sustain teens in the months and years following discharge.



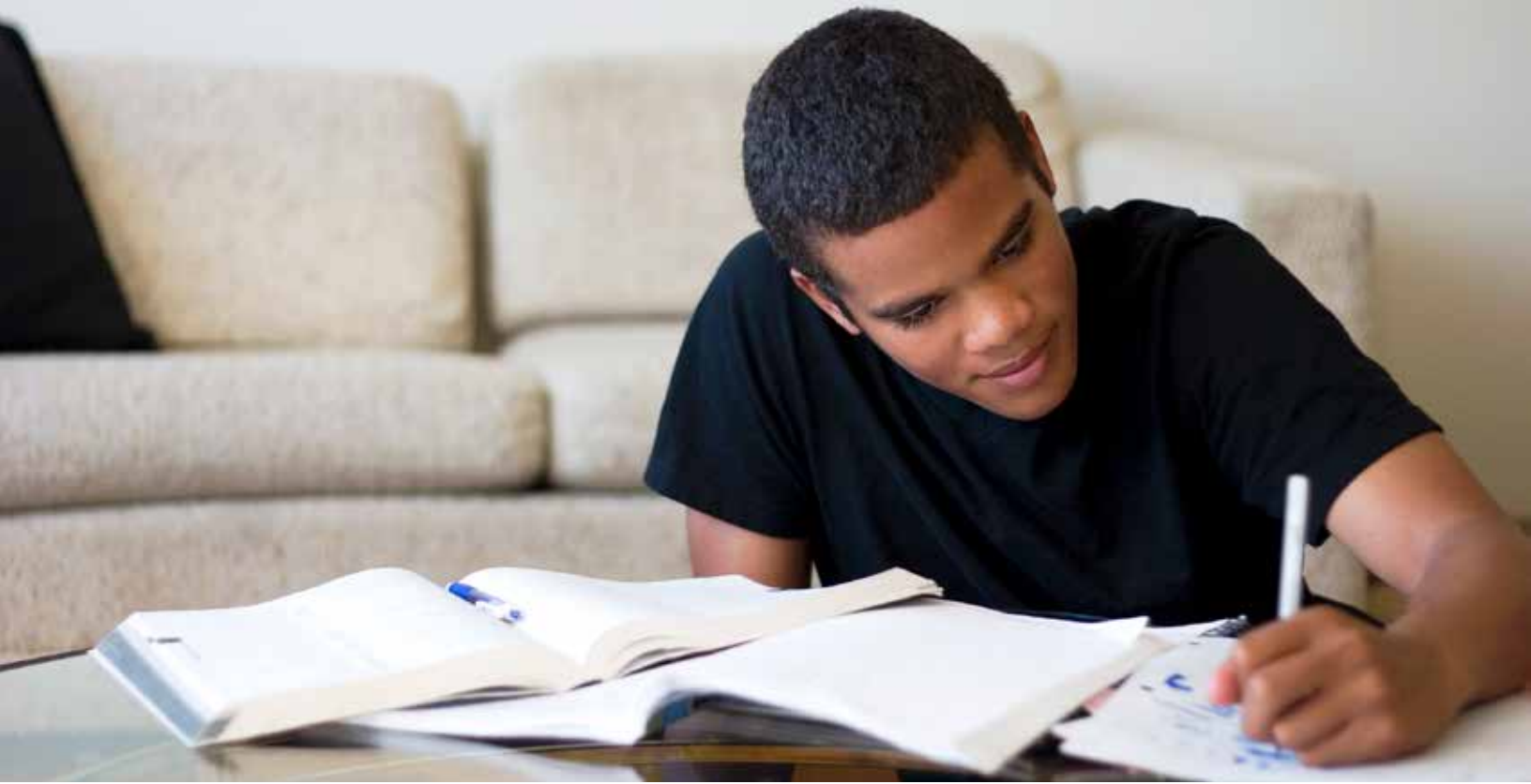
Education

Evolve creates an academic environment that caters to each teen's abilities, enabling students to pursue their individualized education goals while in treatment.



Additional Services

Evolve offers psychological assessment and neuropsychological evaluation, parenting support groups, psychoeducational classes and after-care coordination.



Evolve (verb): To transform into a more complex or advanced state.

Our name defines our objective for every teen we meet: positive, forward change.

We motivate our teens to embrace their imaginations, define their passions and reinforce their success.

We guide teens and their families on a journey of discovery, improvement and awareness.

We foster what is deeply ingrained in human nature. We offer the opportunity to evolve.



Unlock the wellspring of potential within.

Innovative treatment for adolescents 12-17 years old struggling with mental health, substance abuse or behavioral issues.



Treating Teens

Since no two teenagers are alike, no two treatment plans are alike. We get to know our teens and create an Individualized Recovery Plan that addresses specific individual needs, capitalizes on the strengths of each person and includes a full complement of integrative treatments:

- Individual, Group, and Family Therapy
- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Mindfulness Based Stress Reduction (MBSR)
- Behavioral Activation
- Motivational Interviewing
- 12-Step and/or SMART Recovery



Experiential Exploration

We integrate mind, body, and spirit with experiential approaches like art, drama, yoga, music, equine therapy, surfing, boxing, meditation, gardening, and cooking. We empower teens to make positive choices and live life on their own terms.

- Music Therapy
- Art Therapy
- Equine Therapy
- Psychodrama
- Physical Fitness
- Dance/Movement Therapy
- Culinary Arts
- Hiking
- Surfing
- Yoga and Meditation
- Gardening



The Evolve Team

Our team of highly trained mental health and addiction experts includes psychiatrists, nurses, licensed clinicians, certified recovery coaches and residential counselors who bring a diverse and eclectic background to the treatment experience. We cultivate an authentic, compassionate, and caring environment where real change happens daily.

Call us today for a free assessment

1-800-665-GROW



Southern California

Agoura Hills, CA

Residential Treatment

Calabasas, CA

Residential Treatment

Ojai, CA

Residential Treatment

Tarzana, CA (Aura)

Residential Treatment

Tarzana, CA (Vanalden)

Residential Treatment

Woodland Hills, CA

Residential Treatment

Bel Air, CA

PHP/IOP

San Diego, CA

PHP/IOP

Santa Barbara, CA

PHP/IOP

Northern California

Danville, CA

Residential Treatment

Gilroy, CA

Residential Treatment

Lafayette, CA

Residential Treatment

Walnut Creek, CA

Residential Treatment

San Jose, CA

PHP/IOP



Grow With US

Mailing Address:

300 N Pacific Coast Highway, Suite 2060,
El Segundo, CA 90245



Evolve Treatment Centers Remains Open: **Keeping Clients and Staff Safe During COVID-19**

Evolve is an essential health care facility that provides lifesaving mental health and substance abuse treatment for adolescents. Our programs have remained open 24/7 throughout the coronavirus outbreak (COVID-19). As California enters its first phases of re-opening, Evolve remains committed to offering our services while prioritizing the safety of our clients and employees.

We are taking exceptional, front-line measures to ensure the health and safety of our clients and staff, going above and beyond the regulations and infection-control guidelines from the CDC and the California Department of Public Health.

To that end, Evolve Treatment Centers is:

- **Sanitizing each facility to strict hygiene standards**

Maintenance crew provides disinfectant fogging to each facility and company cars biweekly using our advanced misting/fogging equipment. Our facilities are professionally cleaned routinely, with high-traffic surfaces sanitized every four hours. All staff members wear facemasks for the duration of their shifts. Clients and staff also receive intensive handwashing training.

- **Screening new admissions**

Prior to admission into our RTCs, all new clients will be required to test negative for COVID-19. Additionally, we have specific protocols in place in regards to traveling to the facility. For more information on our updated admissions protocol, please see page 2.

- **Conducting frequent health screenings**

Nursing staff check clients' and employees' vital signs multiple times a day, staying vigilant for symptoms of fever, cough, sore throat, and shortness of breath. Should symptoms occur, the individual will be tested for COVID-19 immediately.

- **Limiting facility access to essential staff only**

We have shifted psychiatry, family therapy, family visits, and certain experiential therapies (art therapy, music therapy, etc.) to HIPAA-compliant video-conferencing platforms. Additionally, we have initiated the use of grocery delivery services to minimize our chefs' visits to local stores.

- **Requiring social distancing at all times**

We conduct group therapy sessions in the largest room in the home. Seating is arranged so that social distancing regulations between clients and staff can be maintained at all times. Groups such as yoga, meditation, physical fitness and psychodrama will continue as usual, with social distancing guidelines maintained. We have resumed equine-assisted therapy, with clients wearing facemasks throughout each session.

- **Virtual PHP/IOP Programs**

All outpatient care (individual, group and family therapy, psychiatry, multifamily groups) can be conducted via telehealth. Our San Diego and San Jose Partial Hospitalization Programs have transitioned to a hybrid in-person/telehealth format.

Evolve is continuously monitoring this ever-changing situation and will continue to adopt governmental and public health policies and guidelines.

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Admissions Protocol During COVID-19 Pandemic

Residential Programs

Prior to admission into our RTCs, all new clients will be required to test negative for COVID-19.

Air Travel Policy

When traveling by plane, before booking a flight, Admissions must review the preferred airline's sanitation, face coverings, air filtration, and social distancing protocols.

We ask that families take a direct flight. Additionally, we encourage families to book the first flight of the day to avoid crowds.

To avoid the need to wait in crowded baggage claim areas, clients are asked to only bring carry-on luggage. Parents may ship additional belongings to the facility either before or after the client's arrival.

For transportation from the airport, to reduce risk of coronavirus exposure in taxis and Ubers, families may rent a car through one of Evolve's approved rental car providers. These providers ensure that each car undergoes a rigorous, multi-step disinfection and sealing process before being rented out to customers.

Approved rental car companies:

- Budget
- Enterprise
- Alamo
- Hertz

Should a family need to stay overnight on the way to our program, our admissions team must review the hotel's COVID-19 protocols. We ask that they not stay with any friends or family members on the way to the program, as this increases potential COVID-19 exposure.

The day of admission, parents/guardians are asked to escort their teen until the entry of the home, where a staff member will be waiting to greet them. RTC staff will wash and disinfect the client's clothing and belongings immediately.

Intensive Outpatient/Partial Hospitalization Programs

We are beginning to admit community-based clients to our San Diego and San Jose PHP programs. These programs have transitioned to a hybrid in-person/telehealth format. Just as in our RTCs, all new clients will be required to test negative for COVID-19 prior to admission.

Please contact our admissions team if you have any questions or if we can be of service to your family during this difficult time.

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