

**EXTENDED
IOP
SUMMER THERAPY
EDUCATION PROGRAM**



JUNE 6 - AUGUST 1, 2022



Our Delta PHP/IOP is offering a summer program that will specialize in social and emotional learning. The Summer Therapy Education Program - STEP - will offer therapeutic groups with extended hours to adolescents **ages 11-15**. The hours are **9 am to 5 pm - Monday - Friday**. Insurance accepted.



Taking steps on your path to change

**HOUSTON BEHAVIORAL
HEALTHCARE HOSPITAL**



Call 346-978-0088 or email
DELTA@houstonbehavioralhealth.com for
more details.


Houston Behavioral Healthcare Hospital
2801 Gessner | Houston, TX | 77080



How will participants engage?

- Small and large group activities
- Structured environment while learning healthy social and emotional tools

Who will engage participants?

- Licensed professionals and mental health staff, including an experiential therapist
 - Therapists will provide education on how to navigate and manage daily difficulties
 - Therapists will engage adolescents in practicing new skills/tools
 - Therapists will facilitate discussion about pressing topics for teens
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What will participants engage in?

- Psychoeducation therapy
- Group discussion on age-appropriate stressors
- Social and emotional skills training
- Discussion about pressing topics for teens

Topics Covered:

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- | | |
|--------------------|----------------------------|
| • Anxiety | • Self-esteem |
| • Mindfulness | • Strengths ID/Affirmation |
| • Anger | • Self-compassion |
| • Relationships | • Smart Goals |
| • Boundaries | • Vision Boards |
| • Stages of change | • Money Management |
| • Values | • Budget |