

# MEDICAL STAFF

Dennis Ordas, MD

Manish Sheth, MD

Martina Klein, MD

## Morning Program

9:45 a.m.–1:30 p.m.

## Afternoon Program

12:45 p.m.–3:30 p.m.

## Evening Program

5:00 p.m.–8:00 p.m.

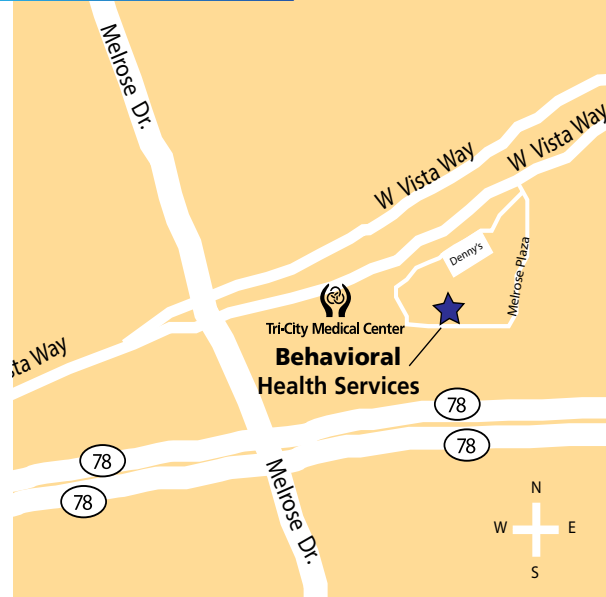
Patients participating in the Outpatient programs are 18 years of age and over.

Funding is provided by most insurance plans.



[Tricitymed.org/medical-services/behavioral-health](https://Tricitymed.org/medical-services/behavioral-health)

## WHERE TO FIND US



# OUTPATIENT BEHAVIORAL HEALTH SERVICES

### Contact Numbers

Phone 760.940.5050

Fax 760.732.5894

Intake Line 760.940.5051

### Regular Business Hours

Monday through Friday

7:30 a.m.–4:00 p.m.



**Tri-City Medical Center**

Behavioral Health Services

510 W. Vista Way, Vista, CA 92083

[Tricitymed.org/medical-services/behavioral-health](https://Tricitymed.org/medical-services/behavioral-health)

# OUTPATIENT BEHAVIORAL HEALTH SERVICES



**Tri-City Medical Center**

# INTENSIVE TREATMENT

Tri-City Medical Center Outpatient Behavioral Health Services offers Intensive Outpatient and Partial Hospitalization treatment, including specialized services for substance use recovery and older adults.

Our philosophy of care is based on the belief that individuals experiencing mental health and substance use issues can achieve recovery.

The program is client-centered and implemented by a professional staff of Psychiatrists, Psychologists, Licensed Clinical Social Workers, Marriage and Family Therapists, Licensed Professional Clinical Counselors and Registered Nurses.



## PROGRAM SERVICES

Tri-City Outpatient provides services for individuals with the following diagnoses:

- Major Depression
- Anxiety Disorders
- Schizoaffective Disorder
- Post Traumatic Stress Disorder
- Bipolar Disorder
- Schizophrenia
- Dual Diagnosis (Personality Disorders)
- Dual Diagnosis (Substance Use)

We offer:

- Medication Management
- Group Therapy
- Individual Therapy

## GROUP THERAPY

A variety of therapeutic sessions are available which provide tools to assist individuals on their journey towards recovery and improved quality of life. The following group sessions are currently available:

- Process Group Therapy
- Grief and Loss
- Nutrition
- Spirituality
- Art Therapy
- Mood Management
- Trauma Recovery
- Interpersonal Skills / Relationships
- Dual Diagnosis
- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy (for mood and psychosis)
- Specialized Older Adults Program
- Anxiety/OCD Management
- Functional Skills Development
- Symptom Management
- Wellness Recovery Action Plan (WRAP)

