



## Teen Mental Health Treatment: Strengthening Cincinnati Families

When searching for teen mental health treatment, Cincinnati families find something extraordinary at ASAP Cincinnati - the Clarity Intensive Program that delivers Dialectical Behavior Therapy with a family centered approach. Since 2008, our evidence-based approach has helped hundreds of local families navigate the challenges of teen mental health concerns. Our success in teen emotional and behavioral wellness is built on four fundamental pillars that maximize treatment success.

### Family-Centered Mental Treatment in Cincinnati

#### Strong Family Integration for Teen Mental Health Treatment

Teen mental health treatment succeeds when families heal together. Our results prove it: 95% of families report significant improvements in family life after treatment. Our comprehensive [Clarity](#)

Intensive Program includes:



- Weekly caregiver and family groups that provide essential DBT skills
- Evidence-based DBT approach proven effective for teens
- Take-home strategies for emotion regulation and distress tolerance
- Ongoing guidance for sustainable emotional wellness
- Comprehensive caregiver support and education
- Family sessions focused on healing relationships
- Regular progress updates and milestone celebrations

## Expert Treatment Team

### Coordinated Care Approach for Teen Mental Health Treatment

Our therapists create a foundation for lasting wellness:

- Licensed clinicians specialized in teen DBT and emotional regulation
- Regular family meetings with dedicated staff members who understand adolescent challenges
- Individualized treatment plans tailored to each teen's specific needs
- Comprehensive assessment and ongoing progress monitoring
- Seamless care coordination (as indicated) with:
  - Primary Care Physicians
  - Psychiatrists
  - Other Mental Health Providers

- Schools
- Court systems

# Teen-Focused Mental Health Recovery

## Age-Appropriate Treatment Methods

Our teen mental health program delivers proven outcomes:

- 88% of teens achieve significant reduction in substance use within 12 weeks
- 90% show improvements in academic performance and behavior
- After-school scheduling that maintains normal routines
- Age-appropriate DBT curriculum addressing real-world challenges
- Peer support groups that fit school schedules
- Early intervention approach preventing behavior escalation
- Life skills development for lasting success
- Mindfulness and emotion regulation strategies
- Healthy coping mechanisms development
- Supportive peer network building

## Program Excellence

### Teen Mental Health Treatment Designed for Your Family

We maintain the highest standards in teen mental health treatment:

- CARF-accredited intensive outpatient program demonstrating quality care
- Small group sizes for personalized care
- Major insurance plans accepted for accessible care
- Evidence-based DBT-based treatment
- Convenient Kenwood location near I-71
- Phone coaching for skills activation (for current clients)
- Continuing care planning
- Family satisfaction surveys showing consistent positive results

# Take the First Step in Teen Mental Health Treatment

At ASAP Cincinnati, we understand that seeking help for teen mental health concerns can feel overwhelming. Our caring team is here to guide you through every step of the recovery journey. With our proven DBT approach and commitment to family healing, we help teens and their families build stronger futures together.

[Contact us](#) today (or call 513.792.1272) to learn how our Clarity Intensive program can help your family thrive. Most families are scheduled to begin their recovery journey within 72 hours of reaching out. At ASAP, we are Transforming Tomorrow, Starting Today!