

Intensive Outpatient Mental Health Services

Pacific Clinics' Outpatient Mental Health Services provides community-based support to individuals 0-20 years old in Santa Cruz County who are experiencing a variety of mental health challenges.

Our services help those with anxiety, depression, trauma and defiant behaviors such as disrupting class and not listening to rules.

We are a community-based team with the flexibility to provide services at home, school or other community spaces. We work to restore day-to-day functioning, improve emotional health and achieve developmental goals through personalized treatment plans suited to your culture, needs and values.

Our Needs-Driven Services

Treatment plans may include a variety of services depending on goals and assessments.

Services include:

- Individual therapy
- Family therapy
- Social skills development
- Coaching on healthy coping skills
- Peer support for parents
- Support finding community resources
- Psychiatric medication management
- Psycho-education
- Case management
- Crisis intervention
- Treatment for individuals and families
- Risk assessment and management

If you're interested in our outpatient mental health services, please call our Santa Cruz Access Team at 831-454-4170

Pacific Clinics encourages persons with disabilities to participate in its services. If you anticipate needing any type of special accommodations or have questions about the physical access provided, please contact us.

