



Outpatient Behavioral Health Services

Program Services

Tri-City Medical Center Outpatient Behavioral Health Services offers Intensive Outpatient and Partial Hospitalization treatment, including services for Dual Recovery, and Older Adults. Our philosophy of care is based on the belief that individuals experiencing mental health issues can achieve recovery while engaged in goal oriented treatment. 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.

Tri-City's Outpatient Behavioral Health Services provides services for individuals with the following diagnoses:

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

Group Therapies: A variety of sessions enable patients to benefit from intensive therapy and develop coping skills for their symptoms. Group sessions include the following:

- Process Group Therapy
- Grief and Loss
- Nutrition
- Spirituality
- Art Therapy
- Mood Management
- Abuse Recovery (Empowerment)
- Interpersonal Skills/ Relationships
- Dual Diagnosis Groups
- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy
- Specialized Senior Tract
- Anxiety / OCD Management
- Functional Skills Development
- Symptom Management
- Medication Management/ Education
- Wellness Recovery Action Plan (WRAP)

Medical Staff: Dennis Ordas, M.D., Arvin Mirow, M.D., and Manish Sheth, M.D.

ADDRESS

510 W. Vista Way (Melrose Plaza)
Vista, CA 92083

CONTACT NUMBERS

Phone (760) 940-5050

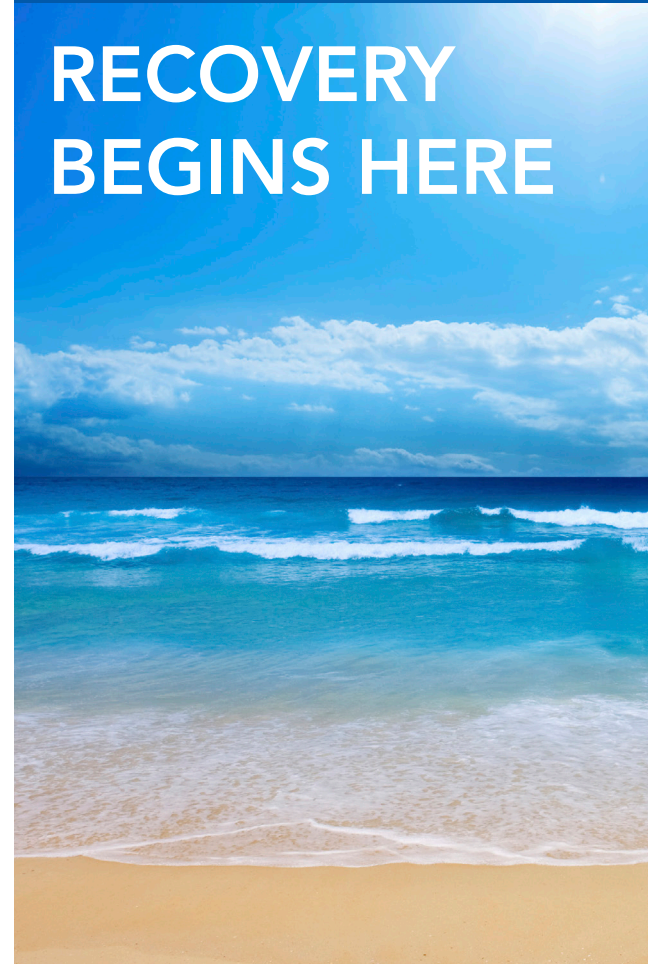
FAX (760) 940-5070

Intake Line (760) 940-5051

BUSINESS HOURS

7:30 a.m. – 4:00 p.m., Monday
through Friday

RECOVERY BEGINS HERE



The Tri-City Fast Tract PM Program focuses on DBT and CBT Skill Development
Patients participating in the Outpatient programs are 18 years of age and over.

Funding is provided by most insurance plans