



About Mindful Healing Counseling

Mindful Healing Counseling provides trauma-informed, evidence-based support for adolescents who need more than weekly therapy.

We help teens build emotional strength, learn coping skills, and regain stability in a safe, compassionate environment.

Our mission is to support families with structure, guidance, and tools for long-term healing.

Start Your Teen's Healing Journey Today

No teen should struggle alone, and no parent should feel helpless. We're here to guide your family every step of the way.

☎ (702) 660-5943

✉ INFO@MHC.VEGAS

FAX (725) 251-2409

🌐 mhc.vegas

**Same-Week Intake Evaluation
Afternoon, Evening & Weekend
Groups for School-Friendly
Scheduling**

**We accept Medicaid and most
major insurance plans**

**Your
Journey
Starts
Here**



Scan to schedule a consultation or learn more about our programs. Take the first step toward healing today!



Mindful Healing
— COUNSELING —

**ADOLESCENT MENTAL HEALTH &
CO-OCCURRING INTENSIVE
OUTPATIENT PROGRAM (IOP)
Ages 12-17**

A structured, compassionate program for teens facing mental health challenges, substance use, or co-occurring concerns.

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📍 4880 W. University Ave. Ste. B2,
Las Vegas, NV 89103

What Is Adult IOP?

Our adult Intensive Outpatient Program (IOP) is a structured treatment option for adults who need more support than traditional therapy but do not need inpatient hospitalization.

Program Includes:

- 3 hours/day, 3–5 days/week
- Group therapy
- Individual therapy
- Safety planning & crisis support
- Relapse-prevention & coping skills
- Medication management coordination
- Case management
- Urine drug screening (as clinically appropriate)

Why Adults Choose Mindful Healing Counseling

- ✓ Two specialized tracks: Mental Health & Co-Occurring
- ✓ Experienced, licensed clinicians
- ✓ Small groups for individualized care
- ✓ Flexible scheduling
- ✓ Medicaid & major insurance accepted
- ✓ Safe, confidential, judgment-free environment
- ✓ Continuity of care from IOP to Outpatient

EVIDENCE-BASED APPROACHES WE USE

- CBT (Cognitive Behavioral Therapy)
- DBT Skills (Emotion Regulation, Distress Tolerance, Interpersonal Skills)
- Trauma-Informed Care
- Motivational Interviewing (MI)
- Relapse-Prevention Therapy
- Mindfulness & grounding techniques
- Psychoeducation
- Life-skills building

Signs of Emotional & Substance Use

- Mood Swings
- Risky Behavior
- Substance Use
- Isolation
- Anxiety & Panic attacks
- Poor Hygiene
- Loss of Interest
- Suicidal Thoughts
- Self-Harm
- Trouble sleeping, eating, or functioning

Early support prevents escalation. Reach out as soon as you notice concerning changes.

Our Program Helps Adults:

- Stabilize mood, anxiety, depression, or trauma symptoms
- Manage urges, cravings, and substance triggers
- Improve relationships and communication
- Develop emotional regulation and coping skills
- Build relapse-prevention plans
- Strengthen insight, motivation, and accountability
- Establish healthier routines and daily structure
- Reduce impulsive or risky behaviors
- Improve functioning at home, work, and socially

