



About Mindful Healing Counseling

Mindful Healing Counseling offers evidence-based treatment for adults needing support with mental health symptoms, substance use, or both. Our clinical team specializes in dual-diagnosis care, integrating therapeutic, behavioral, and recovery-based approaches to promote stability and long-term healing.

We help adults regain control, build coping skills, and learn to thrive in a safe, supportive environment.

Start Your Treatment Journey Today

We provide compassionate, structured care designed to help adults stabilize, recover, and rebuild.

☎ (702) 660-5943

✉ INFO@MHC.VEGAS

FAX (725) 251-2409

🌐 mhc.vegas

**Same-week Intake Evaluation
Flexible afternoon, evening, and
weekend IOP schedules.**

**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 —

**ADULT MENTAL HEALTH & CO-
OCCURRING INTENSIVE
OUTPATIENT PROGRAM (IOP)**

Comprehensive treatment for adults experiencing mental health challenges, substance use, or co-occurring disorders.

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

What Is Adolescent IOP?

Our Adolescent Intensive Outpatient Program (IOP) is a structured treatment option for teens 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
- Family involvement & parent support
- Academic-friendly scheduling
- Medication management coordination
- Case management
- Urine drug screening (as clinically appropriate)

Why Families Choose Mindful Healing Counseling

- ✓ Teen & family specialists
- ✓ School-friendly scheduling
- ✓ Licensed clinical team
- ✓ Small groups for personalized attention
- ✓ Continuity of care from IOP → Outpatient
- ✓ Safe, confidential, supportive environment
- ✓ Family involvement & ongoing parent communication
- ✓ Medicaid & major insurance accepted

EVIDENCE-BASED APPROACHES WE USE

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Trauma-Informed Care
- Motivational Enhancement
- Mindfulness & Grounding Techniques
- Skill-Building & Emotional Regulation
- Expressive Therapies (Art, Music, Journaling)

Signs of Emotional & Substance Misuse In Teens

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

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

Your Teen Will Learn To:

- Manage anxiety, stress, and overwhelming emotions
- Cope with depression, sadness, and low motivation
- Navigate friendships, social pressure, and conflict
- Build self-esteem and healthy identity
- Improve communication and decision-making
- Reduce risky or impulsive behaviors
- Understand and regulate anger
- Strengthen healthy boundaries
- Develop coping skills for life challenges
- Build resilience and emotional stability

