

# Mental Health Treatment Programs

Call our free helpline now.  
**(844) 800-1061.**



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A woman with blonde hair is sitting in a meeting, looking towards the right. She is wearing a white collared shirt and a brown cardigan. She is holding a white folder or document. There are other people in the room, but they are out of focus. A large green plant is visible in the background.

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Often, the barrier to quality mental health treatment is uncertainty. Individuals living with mental health concerns can helplessly watch their lives unravel simply because they aren't aware of the numerous treatment programs available to them. At My Five Palms, our goal is to demystify mental health care and help people understand that they have options. Our holistic approach to mental health treatment is designed to address your unique needs, and give you the hope you need for a clear path forward. You aren't alone.

Seeking professional help is a courageous first step, and our comprehensive mental health treatment programs are here for you. If you or a loved one are dealing with mental health challenges or seeking a Florida Depression Treatment Program, contact us by calling [\(844\) 800-1061](tel:844-800-1061) today.

We offer personalized care to help you regain control and improve your quality of life.

## Mental Health Concerns Treated at My Five Palms

If you've been diagnosed with a specific mental health concern or you think you may be experiencing the symptoms of one, My Five Palms is here to help you make the progress you're looking for.

Among the myriad of mental health challenges our expert team works to treat are the following:

- Bipolar disorder
- Anxiety disorder
- Attention-deficit hyperactivity disorder (ADHD)
- Depression disorder
- Post-traumatic stress disorder (PTSD)

Even those without a diagnosed mental health issue can benefit from treatment. If you're in a tough situation or have symptoms you don't understand, reaching out for help is always a good idea.

### The Impact of Effective Mental Health Treatment

Effective mental health treatment can significantly improve the quality of life for individuals struggling with mental health issues. Understanding the benefits and outcomes of these treatments can help illuminate the process and encourage those who need help to seek it.

Research indicates that individuals in structured inpatient programs experience a **60-70% improvement** in mental health outcomes compared to those in less structured environments.

#### Symptom Reduction

Structured outpatient programs, including intensive outpatient programs (IOP) and partial hospitalization programs (PHP), have been shown to reduce symptoms of anxiety and depression by up to 50% through consistent therapy and support.

#### Routine & Structure

Routine and structured environments play a crucial role in recovery, as they help create stability and reduce relapse risks. These settings support positive habit formation and provide a controlled environment essential for healing.

Sources:

1. BMC Psychiatry - "Effectiveness of Inpatient Versus Outpatient Complex Treatment Programs in Depressive Disorders"
2. National Alliance on Mental Illness (NAMI) - "The Value of Structured Outpatient Treatment"
3. Health CheckUp - "The Role of Structured Environment in Residential Inpatient Treatment Success"



## What to Look for in a Mental Health Treatment Program

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It's easy to feel overwhelmed when looking for health services of any kind, but when you're experiencing symptoms of depression, anxiety, or PTSD it can be even more difficult. That's why you need a compassionate resource to come alongside you and present the information you need clearly, so that you can make the decision that best meets your needs. Here are a few things to consider when seeking which mental health program to enroll in:

- **Does this mental health treatment program offer a variety of levels when it comes to hospitalization? Including partial hospitalization (PHP) and an intensive outpatient (IOP)?**
- **What are the treatment modalities offered by this mental health service?**
- **Does this mental health program offer holistic practices as well as traditional therapies?**

Understanding what the mental health program you're considering offers will make all the difference in determining whether it's the right fit for you.

## Our Inpatient Residential Program in Ormand Beach, FL

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An [inpatient residential rehab program](#) offers a structured environment where people can focus entirely on their recovery without the distractions of daily life. This type of program provides 24/7 support, allowing clients to benefit from intensive therapy sessions, group activities, and a community of peers who understand their struggles. At My 5 Palms, our serene environment, complete with private rooms and meditation spaces, promotes a sense of calm and security, essential for healing.

## My Five Palm's Partial Hospitalization Program

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[Partial hospitalization programs \(PHP\)](#) serve as a bridge between inpatient care and outpatient services. PHP is ideal for people who need intensive support but also want the flexibility of going home in the evenings. This program offers daily therapy sessions, including individual, group, and family therapy, allowing clients to work through their challenges in a structured yet flexible setting.

## Flexible Intensive Outpatient Program (IOP) on the Atlantic Coast

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An [intensive outpatient program \(IOP\)](#) is designed for people who desire ongoing support while maintaining their daily responsibilities, such as work or school. The IOP includes multiple therapy sessions each week, focusing on various aspects of mental health, from coping strategies

to relapse prevention. This program helps clients integrate the skills they learn into their everyday lives, fostering long-term recovery

You may not be sure which of these programs is best for you. It's common to have lots of questions when you're just beginning your mental health journey. At My Five Palms, we're happy to help answer your questions and begin with an assessment of your needs. Our expert team can then make a recommendation of which program they believe will help you make the most progress and achieve long-term success.

## What Are the Treatment Modalities Offered?

In addition to the level of hospitalization, you'll want to consider what kinds of therapeutic modalities are offered by the mental health treatment program. More simply put, how do they implement therapeutic practices? Therapists employ a variety of evidence-based practices in order to help clients make progress, and each of these practices or techniques is suited for specific diagnoses or mental health concerns. Understanding the type of therapy that may or may not be recommended for your unique situation is just another way to help you take ownership of your own healing.



**Traditional counseling** – Individual and group therapy are traditional methods many facilities implement to help their clients.

**Family therapy** – Often, family dynamics must be addressed to continue healing. Family therapy can help you resolve any family conflicts as part of your healing.

**Cognitive-behavioral therapy** – This therapy helps clients learn to combat negative thinking and what is giving power to those thoughts.

**Dialectical behavioral therapy** – In certain circumstances, some clients experience volatile outbursts, then they have difficulty gaining control of emotions. DBT gives tools to recognize triggers for these outbursts, as well as coping skills to avoid future outbursts.

**Bipolar disorder therapy** – Bipolar-disorder therapy involves a combination of medication, psychotherapy, and lifestyle changes to help manage mood swings and improve overall mental health.

**Acceptance and commitment therapy (ACT)** – Psychotherapy that encourages individuals to accept their thoughts and feelings rather than fighting them, and to commit to making changes aligned with their values to improve their mental health.

**Anger management** – These sessions teach skills to better manage anger by exploring the reasons for it.

**Anxiety treatment program** – Our anxiety treatment fosters resilience and helps to alleviate symptoms.



**Adventure therapy** – Some clients need active learning. Adventure therapy can be effective in nurturing self-awareness, coping skills, self-confidence, and reflection.

**Expressive therapy** – This is a creative way to work through feelings with art. Creativity has been known to have therapeutic properties, particularly for those who have mental health disorders.

**Eye moment desensitization and reprocessing (EMDR)** – A psychotherapy technique that helps individuals process and heal from traumatic experiences by using guided eye movements to reduce the emotional impact of distressing memories. address both conditions simultaneously.

There are many different avenues to learning to cope with the mental health challenges you're facing. The most important thing is to seek the help you need and a consistent commitment to progress. Whether you're experiencing symptoms of depression, PTSD, or ADHD, finding effective therapeutic help is a great step toward a more freedom-filled future.

"This program was literally the BEST thing I've ever done for myself. I am incredibly blessed to have for this to be the first 30 day treatment facility I have ever attended, and I undoubtedly believe the only one I will have to. The staff really care, REALLY! It's incredible the support that is provided here...for LIFE. They want you to have a great life, my personality started to come alive again. The setting is small, and, although one may feel like leaving at first...I STRONGLY suggest NOT TO! Stick with it. It works. I can see a future, where I could not when I arrived. The overwhelming feeling of change, at first, WILL PASS, and, when it does you will see yourself again. It's amazing! I can't say enough about how great this place is. DO IT!"



# Frequently Asked Questions About Mental Health Counseling

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Mental health services are not talked about as regularly as physical health. So, it's completely normal to have lots of questions about mental health services before you begin.

**Here are a few commonly asked questions:**

## How do I know if I need therapy?

You don't have to have a specific diagnosis or mental health concern to seek mental health services. It may be that you want help coping with a specific stressful situation or need help navigating a relationship. Therapy can be extremely helpful in a variety of situations.

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## What will my first session be like?

During your first session, your therapist will focus on getting to know you and help you to understand what to expect moving forward. You'll collaborate to establish meaningful goals.

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## Is it normal to be nervous before beginning mental health counseling?

Yes. Lots of people feel intimidated, especially if it's their first time utilizing mental health services. It's important to remember that your therapist is there to help you, not judge you.

## Am I weak for needing a mental health program?

Absolutely not. Admitting that you need help is actually a strength. Many people go years without getting the help they desperately need out of fear. Any step toward healing is a sign of bravery.

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## How do I know if my therapist is right for me?

Feeling safe and understood by your therapist are good indicators that you're in the right place. It's normal to feel nervous at first, but over time, those feelings should give way to feeling encouraged.

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## Is it normal to be nervous before How long will I be in therapy?

How long an individual is in therapy depends on their goals, consistency in attendance, commitment level, and whether they desire ongoing support even after the reason for their initial visit has been dealt with.

**If you have additional questions about mental health services, contact our experts at My Five Palms. One of our team members will be happy to help you determine your next step.**



## Mental Health Treatment in Ormond Beach, FL

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At My Five Palms, we provide a loving, accepting atmosphere. Our therapists have training in a variety of mental health treatment programs and understand that having choices is vital to accommodating your unique needs. Our goal is to help our clients find hope through empathetic support and a balanced therapeutic approach. People achieve balance when they heal all aspects of themselves—physical, spiritual, and emotional.

We offer a variety of treatment modalities, including traditional, evidence-based therapies as well as holistic practices like adventure and expressive therapies. There's more to you than your mental health concerns. That's why we go beyond the standard when it comes to mental health care.

## Contact My Five Palms for Mental Health Programs Today

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My Five Palms is a full-service Florida mental health treatment center in Ormond Beach. Our staff has one goal: to help you heal. Arriving here is like coming home. Our private, beautifully appointed rooms are the epitome of comfort. You'll also find a meditation room available whenever you are looking for a calm, relaxing place to find inner quiet. We accept most insurance and are happy to help you with any details.

Contact us today for Florida depression treatment or any of our other programs in Ormond Beach. My Five Palms is the perfect option. You don't have to do this alone, contact My Five Palms today at **(844) 800-1061** or by submitting our online contact form.



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