

Specializing in Mental Health

World-class residential mental health facility in California

Get A FREE Diagnostic Assessment

WE ARE DEVOTED TO THE **SUCCESS, CREATIVITY AND HAPPINESS** OF MEN AND WOMEN

Mental health is widely stigmatized and misunderstood, which can make accurate diagnosis and quality care inaccessible for many. At Alter Behavioral Health, our mission is to make excellent mental health



care accessible to adults in need throughout Orange County. We are a residential behavior health treatment program that specializes in treating primary mental health and co-occurring disorders and specialize in offering autism-informed care.

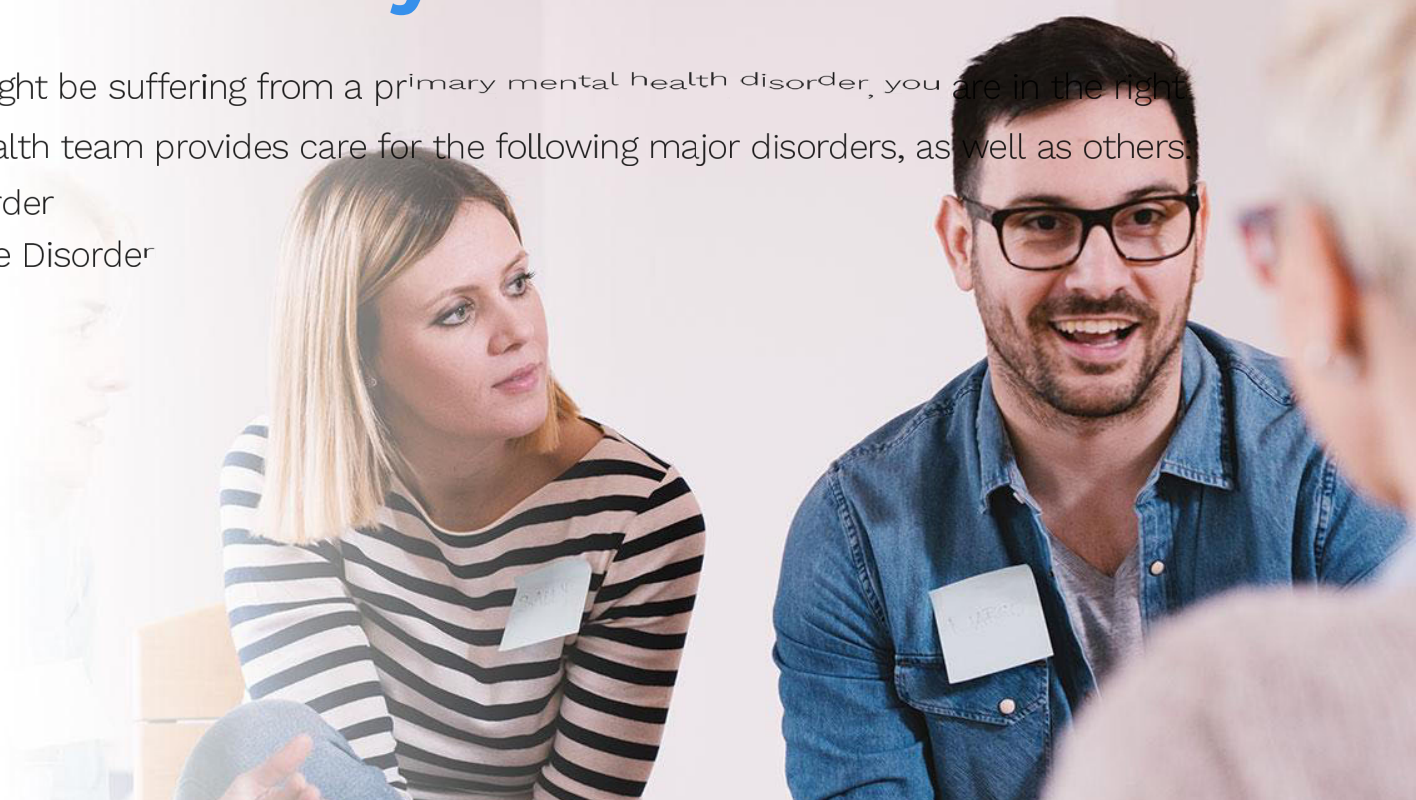


In all cases, we apply a modern understanding of mental health that emphasizes treating the condition as well as the person.

Support for **Broad Array of Conditions**

If you know or suspect you might be suffering from a primary mental health disorder, you are in the right place. The Alter Behavioral Health team provides care for the following major disorders, as well as others:

- Obsessive-Compulsive Disorder
- Attention-Deficit/Hyperactive Disorder
- Anxiety
- Depression
- Disrupted Sleep
- Bipolar Disorder
- Schizophrenia
- Personality Disorders
- Mood Disorders
- Suicide Ideation



Accurate diagnosis is where treatment starts and is often the most crucial point of treatment. Human error and faulty, outdated knowledge have led both the average person and professionals



awry. For instance, gendered stereotypes may contribute to a woman with autism being misdiagnosed with borderline personality disorder.



Novel Approach to **Autism Support**

At a rudimentary level, people diagnosed with an autism spectrum condition experience the world differently in a variety of ways. Autism can be widely divergent from one person to the next. Some people are verbal while others aren't, some have comorbid learning disabilities while many don't. In our work to support people with autism-spectrum conditions across Orange County, understanding this means individuality is our starting point. Every person diagnosed with autism has their own unique needs that we strive to understand and support.

Acknowledging that people diagnosed with autism are unique in their struggles, there are nevertheless some commonalities. For example, difficulty with executive functioning, socializing, and heightened sensitivity to light and sound are common and can contribute to difficulty working, lack of access to community resources, and poorer quality of life.

Given that an autism spectrum disorder diagnosis is life-long and impacts multiple domains, Alter Behavioral Health takes an approach to treatment that prioritizes treating the whole person.

In addition to focusing on coping mechanisms and effective self-management, we also emphasize the importance of psychoeducation and community. By using specialized digital apps and directing people



toward autism-inclusive social spaces, we aim to give people with autism an entirely improved quality of life.



Compassionate Care **Professionals**

Alter Behavioral Health is all about making people feel that they are welcome and in very good hands. From the receptionist to the primary care professionals, our team is empathetic and understanding of the unique needs that come with neurodivergency. From start to finish, we will make sure every person that steps through our door seeking treatment feels welcome and at home.



Whether you're seeking diagnosis or care for an existing diagnosis, Alter Behavioral Health is the place for you or your loved one.

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