



At BrightQuest® San Diego, we treat men and women suffering from complex psychiatric disorders including schizophrenia, schizoaffective disorder, bipolar disorder, depression, post-traumatic stress disorder (PTSD) and co-occurring disorders.

We carefully assess our clients to determine the most appropriate level of care and are able to adjust the services and support needed as they progress through treatment.

With a typical length of stay exceeding 12 months, our clients have the opportunity to learn and practice the relationship and life skills needed to take charge of their lives and reach their highest possible level of independence by being an integral member of a supportive community.

#### **Our Levels of Care:**

- Subacute Residential Treatment
- Residential Treatment
- Transitional Living
- Semi-Independent Living
- Outpatient Services

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# Program Highlights

We provide compassionate and comprehensive long-term treatment within a supportive therapeutic community where individuals are given the opportunity to experience genuine connection while developing the social and daily living skills they need to thrive and achieve greater independence. The comprehensive programming we offer at BrightQuest San Diego includes:

- Individual Therapy
- Group Therapy
- Family Therapy
- Family Psychoeducation Groups
- Milieu Therapy
- Socialization and Community Building
- Experiential Therapies
- Assertiveness Training
- Psychodynamic Approaches
- Chemical Dependency and Addiction Case Management
- Mindfulness / Meditation
- Support for Learning Daily Living Skills

# Program Benefits

- Now celebrating 40 years, BrightQuest's groundbreaking program began at our flagship San Diego location. Our therapeutic community serves men, women, and families from all over the world in need of complex psychiatric care.
- Our family programming is an essential element of the treatment we provide. Families are involved in weekly family therapy, biweekly multi-family educational groups bimonthly family weekends, and multi-family support groups.
- We use evidence-based treatment modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Motivational Interviewing (MI), based on client needs.
- We offer supplemental programs to enhance and further recovery, including: Work Development, Equine-Assisted Psychotherapy, Physical Wellness, Rock to Recovery®, Adventure Therapy
- BrightQuest San Diego is accredited by The Joint Commission.



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