

Founded in 1979, Hanbleceya provides comprehensive psychiatric treatment in a residential setting for individuals suffering from severe mental illness. Our goal is to teach the skills necessary to live a happy, healthy, independent life.

We treat the following conditions:

- *Schizophrenia*
- *Bipolar Disorder*
- *Depression*
- *Anxiety, PTSD, OCD*
- *Borderline Personality Disorder*
- *Dual Diagnoses*

Hanbleceya's mission is to provide the most comprehensive intensive outpatient services possible within the context of a therapeutic community. Hanbleceya provides a safe haven for individual recovery in a loving, supportive, and non-institutionalized atmosphere. We foster hope for recovery by assisting each individual in developing the skills needed to take charge of and create balance in their lives and reach the highest level of independence possible. Our vision is that participation in the Hanbleceya Community program will give each member the tools to attain a level of balance and independence corresponding to that which they are capable of, with the confidence, courage and determination to live a healthy, happy and productive life.



Hanbleceya Treatment Center

San Diego's Foremost
Therapeutic Community since 1979

Specializing in the treatment of:

Schizophrenia

Bipolar Disorder

Depression

Anxiety

Dual Diagnoses

619.466.0547
www.Hanbleceya.com

Supporting your healing journey.

This unique program functions under the belief that individual healing is optimized in a supportive, community atmosphere that fosters personal empowerment and a balanced life. The main components of our comprehensive treatment program include:

Intensive Psychotherapy



- Up to 3 individual sessions per week
- Weekly family therapy sessions
- Up to 15 hours of weekly group therapy (consisting of skill-based and process-oriented groups)

Supportive Semi-Independent Living



- A private room in one of our semi-independent homes
- Household management training (meals, budgeting, chores, etc.)
- Support with the development of effective daily self-care skills

Vocational/Educational Support



- Job/school/training placement support
- Resume and interview preparation
- Support with developing a strong work ethic

Socialization and Activity Involvement



- 9 hours per week of peer-initiated social activities
- Weekly community activities
- Bi-monthly community outings (beach BBQ, athletic events, etc.)

Addiction Sub-Program



- Weekly session with a Hanbleceya Addiction Counselor
- Weekly session with a Hanbleceya Chemical Dependency Case Manager
- Daily Addiction Therapy Groups

Nutrition Sub-Program



- 4 monthly nutrition groups and 2 monthly individual sessions facilitated by a Hanbleceya Registered Dietitian
- Coordination with Hanbleceya's Clinical Team

Equine Therapy Sub-Program



- 4 monthly two-hour group sessions and 2 monthly one-hour individual sessions facilitated by an equine-assisted psychotherapist
- Coordination with Hanbleceya's Clinical Team

Physical Wellness Sub-Program



- Weekly fitness class supervised by a Certified Personal Trainer
- Bi-weekly individual fitness activity with a Certified Personal Trainer
- Weekly physical activity with a Hanbleceya Wellness Case Manager

We strongly believe that family members play a critical and central role in the process of supporting an individual with a mental illness with learning how to create a life of health, stability, and success. Numerous studies and almost three decades of our own clinical experience



point directly to a significant increase in the recovery of patients whose families remained involved and appropriately supported the treatment plan.

On top of weekly family sessions, Hanbleceya offers a bi-monthly family support group. The primary purpose of this group is to provide a supportive environment in which to connect, interact with, and learn from other family members in a way that promotes understanding and healing.

Our main focus is teaching the family to:

- Learn effective communication skills with their loved one in ways that are healthy and supportive
- Set boundaries and limits
- Avoid communication splits
- Empower their loved one to develop self-reliance skills

