

WHO WE TREAT

We specialize in treating a range of mental health conditions, including:

- **Anxiety Disorders:** Generalized Anxiety Disorder, Panic Disorder, Social Anxiety Disorder, Specific Phobias, Obsessive-Compulsive Disorder, School Refusal
- **Depression:** Major Depressive Disorder, Bipolar Disorder, Self-Harming Behaviors, Suicidal Ideation
- **Mood Disorders & Trauma:** Post-Traumatic Stress Disorder (PTSD), Complex Trauma
- **Gender Dysmorphia**
- **Co-Occurring Disorders:** Eating Disorders, Substance Use Disorders (SUD)

PROGRAMMING

At Moriah Behavioral Health, our treatment modalities are diverse and evidence-based to ensure comprehensive care for each adolescent. Our **individual and group therapies** utilize approaches such as **Cognitive-Behavioral Therapy (CBT)**, **Dialectical Behavior Therapy (DBT)**, **Acceptance & Commitment Therapy (ACT)**, **Eye Movement Desensitization and Reprocessing (EMDR)**, **Mindfulness**, and **Motivational Interviewing**. To complement these therapies, we offer **Yoga, Art & Music Therapy, Acting, Outdoor Experientials**, and special **Outings (PHP)**. We also place a strong emphasis on **family therapies**, which include **Family Therapy, Parent Support Groups**, and **Parent Psycho-Education Groups**. Additionally, our programs provide **recovery and nutritional counseling** to support the overall well-being and recovery process of our clients.

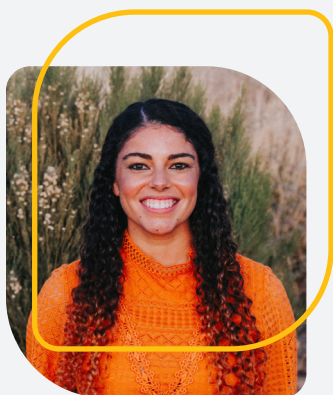
Partial Hospitalization Program (PHP) Our PHP runs Monday through Friday, for 6 hours daily, from 9:00 am to 3:00 pm. This program features clinical and skill-based groups, individual and family therapies, with an average length of stay between 60-90 days.

Intensive Outpatient Program (IOP) Our IOP runs Monday through Thursday, for 3 hours daily, with a choice of either morning or afterschool programming hours. This program includes clinical and skill-based groups, as well as individual therapy, with an average length of stay between 45-60 days.

HOW WE SUPPORT

We offer a range of supportive services to ensure comprehensive care:

- **Nursing Support**
- **Comprehensive Psychiatric Care (PHP)**
- **Dietary & Nutritional Support**
- **Accredited Academic Program**
- **Client Transportation Services**
- **Drug Testing (PHP)**
- **Aftercare & Discharge Planning**
- **Alumni Programs**



ARIANNE SMITH, LMFT

Director, Moriah Outpatient Programs

Arianne received her BA in psychology from East Carolina University and a MS in Marriage and Family Therapy from the University of Nevada, Las Vegas. She has experience in working with adults, adolescents, families, and couples dealing with depression, anxiety, eating disorders, relational distress, family restructuring, body image, and grief, using SFBT and narrative modalities to work collaboratively with clients to reframe their story in order to create their ideal future. Arianne serves as Moriah's Outpatient Director, building a program that balances life skills and therapeutic groups, to address all areas of a client's recovery. She is passionate about helping clients find their purpose, identify their uniqueness, increase their self-compassion, and successfully cope with triggers.

Licensed in the State of Nevada | CARF Accredited

Visit [MoriahBehavioralHealth.com](https://www.MoriahBehavioralHealth.com) to learn more about our programs and services
Admissions: 866-624-1022