



Frequently Asked Questions

What Diagnosis Do You Treat?

We treat a variety of mental health and behavioral problems, including:

- Self-Harm Behaviors
- Suicidal Ideation
- Trauma, PTSD, and Stress
- Depression
- Oppositional Defiant Disorder
- Anxiety and Panic Attacks
- Behavioral Problems
- ADHD

What is the Average Length of Stay?

The average length of stay is 30-60 days, and it's determined by a number of factors, including your teens treatment plan and insurance.

Can I Visit My Child While They're At Build Bright?

Of course! We have a visitation schedule that our care team will coordinate with you.

Do You Accept Health Insurance?

We currently work out of network with most health insurance carriers & help with getting single case agreements.



We Go Beyond Traditional Treatments

- Individual therapy
- Journaling
- Art assisted therapy
- Family therapy
- Coping skills groups
- Physical fitness
- Group therapy
- Yoga
- Pet assisted therapy
- Psychiatric services
- Addictions & use of technology
- Life skills groups
- Medication management groups
- Outings & recreational activities
- Mindfulness
- Music therapy
- School & IEP support



Contact Us



Call Now: +1 (818) 217-4139



buildbrightcaregroup.com



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Welcome To BUILD BRIGHT

A Boutique
Residential
Treatment Center
For Teens

LEARN MORE!



Why Us?

At the heart of our mission is a commitment to provide not just care, but a customized pathway to healing and growth for each teen we help. Our comprehensive approach takes every aspect of your child into consideration, encompassing their mental, physical and emotional well-being.

Our program has been exclusively designed to accommodate only four teenagers at a time, ensuring an unmatched level of personalized attention.

We are proud to have a 24/7 dedicated and compassionate team of healthcare professionals.

We ensure that your teen doesn't just navigate their challenges; they rise above them. At Build Bright, your teen is seen, understood, and supported in a way that's meticulously tailored to their unique needs and aspirations.

Personalization

At Build Bright, personalized treatment plans are an essential part of successful treatment. We take the time to recognize every teen's unique challenges, strengths, and likes to ensure that their therapy is engaging and tailored to their individual needs.

Our Approach

Our approach to mental health treatment is rooted in compassion and backed by science. We utilize evidenced-based interventions that have been shown to be effective through research studies, clinical trials, and meta-analyses. Our comprehensive care model ensures personalized support while promoting resilience and long lasting personal growth for adolescents.

Holistic Healing



We take a holistic approach to healing, focusing on the mind, body, and spirit of adolescents. True healing for teenagers involves more than just managing symptoms. It's about nurturing their overall well-being, encompassing their mental, physical, and emotional health. Our supportive and peaceful environment encourages teens to explore their strengths, develop new coping mechanisms, and embark on a path toward a balanced and enriching life.

Family

Family plays a transformative role in long-lasting change, which is why we actively involve our teens' parents every step of the way. Your participation in therapy not only strengthens your bond with your child, but deepens your understanding of their struggles, enriching the healing process. This sets a foundation for a supportive home environment, crucial for sustaining their progress post-treatment. Your ongoing dedication is key to their recovery and enduring well-being. Empower your teen's path to a brighter future with the strength of family support.

Build Bright

*Holistic Treatment,
for a Holistic Future.*

RESIDENTIAL TREATMENT CENTER FOR TEENS

LEARN MORE!

