



What to expect with Charlie Health

We'll match you with a tailored treatment plan based on your primary needs, age, lived experiences, and the therapeutic approaches best suited to help you reach your goals.

Our methods

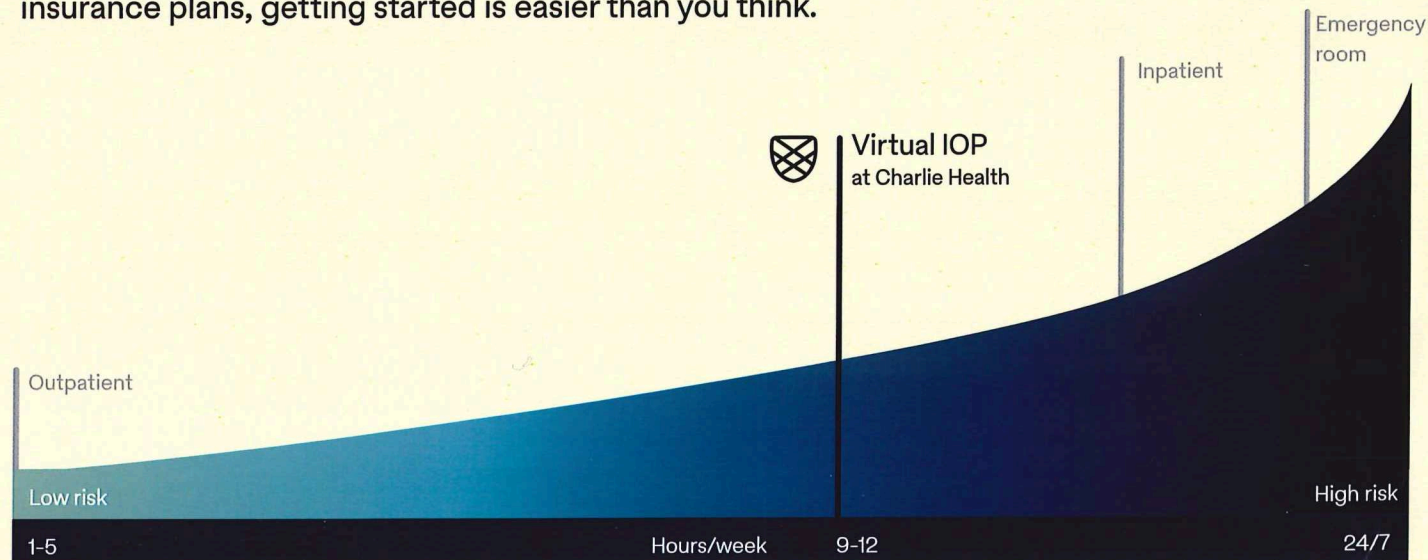
- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT) skills
- Art & music therapy
- Experiential therapy
- Compassion-focused therapy (CFT)
- Motivational interviewing
- Yoga, mindfulness, and meditation
- Attachment-based family therapy (ABFT)
- Relational therapy
- Exposure & response prevention therapy
- Trauma-focused CBT (TF-CBT)
- And more

Support services, during and after care

24/7 crisis line	Immediate access to crisis intervention specialists who are trained to safely de-escalate crises
Safety planning	Collaborative planning for distressing scenarios
Support groups	Free clinician-led groups every week, linked to stronger treatment continuity
Care experience support	Support for navigating logistics, questions, and issues that arise during care
Care coaching	1:1 in-session to support clients with tough moments during group sessions
Discharge planning	Transition planning with referrals to other providers and local resources
Alumni programming	Ongoing connection through groups, workshops, and online communities post-discharge

How to know if Charlie Health is right for you

If you've recently been discharged from an emergency room or inpatient treatment program, or if you've been attending weekly therapy but still need more support, Charlie Health provides the ongoing care you need. With flexible scheduling and coverage through most major insurance plans, getting started is easier than you think.



Treatment *built for you*



Our program is designed to help children, teens, and adults navigate behavioral health challenges, build practical skills, and develop lasting stability with the support of their families.

Group Sessions • 3 hours • 3 times a week

Sessions are designed to support emotional processing, build coping and relationship skills, and encourage self-expression through art, movement, and mindfulness. Each client is thoughtfully placed in a small group with peers their age who are navigating similar challenges.

Individual Therapy • 1 hour • Once a week

Sessions with a licensed therapist that draw on evidence-based approaches, such as DBT skills, CBT, and CFT, to help clients process emotions and learn new tools. Care is thoughtfully personalized to each client's goals and changes as their needs evolve.

Family Therapy • 1 hour • Once a week, optional

A supportive space for caregivers and clients to strengthen communication, deepen understanding of family dynamics, and work through challenges together. Therapists provide practical strategies that can help families reinforce treatment progress at home.

Psychiatry • 1 hour • As needed

Licensed providers partner closely with clients to complete evaluations and manage medications with care and intention. Clients have regular check-ins to monitor progress and adjust medications as needed.

 **Example Schedule**

■ Group Sessions
 ■ Individual Therapy
 ■ Family Therapy
 ■ Psychiatry

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hour 1	Processing Hour		Processing Hour		Family Therapy*	Processing Hour
Hour 2	CBT Skills Building		CBT Skills Building	Psych Check-In*		CBT Skills Building
Hour 3	Emotional Awareness		Music Therapy	Individual Therapy		Art Therapy

*Available as needed