



# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



## INSIGHTS

StarVista's Insights Adolescent Treatment Program offers outpatient substance abuse and mental health treatment services, which empower youth to take responsibility for the choices in their lives. Participants and staff work together to identify hopeful paths for the future and create positive changes for themselves and for their families.

Through careful assessment and case consultation, Insights offers

comprehensive services that include individual, group, and family counseling sessions; case management; and parent support sessions. Participants work collaboratively with staff to identify and manage their emotions and learn about key topics such as substance abuse, mental health, healthy relationships, positive decision-making, communicating with parents, and more.

### INSIGHTS HAS TWO LOCATIONS:

#### Redwood City:

609 Price Ave, Suite 205  
Redwood City, Ca 94063

#### Daly City:

333 Gellert Blvd., Suite 206  
Daly City, Ca 94014

**For more information call: 650.366.8436**

