

# After School Program Interventions and Resiliency Education (ASPIRE) Program



Michael Fitzgerald, APRN, Executive Director  
Mental Health and Addiction Services, El Camino  
Hospital

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# ASPIRE Program El Camino Hospital

## An IOP specifically designed for:

- **Middle School:** Designed for those in sixth through eighth grades, this 12-week program requires a commitment of three afternoons a week.
- **High School:** This WASC-accredited program is designed for students in ninth through 12th grades. The eight-week program requires a commitment of four afternoons a week.
- **Transitional Age Youth:** This eight-week program is designed for young adults between 18 and 26 years old. The program meets four days a week.

## Locations:

- Mountain View: Opened in 2010
- Los Gatos: Opened in 2012

## Treatment modality:

- Dialectical Behavioral Therapy (DBT).



# ASPIRE Program El Camino Hospital

**Program led by a specialized, interdisciplinary team including:**

- Adolescent psychiatrist
- Registered nurse
- Occupational therapist
- Licensed program therapists (LMFT, MFT, MSW, LCSW, Psychologists)

## Occupational Therapy Room



## Meditation Room



## Group Room



# ASPIRE: Admission and Referral

## Referrals:

- Referrals: Primary care, family member, mental health professional, school, website, etc.

## Admission:

- To make an appointment, get information, schedule a free assessment or refer someone to ASPIRE:
  - Central Access **866-789-6089**
  - Website: [www.elcaminohospital.org/mentalhealth](http://www.elcaminohospital.org/mentalhealth)