



# sero

mental health



## about sero mental health

Sero Mental Health is driven by the belief that all people have the right to mental health care. Our purpose is to empower, restore, and transform lives creating healthier communities.

To meet this aim, we provide compassionate, high-quality mental health care through a nationwide network of treatment centers. We are dedicated to delivering innovative and personalized support across the care continuum for individuals facing mental health conditions, eating disorders, substance use disorders, and co-occurring diagnoses.

For more information about us, or any of the programs featured here, please visit:  
[seromentalhealth.com](http://seromentalhealth.com)

## our nationwide network of behavioral health treatment centers





# ALTA MIRA

RECOVERY PROGRAMS







ADR Wellness offers psychotherapy for individuals, couples, and families with several in-network insurance options.

- **Demographic:** Children, Adolescents, and Adults
- **Conditions Treated:** Depression, Anxiety, Trauma, Relationships, and More
- **Levels of Care:** Outpatient Therapy
- **Location:** Carlsbad and La Mesa, California
- **Learn More:** [adrwellness.com](http://adrwellness.com)
- **In-network with:** Blue Cross Blue Shield/Anthem, Blue Shield, Kaiser Permanente, Medicare, Sharp HealthCare, Tricare



Alta Mira offers a luxury setting for detox, stabilization, and those looking for diagnostic clarity through our robust medical, psychiatric, and clinical assessment programs. When clients leave Alta Mira's care, they have the full support of the Alta Mira Alumni Community to turn to.

- **Demographic:** Adults
- **Conditions Treated:** Substance Use Disorders and Co-occurring Conditions
- **Levels of Care:** Detox and Residential
- **Location:** Sausalito, California
- **Learn More:** [altamirarecovery.com](http://altamirarecovery.com)
- **In-network with:** Kaiser Permanente, TriWest



Breathe Life Healing Centers offer the full continuum of care to treat a wide variety of addictions, underlying psychological concerns, and trauma in a safe and inclusive setting. Breathe's Signature Services include: LGBTQ+ Treatment, Chemsex Addiction Treatment, a Flight Attendant Program, and more.

- **Demographic:** Adults
- **Conditions Treated:** Addiction, Mental Health Conditions including Trauma and PTSD, and Integrated Eating Disorders
- **Levels of Care:** Detox, Residential, PHP, IOP, Transitional Living, and Outpatient Services
- **Location:** Los Angeles, California
- **Learn More:** [breathelifehealingcenters.com](http://breathelifehealingcenters.com)
- **In-network with:** Aetna, BCBS, Blue Shield, Cigna, MultiPlan, United/Optum



Bridges to Recovery provides a specialized and serene treatment experience with a minimum of 5 individual therapy sessions a week.

- **Demographic:** Adults
- **Conditions Treated:** Mood, Anxiety, Trauma, and Other Mental Health Conditions
- **Levels of Care:** Residential
- **Location:** Beverly Hills, California
- **Learn More:** [bridgestorecovery.com](http://bridgestorecovery.com)
- **In-network with:** TriWest











Wings Recovery provides mental health treatment for those healing from trauma and other mental health conditions using gender-specific treatment programming.

- **Demographic:** Adults
- **Conditions Treated:** Trauma-Related Disorders, Depression, Dissociation, Bipolar Disorders, Panic and Anxiety, Addictions and Compulsive Disorders, and Personality Disorders
- **Levels of Care:** Residential, PHP, and IOP
- **Location:** Carlsbad, California
- **Learn More:** [wingsrecovery.org](https://wingsrecovery.org)
- **In-network with:** Aetna\*, BCBS\*, Blue Shield\*, ComPsych, HealthNet\*, Magellan Sharp HealthCare\*, TriWest  
(\*Not in-network at all locations)



BrightQuest specializes in equipping adults with the tools needed to gain independence utilizing a community-based treatment model.

- **Demographic:** Adults
- **Conditions Treated:** Complex Psychiatric Disorders
- **Levels of Care:** Residential, Residential/PHP Prep, PHP with Housing, IOP with Housing, IOP, and Outpatient
- **Location:** San Diego, California
- **Learn More:** [brightquest.com](https://brightquest.com)
- **In-network with:** Aetna, Blue Shield, ComPsych, Magellan, TriWest



Dialectical Behavioral Therapy is the cornerstone of THIRA's treatment model, helping clients find balance and hope.

- **Demographic:** Teen Girls and Adults of All Genders
- **Conditions Treated:** Complex Depression, Anxiety, and Eating Disorders
- **Levels of Care:** IOP for Teen Girls and Adults of All Genders; Residential and PHP for Teen Girls, TGNC, and Women
- **Location:** Bellevue, Washington
- **Learn More:** [thirahealth.com](https://thirahealth.com)
- **In-network with:** BCBS, Carelon, Cigna, FirstChoice, Kaiser Permanente, LifeWise, Molina Medicaid (SCA), MultiPlan, Premera, United/Optum







SIMPLY BEE





## midwest



SunCloud is dedicated to helping individuals heal from co-occurring conditions using a transdiagnostic, integrated care model.

- **Demographic:** Adolescents and Adults
- **Conditions Treated:** Addictions, Eating Disorders, Mental Health and Related Trauma
- **Levels of Care:** Residential for Teen Girls, Adolescent PHP and IOP, as well as Adult Residential, PHP, IOP, and Virtual IOP
- **Location:** Northbrook, Naperville, Chicago, and Matteson, Illinois
- **Learn More:** [sunccloudhealth.com](https://sunccloudhealth.com)
- **In-network with:** Aetna, BCBS, Carelon, Cigna, ComPsych, Humana, Magellan, Provider Network of America, United/Optum, VA



## SIMPLY BEE

Simply Bee provides a full continuum of outpatient mental health care inclusive of multi-disciplinary providers who strive to change lives through programs, services, and resources—guided by a commitment to expert care.

- **Demographic:** Children 5+, Adolescents, and Adults
- **Conditions Treated:** Anxiety, Depression, Trauma, Eating Disorders, School Refusal, and Other Mental Health Conditions
- **Levels of Care:** Outpatient Therapy, Neuropsychological Testing, Medication Management, Dietitian Counseling, Adolescent PHP and IOP Resiliency Program
- **Location:** Vernon Hills and Northbrook, Illinois
- **Learn More:** [simplybeecounseling.net](https://simplybeecounseling.net)
- **In-network with:** Aetna, BCBS, Cigna, ComPsych, United/Optum

## northeast



The team at be Collaborative Care untangles the complex roots between food, emotion, and mental health, delivering personalized eating disorder treatment that empowers lasting recovery.

- **Demographic:** Adolescents and Adults
- **Conditions Treated:** Eating Disorders, Anxiety, and Depression
- **Levels of Care:** Outpatient Medication Management, Dietician Services, Individual Therapy, Group Therapy, Adult PHP and IOP Eating Disorder Program
- **Location:** Providence, Rhode Island
- **Learn More:** [becollaborativecare.com](https://becollaborativecare.com)
- **In-network with:** BCBS, Harvard Pilgrim, Tufts, United/Optum











BrightQuest specializes in equipping adults with the tools needed to gain independence utilizing a community-based treatment model.

- **Demographic:** Adults
- **Conditions Treated:** Complex Psychiatric Disorders
- **Levels of Care:** Residential, Residential/PHP Prep, PHP with Housing, IOP with Housing, IOP, and Outpatient
- **Location:** Nashville, Tennessee
- **Learn More:** [brightquest.com](http://brightquest.com)



The Center for Treatment of Anxiety and Mood Disorders combines the expertise of psychologists and psychiatrists to create comprehensive treatment plans for their patients.

- **Demographic:** Adolescents and Adults
- **Conditions Treated:** Mood Disorders and Anxiety Disorders
- **Levels of Care:** Outpatient Therapy
- **Location:** Delray Beach, Florida
- **Learn More:** [centerforanxietydisorders.com](http://centerforanxietydisorders.com)



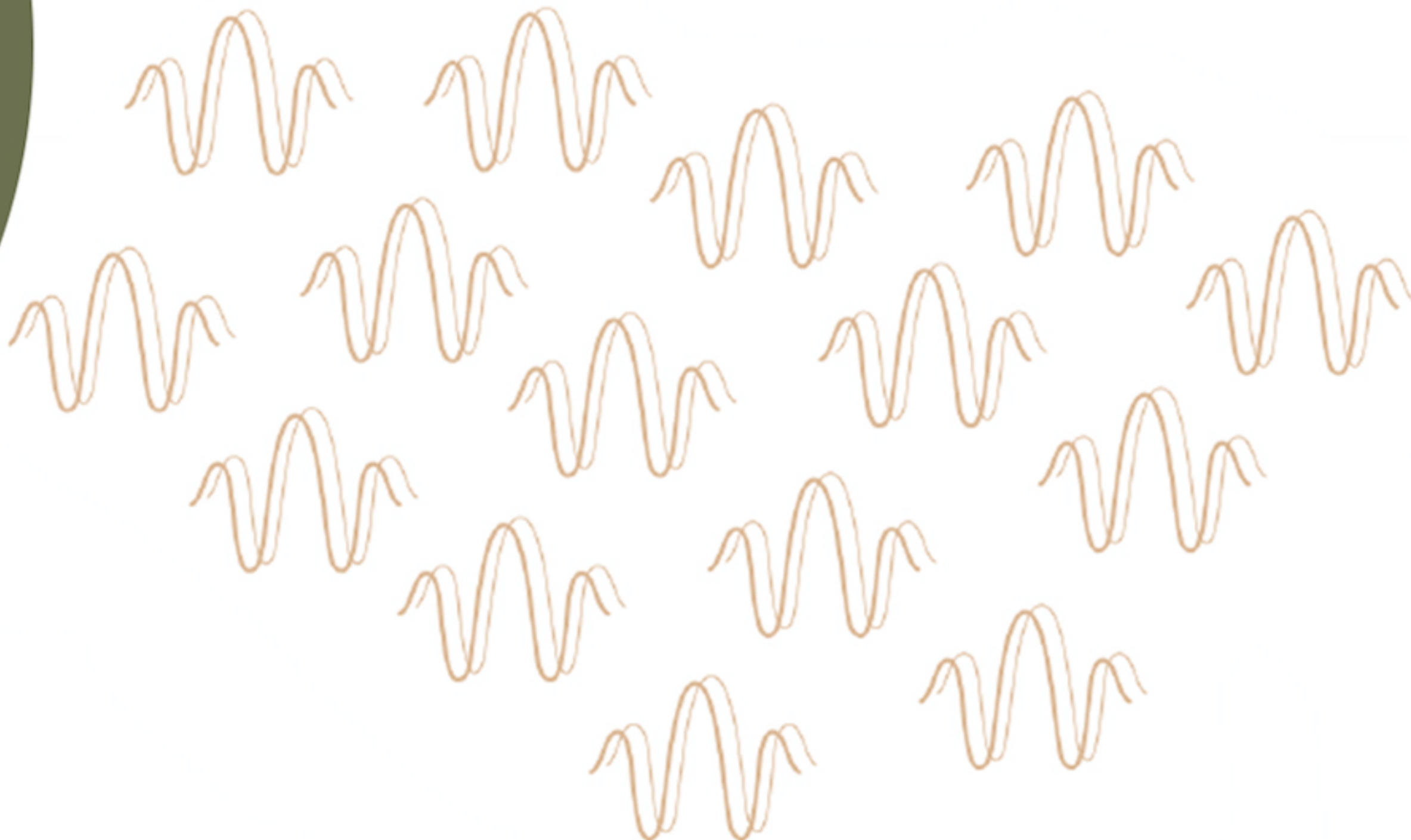
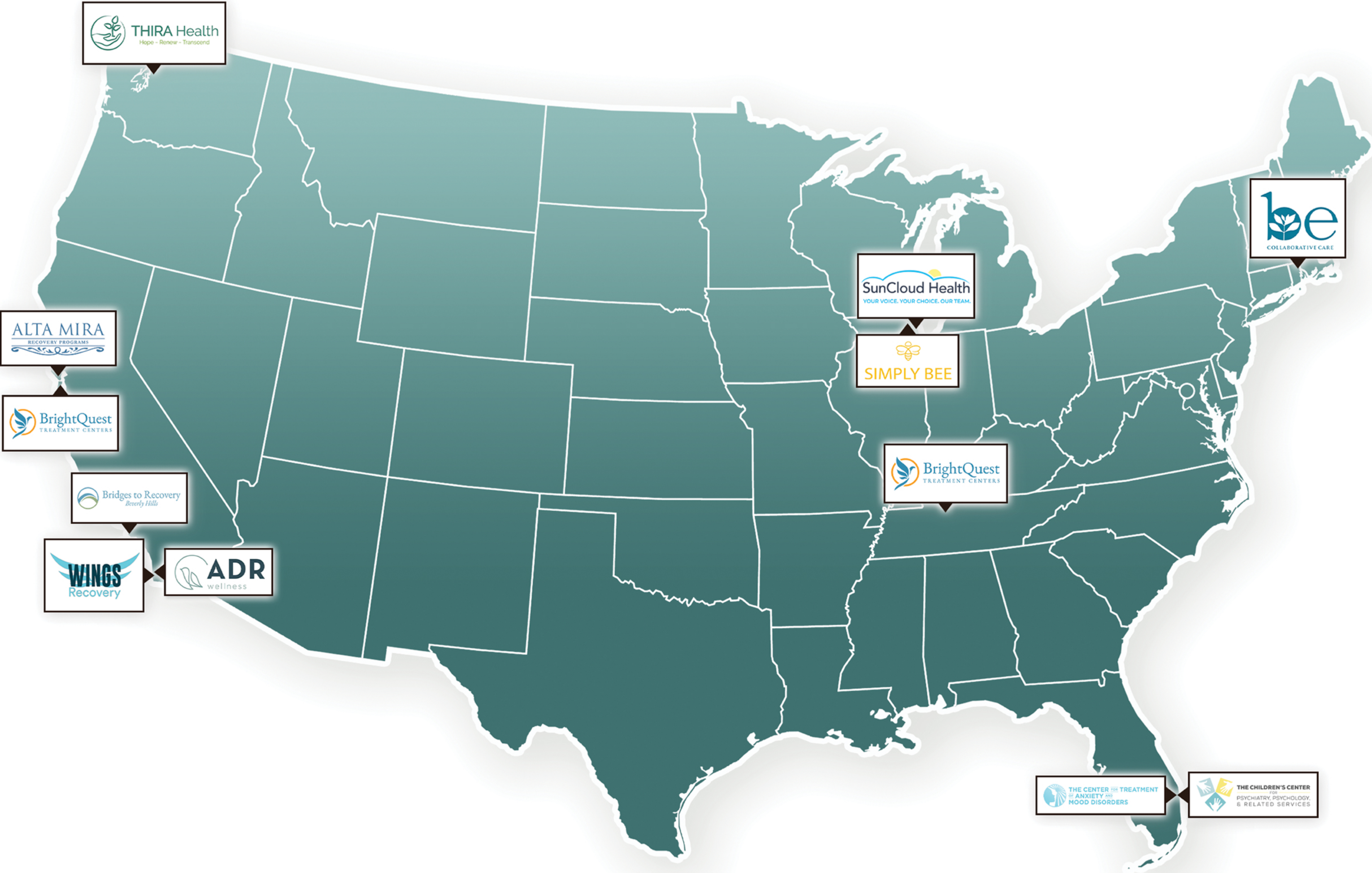
The Children's Center for Psychiatry, Psychology, and Related Services offers clinical, therapeutic, educational, and supportive services in a welcoming environment.

- **Demographic:** Children, Adolescents, and Families
- **Conditions Treated:** Anxiety and Related Disorders, Mood Disorders, Behavior Disorders, ADD/ADHD, Autism Spectrum Disorder, Eating Disorders, Developmental Disorders, and Learning Disorders
- **Levels of Care:** Outpatient Therapy
- **Location:** Delray Beach, Florida
- **Learn More:** [childrenstreatmentcenter.com](http://childrenstreatmentcenter.com)





our locations



**\*\*In-network options are subject to change, contact our admissions team to verify specific coverage.\*\***