

Specialty Programs & Treatment Services



A practical guide to care, recovery, and healthier relationships in California and Texas.

We provide trauma-informed behavioral health services designed to support emotional wellness, healthier relationships, accountability, and substance use recovery. Services may be voluntary or referred by a court, probation department, attorney, or child welfare agency.

Choose the format that fits your needs

One-on-one (1:1) sessions: Private appointments focused on your history, goals, challenges, and individualized skill development.

Group sessions: Facilitator-led sessions where participants learn concepts, practice skills, and benefit from structured discussion with others. Group and individual sessions are distinct service formats.

Domestic Violence Intervention

Group: Education and structured behavior-change work addressing abusive behavior, power and control, accountability, respectful communication, boundaries, and safer relationship choices.

One-on-one: Individualized counseling or intervention addressing relationship patterns, accountability, trauma-related concerns, and behavior change. Individual sessions do not automatically substitute for a court-required group or approved battering intervention program.

Anger Management

Group: Learn to identify triggers, recognize early signs of escalation, manage stress, improve impulse control, and practice conflict resolution. Program length depends on the referral and available curriculum.

One-on-one: Personalized support to understand anger patterns, practice emotional regulation, and build effective communication and coping skills.

Substance Use Counseling

Group: Recovery-oriented discussion and skill building on cravings, triggers, relapse prevention, coping strategies, and maintaining progress.

One-on-one: Private counseling addressing substance use patterns, motivation, recovery planning, emotional health, and relapse prevention.

Supportive Outpatient Program (SOP)

SOP is a less intensive level of outpatient substance use treatment for people who can benefit from continuing structured support while managing everyday responsibilities. Depending on the clinical treatment plan, services may include group counseling, individual sessions, relapse prevention, recovery skills, and progress reviews.

SOP may be appropriate for some people stepping down from more intensive treatment or requiring ongoing outpatient support. A clinical assessment determines the appropriate level of care.

Intensive Outpatient Program (IOP)

IOP is a more intensive level of substance use treatment than SOP, generally involving multiple treatment sessions each week. Services may include structured group treatment, individual counseling, relapse prevention, trauma-informed coping strategies, family involvement when appropriate, and care coordination.

IOP does not mean residential treatment. Enrollment, weekly treatment hours, clinical eligibility, and delivery format must be confirmed for the relevant location and program.

Substance Use Aftercare

Aftercare supports recovery following IOP, SOP, residential treatment, or another treatment episode. It may include continued group or individual counseling, relapse prevention, accountability, and a long-term recovery plan.

Other Family & Behavioral Health Services

Depending on clinical needs and location, services also include parenting education, co-parenting support, trauma-focused individual therapy, family counseling, reunification therapy, and parent-child services. Ask our intake team about the right service and current availability.

Private-pay pricing at a glance

Service	One-on-one	Group
Domestic Violence	\$75 / session	\$40 / session
Anger Management	\$75 / session	\$40 / session
Substance Use Counseling	\$150 / session	\$40 / session

About SOP and IOP pricing: These are treatment programs, not separate session formats. They may combine individual and group services. Total program fees, assessment charges, and insurance authorization are confirmed before enrollment; the session rates above are not a guaranteed all-inclusive SOP or IOP package price.

Insurance and payment

We may accept insurance for eligible clinical services through participating contracted plans. You can review the current insurance information on our website. Coverage depends on your specific benefits, clinician/network participation, medical necessity, authorization requirements, deductible, copay, and coinsurance.

Court-ordered classes or educational programs are not automatically covered by insurance, even when medically necessary therapy is covered. Our team will verify benefits and explain expected costs before services begin.

How care is delivered in California and Texas

California: Pasadena-area appointments and eligible telehealth services, subject to clinician licensure, service availability, and clinical appropriateness. Confirm whether structured IOP or SOP enrollment is currently available in California before planning treatment.

Texas: Dallas-area appointments and eligible telehealth services. Structured IOP and SOP treatment availability, in-person start dates, and program requirements should be confirmed directly with intake.

Getting started

Contact our intake team and tell us which service you need. If your referral is court-ordered, have the court order or referral instructions available. We will review your needs, explain group versus one-on-one options, discuss private pay or insurance verification, and arrange an assessment when appropriate.

CONTACT WINGS OF THE FUTURE

California: 21 Miller Alley, Suite 210, Pasadena, CA 91103

Texas: 100 Crescent Court, 7th Floor, Dallas, TX 75201

Phone: 661-402-1545

Email: support@wingsofthefuture4us.com

Website: www.wingsofthefuture4us.com

This guide is informational, not a guarantee of insurance coverage, admission, court acceptance, or program availability. Specific program requirements and services vary by location and referral.