

# OUTPATIENT SERVICES

## Adult Partial Hospitalization Program

The Partial Hospitalization Program, or PHP, is a comprehensive outpatient program that provides support and treatment for adults facing emotional or mental difficulties. Our program offers the programming features of inpatient care, but without the overnight hospital stay. The structured format provides physician oversight, plus therapeutic groups and activities. Since PHP participants return home in the evenings, they maintain important links to their family and to their community. The PHP is Monday through Friday from 9:00am to 2:30pm.

**ADULT**



### **The programs include:**

- Comprehensive assessment
- Medical management
- Individualized treatment plan
- Education regarding diagnosis
- Group therapy focused on helping patients to obtain life/coping skills and to return to an optimal level of functioning.
- Encouragement of family support and recovery

## **Adult Intensive Outpatient Services [IOP]**

The Intensive Outpatient Program, or IOP, is designed to provide a concentrated, time-limited, comprehensive therapeutic environment for the treatment of mental health and substance abuse issues. Our IOP group therapy is designed for those seeking tools and principles of recovery either as a step down from an inpatient or partial hospitalization setting, or simply someone needing treatment and support.

Since we are hospital based, patients have access to a multidisciplinary team of experts that includes psychiatrists, psychologists, registered nurses, master's-level therapists and counselors. Each group meets three hours a day, three days a week, usually for an eight- week period. However, the length of stay depends on a patient's unique treatment plan.

# Adolescent Intensive Outpatient Program

## ADOLESCENT

Outpatient programs provide group therapy for patients in the least restrictive environment. This allows for a comfortable recovery experience that is not intimidating or overwhelming.

Our Adolescent Intensive Outpatient Program specializes in treating adolescents ages 12 to 17. Individual and group psychotherapy, as well as medication management, is offered during a patient's time as an outpatient at our facility.

The Adolescent Intensive Outpatient program gives teens the chance to be in a structured treatment setting without having to move into a new and unfamiliar environment. The aim is to help reduce or stabilize psychiatric symptoms in a safe and supportive environment.

Our program provides holistic treatment with an integrative approach to behavioral health care. Care is provided by an interdisciplinary team, including a psychiatrist, RN, Licensed Marriage and Family Therapists, and Licensed Clinical Social Workers.



## Conditions We Treat

We treat a variety of psychiatric presentations. Some examples include the following:

- Depression trauma and abuse
- Anxiety
- Obsessive-Compulsive Disorder
- Adjustment Disorder
- PTSD
- History of suicidality
- Stress-related conditions
- Trauma and abuse
- Bullying
- Family issues
- Identity crises relating to sexual orientation
- Bipolar Disorder
- Substance Use Disorder
- Self-harming or self-injurious behavior

## Treatment Methods

Our professional staff uses evidence-based interventions such as Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), dual-diagnosis treatment for co-occurring substance use disorders, and interventions specifically targeted for trauma.

Additionally, our program offers group therapy and emotional support for the parents and siblings of patients with multi-family group sessions to improve or develop effective communication within the family for future success.



1.707.800.7741  
1287 Fulton Road • Santa Rosa, CA 95401  
[www.aurorasantarosa.com](http://www.aurorasantarosa.com)