

Providing supportive behavioral health services

ADULT OUTPATIENT PROGRAMS

Our outpatient psychiatric programs are designed for adults who can benefit from treatment services within a highly structured and supervised setting. Clients may be referred to an outpatient program from their community provider, or they may attend this level of care and support as the next step in their clinical improvement and recovery after an inpatient stay.

Partial Hospitalization Program

This program can be used as a transition for clients who have recently completed an inpatient program or for those who may be experiencing difficulty coping with the stressors of everyday life. Programming is held five days a week, four hours per day.

Intensive Outpatient Program

The Intensive Outpatient Program can be used for those transitioning from partial hospitalization, or for clients who need more structured treatment than is typically offered in an outpatient setting. Tailored to the client's specific needs, the program meets three days a week, four hours per day.

When you need additional support, we can help 24/7. Call 800-533-5266 to schedule a no-cost assessment.



Outpatient services can include:

- Weekly psychiatrist sessions
- Group therapy that focuses on anger management, coping skills and self-esteem
- Cognitive therapy
- Medication management
- Alcohol and substance use education
- Music, recreation and leisure therapy
- Nutrition education
- Breakfast and lunch
- Symptom management
- Community reintegration
- Aftercare planning

We offer recreational and team-building activities including arts and crafts, music, barbecues and attendance banquets to help improve coping and social skills.



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