



# Adult Outpatient Programs



## Partial Hospitalization Program

The Partial Hospitalization Program (PHP) provides treatment for individuals with acute mental health and addiction issues. Attendance is Monday through Friday, 9:00AM-03:00PM, with the opportunity to transition to our Intensive Outpatient Program. Patients participate in group therapy with the option of a multi-family group. The treatment team includes a Psychiatrist, Registered Nurse, and a Licensed Therapist.

## Intensive Outpatient Program (IOP)

The Intensive Outpatient Program (IOP) provides short-term treatment with flexible scheduling to balance treatment needs and everyday responsibilities. Groups focus on tools for symptom management and sustained recovery. We offer day and evening hours, programming is three days per week, three hours per day.

## Benefits of Outpatient Program

- Alternative to inpatient hospitalization
- Step-down from inpatient care
- Participants are taught tools for coping with triggers.
- Personalized treatment plans
- Medication management
- Evidence-based treatment
- Intensive group therapy, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), within Trauma-Informed Care
- All attendees are given after-care referrals to community partners.

## Vista del Mar Outpatient Services

To Learn More, call (805)850-4001  
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