



Adult Outpatient Program

ADULT PARTIAL HOSPITALIZATION (PHP) PROGRAM

PHP provides active treatment for individuals with acute mental and/or addiction issues. Attendance is Monday through Friday from 9:00 AM–3:00 PM ranging one to two weeks with opportunity for step-down and continued care (Intensive Outpatient Program). Programming is based on highly structured evidenced derived from treatment models offered within a safe and therapeutic environment. Patients participate in group therapy, as well as educational and family support group sessions. The treatment team includes: psychiatrist, psychiatric nurses, expressive therapists, and licensed therapists. Transportation is provided at no cost within Ventura County.

ADULT INTENSIVE OUTPATIENT (IOP) PROGRAM

Adult IOP provides intensive short term treatment with flexible scheduling to balance treatment needs and everyday responsibilities. Attendance is three days per week, three hours per day, with program completion within four to six weeks. Groups focus on tools for symptom management and sustained recovery.

BENEFITS OF PROGRAMMING INCLUDE:

- Alternative to inpatient hospitalization
- Can serve as a step-down program from inpatient care
- Tools for identification and coping with triggers
- Comprehensive evaluation and individualized wellness treatment plan
- Medication consultation and management
- Evidenced based treatment (EBT)
- Intensive group therapy CBT, IMR, Seeking Safety
- Aftercare referrals



VISTA *del* **MAR**

Behavioral Healthcare Hospital

To learn more, or to refer a patient
Please call: **805.653.6434**

VISTA DEL MAR OUTPATIENT SERVICES

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To learn more about our programs please call: 805.653.6434