

# OUTPATIENT PROGRAMS



## Partial Hospitalization Program (PHP)

This five-day-a-week program provides daily structure and supervision to continue making progress toward recovery goals, medication management and daily interaction with a licensed therapist.

**Adult:** Monday through Friday, 11 am to 4 pm

**Adolescent:** Monday through Friday, 3 to 7 pm

## Intensive Outpatient Program (IOP)

This three-day-a-week program provides a more concentrated level of care than traditional outpatient treatment to continue making progress toward recovery goals while receiving support from peers. Programs are facilitated by a licensed therapist.

**Adult:** Monday through Friday - days vary, 9 am to 12 pm; 1 pm to 4 pm; 5 pm to 8 pm

**Self-Discovery** addresses how to regulate emotions, manage distressing situations, improve interpersonal relationships and manage crises. Participants can learn to manage suicidal thoughts and how to use coping skills to reduce the urge to self-harm.

*Self-Discovery 1:* Tuesday, Thursday, Friday; 1 pm to 4 pm

*Self-Discovery 2:* Tuesday, Wednesday, Thursday; 9 am to 12 pm

*Self-Discovery 3:* Monday, Wednesday, Friday; 5 pm to 8 pm

**Moving Beyond** to support those living with substance use and addiction. Topics range from managing addictions and triggers and creating a relapse prevention plan.

*Moving Beyond 1:* Monday, Wednesday, Thursday; 1 pm to 4 pm

*Moving Beyond 2:* Monday, Tuesday, Thursday; 5 pm to 8 pm

**Young Adult Support Services** addresses issues for young adults, ages 18 to 24, as they enter adulthood. The group focuses on emotional regulation, healthy relationships, reducing harm and risks, independent living skills and self-compassion.

*Young Adults:* Monday, Tuesday, Thursday; 11 am to 2 pm

**Trauma Recovery** provides support for survivors recovering from traumatic events. The goal of this group is to promote resilience through a variety of activities and topics. Members with recent, past, chronic or acute trauma and stress are welcome.

*Trauma Recovery 1:* Monday, Wednesday, Thursday; 9 am to 12 pm

*Trauma Recovery 2:* Monday, Tuesday, Thursday; 1 pm to 4 pm

**Adolescent:** Monday through Friday - days vary, 4 pm to 7 pm

**Adolescent Perfectly Me** addresses how to regulate emotions in order to support and maintain quality of life, improve interactions at home and improve functioning in school.

*Perfectly Me 1:* Monday, Tuesday, Wednesday; 4 pm to 7 pm

*Perfectly Me 2:* Monday, Wednesday, Friday; 4 pm to 7 pm

*Perfectly Me 3:* Tuesday, Wednesday, Thursday; 4 pm to 7 pm

## Outpatient Services Group Schedule - ADULT

Group	Monday	Tuesday	Wednesday	Thursday	Friday
IOP: Self-Discovery 2		9 am - 12 pm	9 am - 12 pm	9 am - 12 pm	
IOP: Trauma Recovery 1	9 am - 12 pm		9 am - 12 pm	9 am - 12 pm	
IOP: Young Adult Support Services	11 am - 2 pm	11 am - 2 pm		11 am - 2 pm	
PHP: Partial Hospitalization Program	11 am - 4 pm	11 am - 4 pm	11 am - 4 pm	11 am - 4 pm	11 am - 4 pm
IOP: Self-Discovery 1		1 - 4 pm		1 - 4 pm	1 - 4 pm
IOP: Moving Beyond 1	1 - 4 pm		1 - 4 pm	1 - 4 pm	
IOP: Trauma Recovery 2	1 - 4 pm	1 - 4 pm		1 - 4 pm	
IOP: Self-Discovery 3	5 - 8 pm		5 - 8 pm		5 - 8 pm
IOP: Moving Beyond 2	5 - 8 pm	5 - 8 pm		5 - 8 pm	

## Outpatient Services Group Schedule - ADOLESCENT

Group	Monday	Tuesday	Wednesday	Thursday	Friday
PHP: Partial Hospitalization Program	3 - 7 pm	3 - 7 pm	3 - 7 pm	3 - 7 pm	3 - 7 pm
IOP: Perfectly Me 1	4 - 7 pm	4 - 7 pm	4 - 7 pm		
IOP: Perfectly Me 2	4 - 7 pm		4 - 7 pm		4 - 7 pm
IOP: Perfectly Me 3		4 - 7 pm	4 - 7 pm	4 - 7 pm	

**Note:** Please call to confirm the times, days and groups as programming can change without notice to meet the needs of the community. Thank you.



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