

# OUTPATIENT DAY PROGRAMS

"Where Healing Begins and Caring Never Ends"

## WHAT ARE PHP AND IOP?

- **Partial Hospitalization Program (PHP)**: PHP is a more intensive program for someone who needs structured treatment, but doesn't need full inpatient hospitalization. This program includes medication management, group therapy, individualized treatment planning, discharge planning, and is 5 days per week.
- **Intensive Outpatient Program (IOP)**: IOP is our least restrictive program, often used for someone who has completed the PHP program and/or has a private psychiatrist for medication management. IOP includes group therapy, individualized treatment planning, discharge planning, and is 3 days per week.
- **Telehealth**: Telehealth programs are offered via the internet for those with transportation, health, or other barriers to treatment. Telehealth is conducted on a patient's own phone, tablet, or desktop computer during regularly scheduled programming hours. Ask staff about current Telehealth program options.
- **Important Details**:
  - Patients generally start with PHP and then "step-down" into IOP once PHP is completed.
  - PHP and IOP programs use group therapy. Patients will be referred for individual therapy after discharge.
  - Medication management is included in PHP but is not a component of IOP.
  - The length of time in PHP and IOP varies for each person, but they are generally 2-4 week programs.

## PROGRAMS AND SCHEDULES:

- **Adolescents (13-17)**:
  - PHP (Co-occurring): 9:00 am - 3:00 pm, Monday through Friday
  - Telehealth IOP (Co-occurring): 2:30 pm - 5:30 pm, Tuesday, Wednesday, Thursday
- **Adults (18+)**:
  - PHP (Co-occurring): 9:00 am - 3:00 pm, Monday through Friday
  - IOP: 9:30 am - 1:00 pm, 3 days per week depending on the Track
    - Mental Health Track: Monday, Wednesday & Thursday
    - Chemical Dependency Track: Tuesday, Wednesday & Friday
    - Military / First Responder In-Person & Telehealth Track: Tuesday, Wednesday & Thursday

## GOALS OF TREATMENT:

- We meet with each patient shortly after admission to determine their personal goals for treatment, and develop a plan for how to help.
- We aim to help patients stabilize their mental health and/or chemical dependency challenges.
- We help patients identify new coping skills, communication skills, build healthy relationships and support systems.
- We also focus on helping patients manage their emotions, build self-esteem and develop healthy routines and structure.

## ATTENDANCE:

- Please do not schedule any outside therapy or medical appointments on PHP or IOP program days.
- Admissions must happen within 3 business days of being referred in order to avoid repeating any additional steps.
- We encourage you to attend each program day. There are no make-up days for absences.
- After 3 consecutive absences, we will discharge you from the program and provide follow-up referrals.
- Please notify the Front Desk or your Therapist if you will be absent from the program. Repeated absences without notification may result in the program requesting a Welfare Check.

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## TRANSPORTATION:

- Complementary pick up and drop off services are provided throughout Las Vegas, North Las Vegas and Henderson.
- Space on our vans is limited. Please see Front Desk staff for availability or bus pass options.
- Transportation services are not provided on the first day of programming.  
The length of driving routes will vary each day depending on the location of the riders. If you are receiving transportation services, the Driver will call you between 6:00-6:30 am to verify attendance that day. The Driver will text you 20 minutes prior to arrival.

## MEALS & BREAKS:

- A continental breakfast, lunch and snacks are provided.
- Outside food and drinks are prohibited.
- Breaks are provided throughout the program day.
- Adults who smoke may use the designated smoking area during break times.
- If you need a special diet or have other nutritional concerns, please inform the program Nurse.

## SCHOOL:

- Our licensed Teacher provides 1 hour of age-appropriate curriculum each day for PHP patients. Students can also use this time to complete paper-based assignments from their school. Students will not have access to computers for electronic-based assignments.
- With parental consent, we communicate with your child's school district to excuse absences for time spent attending the program.

## PROHIBITED ITEMS:

- The safety of our patients and staff is of utmost concern.
- Cell phones are not allowed into the group rooms due to privacy issues. Adult patients may use their cell phones during breaks. Youth patients are asked to leave cell phones at home.
- Lockers are provided for patients to store their belongings during group time.
- Weapons, knives, alcohol and substances are strictly prohibited from entering the building. Violations may be subject to being discharged from the program.
- Anyone appearing to be impaired by alcohol or substances will be asked to leave for the day or will be provided medical attention if needed.

## CONFIDENTIALITY / BOUNDARIES:

- Information shared during group session is confidential. Please do not discuss what other patient's disclose about themselves, outside of the group room.
- While in group, please respect your peers, avoid interrupting others, and share your thoughts and feelings when you're comfortable.
- We encourage patient's not to share personal contact information with each other, in order to promote appropriate boundaries and to allow each person to focus on their own treatment.
- Please dress appropriately and avoid wearing torn or revealing clothing. Youth patients are asked to wear closed toed shoes, that are appropriate for Activity Therapy groups.