

Personalized Care

We strive to make each patient's stay enriching and supportive. To do so, we have designed a curriculum that focuses on helping individuals become empowered and able to integrate back into their lives in a healthier and more productive manner. Our curriculum includes the following therapies and groups:

- Individual Counseling
- Family Sessions
- Process Group
- Coping with Grief Group
- Exercise Group
- Creative Expression Group
- Cognitive Behavioral Therapy Group
- Mood Disorder Group
- Psychoeducational Group
- Medication Education Group
- Nutrition Group
- Anger Management Group
- Mind and Body Connection Group
- Substance Abuse Group

"The partial hospitalization program gave me the continued support and treatment I needed after my inpatient detox treatment."

– Alum



Pacific Grove Hospital
Outpatient Programs

5900 Brockton Ave.
Riverside, CA 92506

Admissions: 951-779-7828

(800) 992-0901

www.PacificGroveHospital.com

Get back to being
you...

Partial Hospitalization Program
& Intensive Outpatient Program for
Behavioral Health and Addiction Treatment

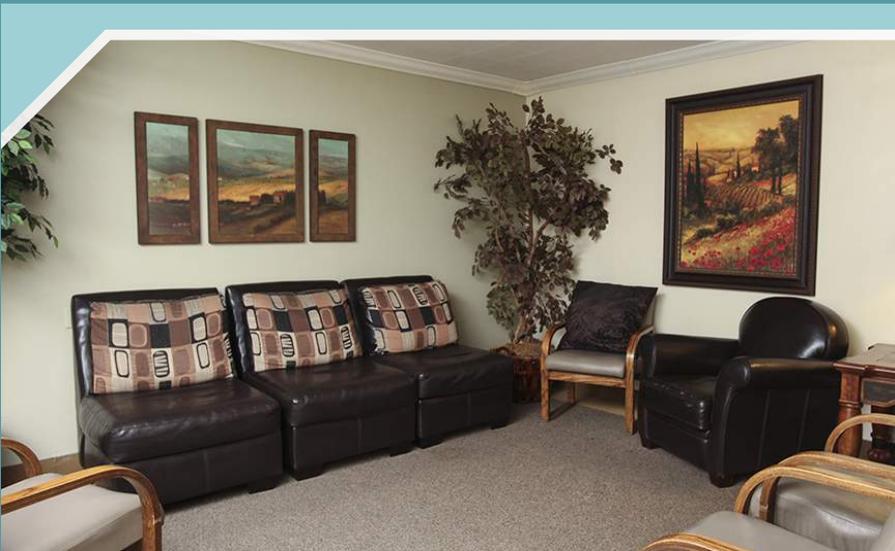




Benefits of the Outpatient Programs

The Outpatient Program is appropriate for men and women who are transitioning from an inpatient setting but are in need of additional support, and for those individuals who do not need to be hospitalized but can benefit from intensive outpatient programming. Disorders, issues and illness treated include:

- Depression
- Anxiety Disorders /Panic Attacks
- Bipolar Disorder
- Schizophrenia
- PTSD
- OCD
- Psychiatric Disorders
- Personality Disorders
- Suicidality
- Self-Injurious Behavior
- Addiction
- Addiction and Co-occurring Disorders



About Our Outpatient Programs

Pacific Grove Hospital's Outpatient Program includes a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP) for the treatment of adults with mental illnesses, addictions and co-occurring disorders. Each of these programs features a separate track for chemical dependency and co-occurring disorders, as well as a mental health track. These separate tracks allow us to provide individualized treatment to patients in a caring and supportive environment.

"The intensive outpatient program allowed me to attend treatment in the mornings and go to my job in the afternoon. I am able to work full-time as a confident and capable employee."

– Alum

Our Campus

Situated on a serene campus in the heart of Riverside, California, Pacific Grove Hospital's Outpatient Programs feature several amenities that make patients feel like they are right at home. Private courtyards, patient lounges, patios, and a dining area are located on 4.5 acres of beautiful, landscaped grounds. Our tranquil environment is relaxing and conducive to healing and recovery.

Typical Daily Schedule

IOP: The Intensive Outpatient Program meets three times a week from 8:20 a.m. until 12:00 p.m. on Monday, Wednesday, and Friday. Morning snacks are provided.

PHP: The Partial Hospitalization Program meets daily from 8:20 a.m. to 2:50 p.m., Monday through Friday. Snacks and lunch are provided.

Transportation is provided for those patients in need. Most major **Insurances** are accepted.

Time	PHP/IOP	PHP
6 – 6:30am	AA Meeting (Optional)	
8am	Patient Check-in	
8:15am	Morning Gratitude	
8:20 – 9:15am	Recreation Therapy/ Creative Expression	
9:15 – 9:30am	Break	
9:30 – 10:20am	Life Skills Group	
10:20 – 11:20am	Group Therapy	
11:20 – 11:30am	Break	
11:30 – 12:20pm	Track Groups: Mental Health, Substance Abuse / Dual Diagnosis	
12:20 – 1pm		Lunch
1 – 1:50pm		Coping Skills
1:50 – 2pm		Break
2 – 2:50pm		Nursing Education
6 – 6:50pm		Alumni Meeting (Optional)

Note: Individual Therapy and Family Sessions are scheduled throughout the day.