

Why Choose Outpatient Treatment?

Pacific Grove Hospital is proud to provide a variety of outpatient treatment options for adolescents and adults who have been struggling with substance abuse, chemical dependency, and certain mental health concerns.

Our outpatient programs serve patients who have completed residential care, as well as those who are entering treatment at the outpatient level. All admissions decisions are made on a case-by-case basis following a thorough assessment to ensure that we can provide an optimal healing environment for the individual.

Outpatient care at Pacific Grove features an array of dynamic, personalized services that are customized according to each individual's unique strengths, needs, and goals. We also offer free transportation for those who live in the Riverside area and detailed discharge planning services to guide the post-treatment phases of each patient's continued recovery.



PACIFIC GROVE
HOSPITAL



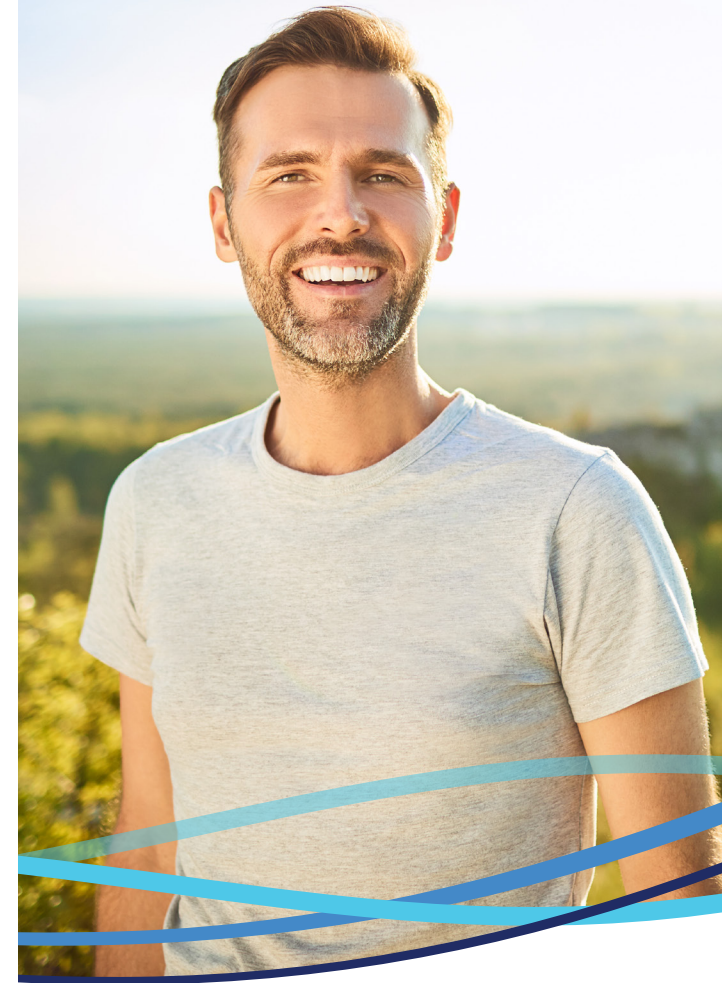
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OUTPATIENT SERVICES
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Adolescent Outpatient Program

DEVELOPMENTALLY APPROPRIATE CARE

The adolescent outpatient program at Pacific Grove Hospital provides developmentally appropriate care for young people ages 13-17.

Our treatment professionals understand the unique ways that substance abuse, addiction, and mental illness can impact individuals within this age range.

We have harnessed these insights to create a compassionate healing environment in which adolescents can develop the skills and capabilities that will empower them to achieve to their greatest potential.

TREATMENT SERVICES

Our adolescent outpatient program incorporates a variety of evidence-based approaches, including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and the Evidence Based Treatment curriculum.

Outpatient services for adolescents include individual therapy, group therapy, family counseling and support, and a variety of activity-based therapies. We also offer 12-Step support, random drug testing, medical interventions as needed, and a host of additional services to help adolescents achieve true and lasting healing.

All care within the adolescent outpatient program is customized according to the unique needs of each young person. We endeavor to include parents or other caregivers in the treatment process to the greatest degree that is both possible and clinically appropriate.

Adult Partial Hospitalization Program

Partial hospitalization programming (PHP) is the most intensive level of outpatient care at Pacific Grove Hospital. PHP patients work in collaboration with teams of experienced professionals and are encouraged to take active ownership of their recovery.

Our PHP services for adults are provided via three distinct tracks:

- **Psych Track:** For men & women who have a mental health diagnosis
- **Chemical Dependency Track:** For adults who have been struggling with substance abuse & addiction
- **Dual Diagnosis Track:** For patients who are dealing with a mental health challenge in addition to chemical dependency

All three PHP tracks meet Mondays through Fridays, 8:15 a.m. to 3:15 p.m. each day.



Adult Intensive Outpatient Program

As with our PHP option, adults who participate in the intensive outpatient program (IOP) at Pacific Grove may receive services via a psych track, chemical dependency track, or dual diagnosis track.

IOP services include process and educational groups, individual therapy, and weekly meetings with a doctor or chemical dependency specialist.

IOP treatment at Pacific Grove is offered three days per week. Sessions start in the morning and end in the early afternoon.

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