



## Partial Hospitalization (PHP)

West Coast Recovery Centers partial hospitalization program (PHP) is designed to provide continued clinical support for individuals who are discharging from a detox or residential level of care. There are instances where individuals may admit directly into PHP without completing an inpatient level of care. In such cases, West Coast Recovery Centers provides a comprehensive screening to assess for appropriateness. The individual must not be an immediate risk to themselves or others, the individual must be free from acute detox symptomology, and the behavioral health/mental health risks must be able to be managed successfully outside of an

inpatient setting (please refer to our admissions policy and procedure). Upon admission each individual will be screened by our medical provider within 24 hours of intake. A comprehensive psychiatric evaluation is completed, and any medication changes are made if necessary. Our medical team handles all medication management for the duration of the individual's treatment episode. Weekly follow up psychiatric evaluations are provided as needed. All individuals admitted into a PHP level of care will be participating in structured, evidenced based, face-to-face therapeutic services Monday thru Friday from 9AM-3:30PM. In total, each

individual will receive 6 hours of therapeutic services per day. Also, the first half of every clinical day is gender specific. We feel it important to offer both gender specific group therapy as well as co-ed group therapy. These services include individual therapy, intensive group therapy, case management services, and holistic therapy. Every individual will be assigned a master's level clinician who they will see at minimum once per week for a one-hour individual therapy session. They will also be assigned a case manager who they will see at minimum once per week for a 30-minute session

The case management team is responsible for assisting with individual needs outside of the program such as disability, legal issues, FMLA, discharging planning etc. Outside of individual therapy and case management services each individual will be participating in four 90-minute intensive group therapy sessions per day (please refer to daily schedule). It is the goal of West Coast Recovery Centers to treat symptomology, behavioral disturbances, mental health decomposition, and other conditions that negatively impact the mental wellbeing or behavioral health of each individual.

## Intensive Outpatient (IOP)

When clients step down to an IOP level of care, it is of high priority to assist each individual in integrating back into everyday life. This usually includes but is not limited to going back to work, school, or reintegrating back into a home environment. West Coast Recovery Centers has created three different IOP options in order to accommodate the needs of each individual. There are instances where an individual will admit directly into an IOP level of care. If admitting directly into an IOP level of care, the individual will see our medical team within 48 hours of intake for a full psychiatric evaluation. Any medication changes will happen at this point as well. Weekly follow up psychiatric evaluations are provided as needed. IOP 5 is our most intensive IOP option. At this level of care each individual will be participating in structured, evidence based, face to face therapeutic services Monday thru Friday

from 9AM-12PM. This level of care is usually the step down for all individuals transitioning out of a PHP level of care. The only reason one would not transition into IOP 5 is if they had obligations outside of treatment such as work or school they needed to attend to. At this level of care each individual will continue to see their primary therapist once per week for an hour individual therapy session. They will also continue to work with their case manager once per week for 30 minutes. Outside of individual therapy or case management sessions each individual will participate in two 90-minute intensive group therapy sessions.

IOP 3 is the step down from our IOP 5 level of care. At this level of care each individual will be participating in structured, evidenced based, face to face therapeutic services three

days per week from 9AM-12PM. The individual may choose which 3 days they'd like to attend based off the clinical they best connect with. It is possible, after assessing an individual, that they admit directly into an IOP 3 level of care. Any individual admitting to this level of care will be seen by the medical team within 48 hours of admission for a full psychiatric evaluation. Any medication changes will take place during this assessment. Follow up psychiatric evaluations will be offered weekly as needed, and all medication management will be handled by our medical team for the duration of the treatment episode. At this level of care each individual will continue to see their primary therapist once per week for one hour. Each individual will also continue to receive one 30-minute case management session per week. Outside of individual therapy or case management each individual will be participating

in two 90-minute group therapy sessions. Once at this level of care it is our goal for the individual to be back at work, school, or integrating back into every day obligations. We, as a facility, want each individual to have a clinical team supporting them through this transition.

We expose our clients to 12-step, SMART Recovery, and Refuge Recovery. We are open minded to whatever recovery program works for you! Our goal is to expose our clients to a variety of modalities and programs to see what they best fit with as an individual.

Drug testing is done at all levels of care. We drug test each individual randomly 2-3 times per week. Our urine analysis is sent to the lab so we have an in depth screening of what may be showing up in each individual's system.

In Net Contracts: Anthem, BCBS, TriCare, HealthNet  
Out of net with everyone else.

Sober living: Our sober livings are located in coastal Carlsbad. Both houses are only minutes from the beach, and beautiful downtown Carlsbad. The houses are staffed to provide extra support and accountability. is \$1,000 per month

### Modalities:

Individual Therapy  
Group Therapy  
Educational Program for Family  
Gender Responsive Programming  
Interpersonal Relationship Skills Training  
Substance Abuse Psychoeducation  
Trauma Resilience  
Relapse Prevention Skills  
Anger Management

Medication Management  
Self-Compassion Training  
Transitional Living  
Vocational Counseling and Training  
12-step, Refuge and SMART Recovery  
Adventure Therapy  
Dialectical Behavioral Therapy (DBT)  
Cognitive Behavioral Therapy (CBT)  
Mindfulness and Meditation  
Applied Spirituality

Yoga  
Creative Expression  
Case Management and Referral Services  
Peer Support Groups  
Individual Transition and Recovery Planning