

BRANCHES OUTPATIENT | Greater Sacramento

Wellness Without Limits

Take the Next Step

You've made meaningful progress; outpatient support can help you become your best self. We offer programs to continue your recovery and rehabilitation after your inpatient stay. These programs provide a structured environment while enabling patients to return home each day to maintain family and community relationships.

Partial Hospitalization Program (PHP)

In this full-day program, patients can work through issues in group therapy with peers facing similar challenges. Patients work in-depth with the treatment team, including a psychiatrist and therapist, to help change negative behaviors into positive ones.

Intensive Outpatient Program (IOP)

In this flexible half-day program, offered three to five days per week, patients participate in group therapy and have access to a psychiatrist for their medication needs. Patients can maintain responsibilities at home and in the community while still continuing with intensive treatment, either in-person or virtually on days, evenings or weekends.

Call 916-914-1388 today to schedule a confidential, level-of-care assessment.

Branches
Carmichael • Roseville Adolescent
Roseville • West Sacramento
A service of Heritage Oaks Hospital

Branches
Davis • Elk Grove • Folsom
A service of Sierra Vista Hospital

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