

## Aurora Mental Health Outpatient Services

Aurora Behavioral Health System's Outpatient Services is dedicated to providing a safe, caring and therapeutic environment for individuals who can benefit from more concentrated mental health services, while still maintaining their normal daily activities. Our structured and supportive approach allows patients to reduce their symptoms, regain their confidence and achieve greater levels of functioning.

Aurora offers two levels of mental health outpatient care:

- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)

### Partial Hospitalization Program (PHP)

Aurora's Partial Hospitalization Program (PHP), or more commonly referred to as a day program, is a comprehensive, short-term outpatient program that provides support and treatment for adults facing emotional or mental difficulties. Our program offers all of the programming features of inpatient care, but without the overnight hospital stay and is, therefore, more affordable and more convenient for the patient. The structured format provides physician oversight, plus therapeutic groups and activities.

### Mental Health Intensive Outpatient Program (IOP)



Our Intensive Outpatient group therapy programs are designed for individuals seeking tools and principles of recovery whether as a step down from an inpatient or partial hospitalization setting, or simply someone needing treatment and support. Treatment providers use a variety of approaches to address the unique needs of their patients. Methodologies used are evidence-based and have shown high success rates in decreasing symptoms and increasing functioning of participants. Aurora offers these programs at various times and days, which focus on education and coping skills that teach each patient healthy ways of managing their symptoms.

One of the benefits of attending an IOP program is that you can receive intensive therapy, yet are still be able to maintain your daily schedule. All programs meet three days a week for a three-hour session. And, we offer a variety of times and dates for our classes. We also offer complimentary transportation to certain areas as well as complimentary snacks.

### Treatment Focus

- Mental health conditions
- Coping with feelings and emotions
- Medications and physical wellness
- Relationships and support
- Healthy communication and boundaries
- Self-awareness and self esteem
- Spirituality, relaxation and mindfulness
- Grief, loss and trauma resolution
- Relapse prevention
- Maintaining recovery and wellness

### Outpatient Treatment Benefits

- Sessions may be conducted while the individual continues to go to work or school
- Multiple professional disciplines work with the patient and the family
- Promotes achievement of realistic goals
- Increases adherence with treatment
- Promotes self-empowerment and wellness
- Prevents hospitalization



## Mental Health Outpatient Program Schedule

Please note that **group schedules are subject to change** and additional times may be available.  
Please call to verify the days and times.

### EAST

#### Partial Hospitalization Program

- Monday thru Friday
- 9:00 p.m. – 1:00 p.m.
- Coffee, lunch, and snacks provided.

#### Morning IOP Group

- Monday, Tuesday, Thursday
- 9:00 a.m. – 12:00 p.m.
- Coffee and snacks provided.

#### Afternoon IOP Group

- Monday, Tuesday, Thursday
- 12:00 p.m. – 3:00 p.m.
- Coffee and snacks provided.

#### Evening IOP Group

- Monday, Tuesday, Thursday
- 6:00 p.m. – 9:00 p.m.
- Coffee and snacks provided.

### WEST

#### Partial Hospitalization Program

- Monday thru Friday
- 9:30 p.m. – 2:30 p.m.
- Coffee, lunch, and snacks provided.

#### Morning IOP Group 1

- Tuesday, Wednesday, Thursday
- 9:00 a.m. – 12:00 p.m.
- Coffee and snacks provided.

#### Morning IOP Group 2

- Monday, Wednesday, Thursday
- 9:00 a.m. – 12:00 p.m.
- Coffee and snacks provided.

#### Afternoon IOP Group

- Monday, Tuesday, Thursday
- 1:30 p.m. – 4:30 p.m.
- Coffee and snacks provided.

The program typically runs eight weeks. However, **the time frame can vary depending on the patient's unique treatment plan.**



Each group is comprised of 15 patients max, ages 18 and up.

**Complimentary transportation** provided to certain areas for all of our Outpatient Services programs.

**Where healing starts and the road to recovery begins...**

#### Aurora East

6350 S. Maple Ave.  
Tempe, AZ 85283

#### Aurora West

6015 W. Peoria Ave.  
Glendale, AZ 85302

24/7 Patient Services Helpline

480.345.5420

[www.auroraarizona.com](http://www.auroraarizona.com)