

AURORA

BEHAVIORAL HEALTH SYSTEM

Aurora Behavioral Health System

Outpatient Services

Help is only a phone call away.

Aurora East

6350 S. Maple Ave.
Tempe, AZ 85283

*(The hospital is located on the NW corner of Guadalupe and
Maple, between Kyrene and Rural Rd.)*

Main
480.345.5400

Aurora West

6015 W. Peoria Ave.
Glendale, AZ 85302

*(The hospital is located ¼ west of 59th Ave. & Peoria on the south
side of the street.)*

Main
623.344.4400

24/7 Patient Services Helpline

480.345.5420

www.auroraarizona.com

AURORA BEHAVIORAL HEALTH SYSTEM OUTPATIENT SERVICES OVERVIEW

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 and chemical dependency 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.

Successful treatment is measured by the resolution of emotional and psychological problems, maintaining long-term stability and increasing the level of independent functioning at home and in the larger community.

Services provided:

- Adult Mental Health Partial Hospitalization
- Adult Mental Health Intensive Outpatient
- Adult Chemical Dependency Intensive Outpatient
- Adolescent Mental Health Intensive Outpatient

Our multidisciplinary approach treatment team consists of:

- Psychiatrists
- Psychologists
- RNs
- Licensed, Master's Level Therapists
- Licensed, Master's Level Chemical Dependency Counselors
- Behavioral Health Technicians

At Aurora, we believe our primary responsibility is to provide the environment and resources for restoring and maintaining health.

Compassionate care is our #1 priority.

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

PARTIAL HOSPITALIZATION PROGRAM OVERVIEW

Everyday life can be overwhelming and sometimes people need help coping with their problems. It may not require an overnight hospital stay, but it can be serious enough that routine counseling won't solve it. To meet these needs, Aurora Behavioral Health offers a Partial Hospitalization Program, or PHP.

Treatment:

PHP 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 for the patient. The structured format provides physician oversight, plus therapeutic groups and activities.

Since PHP participants return home in the evenings, they are able to maintain important links to their family and to their community. This allows them to practice new skills that promote confidence and independence.

Treatment consists of:

- Individual treatment planning
- Psychiatric assessments and treatment
- Individualized group therapy
- Adult education and life skills
- Activities therapy to include music, art and movement
- Medication support (as needed) for PHP patients
- Discharge planning
- Community referrals

Advantages of PHP:

- Patient continues to live at home
- Multi-disciplinary approach includes weekly psychiatric oversight and supervision
- Designed and led by a psychologist
- Full-time psychiatric nurse

Admission:

Our PHP is designed to provide short-term intensive treatment for the adult and geriatric population with acute psychiatric and/or dual diagnosis symptoms and who are suffering a significant decline in social, occupational or daily living activities function. Our PHP treatment assists to control symptoms and maintain patient function to prevent further decomposition and repeated inpatient hospitalizations.

The majority of managed care plans pay for partial hospitalization, as does Medicare.

Sample Daily Schedule

Monday – Friday
9:30 a.m. – 2:30 p.m.

TIME	TREATMENT
9:30 AM	Community Meeting
10:00 AM	Process Group
12:00 PM	Lunch/Treatment Planning
12:30 PM	Cognitive Therapy Group
1:30 PM	Problem Solving Group
2:30 PM	Relaxation and Wrap-Up

For more information and for assistance in helping you determine if you, or your patient, is right for PHP, please call our 24-hour Patient Services team at:

480.345.5420

INTENSIVE OUTPATIENT PROGRAM OVERVIEW

Aurora Behavioral Health System's Intensive Outpatient Program, or IOP, is designed to provide a concentrated, time-limited, comprehensive therapeutic environment for the treatment of mental health and substance abuse issues. 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. We develop a unique treatment plan specifically tailored to each patient in the program affording everyone the opportunity to develop coping skills necessary to maintain recovery.

Since we are hospital based, patients have access to a multidisciplinary team of experts that includes psychiatrists, psychologists, registered nurses, master's-leveled therapists and chemical dependency counselors. Patients and their families are also encouraged to consider themselves part of the "treatment team." Each group meets three hours a day, three days a week, usually for an eight week period. However, the length of stay depends on a patient's unique treatment plan.

Advantages of Intensive Outpatient Therapy:

- Sessions may be attended while continuing to work or go to school
- Individual maintains independent living environment
- Targets stabilization
- Ongoing support
- Prevents hospitalization
- Increases adherence to treatment
- Promotes achievement of realistic goals
- Promotes self empowerment and wellness

All programs include individualized treatment plans, cognitive group therapy and therapeutic group exercises. And, the programs are designed so that a patient can enter the group at any time and, therefore, not delay necessary treatment.

Areas of focus include, but are not limited to:

- Substance abuse
- Mental health issues
- Medication education
- Problem solving/coping skills
- Relapse prevention
- Maintaining recovery/wellness

In a recent patient satisfaction survey, participants scored our outpatient services 4.7 out of 5 in overall patient satisfaction.

When asked if the patient would refer this program to a family member or friend, 98% of respondents said "yes."

For more information and for assistance in helping you determine if you, or your patient, is right for IOP, please call our 24-hour Patient Services team at:

480.345.5420

SCHEDULE OF SERVICES

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

**We provide complimentary transportation,
coffee and snacks for all of our programs.**

Adult Mental Health Partial Hospitalization Program

EAST

Monday – Friday
9:00 a.m. – 1:00 p.m.
Lunch provided.

WEST

Monday – Friday
9:30 a.m. – 2:30 p.m.
Lunch provided.

Adult Chemical Dependency IOP Groups

EAST

Afternoon Group

- Monday, Tuesday, Thursday
- 12:00 p.m. – 3:00 p.m.

Evening Group

- Monday, Tuesday, Thursday
- 5:30 p.m. – 8:30 p.m.

WEST

Afternoon Group

- Monday, Wednesday, Thursday
- 1:30 p.m. – 4:30 p.m.

Evening Group

- Monday, Tuesday, Thursday
- 6:00 p.m. – 9:00 p.m.

Adult Mental Health IOP Groups

EAST

Morning Group 1

- Monday, Tuesday, Thursday
- 10:00 a.m. – 1:00 p.m.

Morning Group 2

- Tuesday, Wednesday, Friday
- 9:00 a.m. – 12:00 p.m.

Afternoon Group

- Monday, Tuesday, Thursday
- 12:00 p.m. – 3:00 p.m.

Evening Group

- Monday, Tuesday, Thursday
- 6:00 p.m. – 9:00 p.m.

WEST

Morning Group 1

- Tuesday, Wednesday, Thursday
- 9:00 a.m. – 12:00 p.m.

Morning Group 2

- Monday, Wednesday, Thursday
- 9:00 a.m. – 12:00 p.m.

Afternoon Group

- Monday, Tuesday, Thursday
- 1:30 p.m. – 4:30 p.m.

SCHEDULE OF SERVICES, CONTINUED...

Adolescent IOP Groups

EAST
Evening Group

- Monday, Tuesday and Thursday
- 5:00 p.m. – 8:00 p.m.
- Snacks provided.

WEST
Evening Group

- Monday, Tuesday and Thursday or...
- Monday, Wednesday and Thursday
- 5:00 p.m. – 8:00 p.m.
- Snacks provided.

Adult Aftercare Programs for Aurora Alumni

Aurora Behavioral Aftercare programs provide former patients ongoing psychosocial support. The groups are peer-run and are offered free of charge to former patients who have completed any Aurora Behavioral level of care.

These groups consist of one 60-minute session per week. Patients are encouraged to attend an Aftercare program for up to one year as part of their discharge treatment plan.

WEST
Chemical Dependency Aftercare Program

Tuesday
6:00 p.m. – 7:00 p.m.

WEST
Mental Health Aftercare Program

Thursday
12:00 p.m. – 1:00 p.m.

Patients may be self-referred or referred by a healthcare provider.

We accept most healthcare plans, including Medicare, as well as major credit cards, personal checks and cash.

Private and confidential assessments are provided, **at no charge**, 24 hours a day, 7 days a week through Aurora Behavioral Health System’s Patient Services department.

Your start date is:

Please arrive 30 minutes early for your first group at _____ AM/PM.

For more information and for assistance in helping you determine if you, or your patient, is right for Aurora’s Outpatient Services, please call our 24-hour Patient Services team at:

480.345.5420