



PARTIAL HOSPITALIZATION PROGRAM

Why Choose PHP?

Our partial hospitalization program (PHP) is the ideal level of care for individuals who can benefit from an intensive, highly structured treatment experience, but who do not need round-the-clock care.

Some clients step down to PHP after completing our residential program, while others enter treatment directly at the PHP level.

During your time in PHP, your personalized treatment plan may include individual, group, and family therapy. You'll also take part in a variety of experiential therapies. All care will be customized according to your strengths, needs, and treatment goals.

PHP at Azure Acres consists of six full treatment days each week. All services are provided on our campus in Sebastopol, California.

Supportive Housing Available

One of the benefits of PHP is that you can return home in the evenings and on days when treatment is not in session. However, we understand that for some clients, this is not an ideal option.

For this reason, we're proud to offer a sober living residence for PHP participants. This supportive environment, which is known as Burnside House, is located just a short drive from our campus.

Admissions Details

Our PHP is designed for adults age 18 and older who have been struggling with addiction. As with all elements of care at Azure Acres, all PHP admissions decisions are made on an individual basis.

To schedule your free admissions assessment, contact us at your convenience. A friendly and knowledgeable member of our team is available to speak with you anytime, 24/7.

Your Treatment Team

All members of the Azure Acres team are committed to providing clinically superior services in an atmosphere of dignity and respect. During your time in PHP, you'll work with experienced professionals who embody our core values of integrity, compassion, and superior service.

A 2nd Chance at a Changed Life

Working together to provide quality healthcare





Treatment Model

As is the case with all aspects of treatment at Azure Acres, your PHP experience will be customized according to your unique strengths, needs, and goals. Taking those factors into consideration, your treatment team may include the following elements in your personalized plan:

Individual counseling: Individual counseling allows you to receive one-on-one guidance from an experienced professional. Counseling may also be the perfect opportunity to address concerns that you may be hesitant to discuss in a group setting.

Family counseling: Family can play an important role in the recovery process. During family counseling sessions, your loved ones can address how they have been impacted by your struggles with addiction. They can also learn how to best support you during and after your time in treatment. At the PHP level, family sessions are held once per week. They are typically led by the director of our family program and our multidisciplinary team.

Groups: Groups are a daily component of treatment at the PHP level. Groups allow you to share your insights, learn from the experiences of others, and develop skills that will support your continued recovery. PHP groups, which are usually led by our program director, may address relapse prevention, addiction education, effective communication, self-esteem, family education, and a host of additional topics.

Benefits of PHP include:

- Free confidential assessment
- Free insurance verification
- Multidisciplinary treatment teams
- Personalized treatment plans
- Individual, group, & family counseling
- 12-Step education & support
- Relapse prevention education
- Detailed discharge planning
- Vibrant alumni program

During your time in PHP at Azure Acres, you will:

- Expand your understanding of the disease model of addiction
- Develop healthy stress-management & conflict-resolution capabilities
- Learn to identify triggers & resist relapse
- Make the lifestyle changes that will support long-term recovery
- Experience the power & potential of the recovery community

A 2nd Chance at a Changed Life
Working together to provide quality healthcare

