

## Intensive Outpatient Program Schedule

### MEETING SCHEDULE



West Hills Hospital offers Intensive Outpatient groups provided by expert clinicians. The curriculum includes process and educational group discussions. Groups focus on life skills training, recovery skills, communication and relationship skills and relapse prevention plans.

Our services are designed to provide a smooth transition from inpatient to home, or to help prevent the need for an inpatient admission. Our caring staff will work with you to help you be successful with your mental health treatment goals and your life in general.

Additional resources and referrals will be discussed as appropriate.

#### *Mental Health I IOP*

- Monday/Tuesday/Thursday
- 9:00am-12:00pm
- Transportation and Breakfast Provided

#### *Mental Health II IOP*

- Monday/Wednesday/Friday
- 9:00am-12:30pm
- Transportation and Lunch Provided

#### *Chemical Dependency IOP (AM)*

- Monday/Tuesday/Thursday
- 1:00pm-4:00pm
- Lunch Provided

#### *Chemical Dependency IOP (PM)*

- Monday/Wednesday/Friday
- 5:30pm-8:30pm
- Snacks Provided

#### *Dual Diagnosis IOP*

- Monday/Tuesday/Thursday
- 1:00pm-4:00pm
- Transportation and Snacks Provided

For more information, please contact Nick Clark, IOP Coordinator, and 775-789-4270