



# Coachella Valley

## BEHAVIORAL HEALTH

## Partial Hospitalization Program

**Coachella Valley Behavioral Health** offers a partial hospitalization program (PHP) for adults age 18 and older who are struggling with mental health concerns. Our PHP is suitable for people who can benefit from structured treatment but do not require round-the-clock care. Patients can enter this program directly or after completing a higher level of care.

### OUR PROGRAMMING

Our highly trained team of clinicians creates a personalized treatment plan for each patient. We incorporate a variety of evidence-based therapies and services in our PHP, including:

- Individual, family, & group therapy
- Cognitive behavioral therapy (CBT)
- Acceptance therapy
- Motivational interviewing
- Psychoeducation
- Art therapy
- Dialectical behavior therapy (DBT)
- Medication management

### PHP SCHEDULE

In our PHP, we provide age-appropriate programming five days a week, Monday-Friday, for five hours a day. Patients receive treatment during the day and then return home in the evenings and on weekends.

(855) 812-7400 | [www.coachellavalleybehavioral.com](http://www.coachellavalleybehavioral.com)

81555 JFK Court | Indio, CA 92201

## AFTERCARE SUPPORT

Discharge planning starts when a person begins treatment at our hospital. We work collaboratively with each patient, their family, and their treatment team to create an aftercare plan that promotes their continued progress.

We offer aftercare support groups twice a week for anyone who has completed treatment at Coachella Valley Behavioral Health. These sessions cover topics like maintaining recovery, preventing relapse, finding a sense of purpose, and maintaining healthy relationships.

## ADMISSIONS PROCESS

Our caring and compassionate assessment staff is available anytime to answer questions and to start the admissions process. We are open 24 hours a day, seven days a week. For the assessment, our experienced clinicians meet with patients to discuss their unique needs.

**Call Us Today!**

**(442) 325-3304**

**Karl Kirsch, Director of Outpatient Services**



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