

WHEN YOU'RE NOT SURE  
WHICH WAY TO TURN...

# TAKE THE ROAD TO WELLNESS



## PARTIAL HOSPITALIZATION & INTENSIVE OUTPATIENT PROGRAM

**CAPITAL REGIONAL**  
**BEHAVIORAL HEALTH CENTER**  
OUTPATIENT SERVICES

[CapitalRegionalMedicalCenter.com](http://CapitalRegionalMedicalCenter.com)

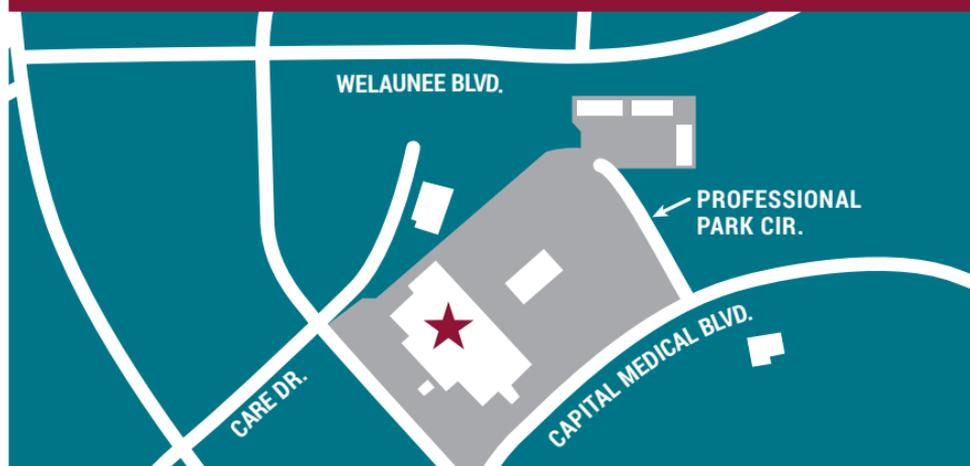
# Partial Hospitalization & Intensive Outpatient Program

## Partial Hospitalization Program

*Monday-Friday - 9 a.m. - 3:30 p.m.*

## Intensive Outpatient Program

*Monday-Friday - 9 a.m. - 12 p.m.*



## A NEW PATH

Capital Regional Behavioral Health Center Outpatient Services offers a Partial Hospitalization Program & an Intensive Outpatient Program.

The Partial Hospitalization Program includes a minimum of four group therapy sessions per day and approximately 35 hours per week of therapeutic group activities.

The Intensive Outpatient Program includes 15 hours of therapeutic group activities per week.

## SERVICES

- » Cognitive Behavioral Therapy
- » Dual Diagnosis Therapy
- » Art Therapy
- » Educational Group Therapy
- » Medication Management

## TREATMENT FOR

- » Age 18+
- » Psychiatric Disorders/  
Co-Occurring Disorders
- » Crisis Situations
- » Depression and/or Anxiety
- » Post-Traumatic  
Stress Disorder
- » Grief/Loss Issues
- » Relational Conflict
- » Mood Swings
- » Inability to Sleep
- » Trouble Focusing  
or Completing Tasks
- » Difficulties at Work/School

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