

# Charting Your Progress

**A return to wellness is a journey that we'll guide you through every step of the way, one day at a time.**

## Stabilize

### INPATIENT

This is the start of your journey to wellness. We help stabilize your condition with a combination of therapy and medication management. During your stay, we will help you build a plan for your emotional and mental health. Duration varies, but it typically lasts 8-10 days.

## Manage

### DAY PROGRAM

Once you and your treatment team determine your readiness for discharge from inpatient care, we will discuss the next step in your journey. With our partial hospitalization day program (PHP), you'll begin the return to daily life where you'll experience stressors that previously triggered your struggle. We'll help you further develop coping skills to manage them. Duration is 2-4 weeks.

## Maintain

### INTENSIVE OUTPATIENT

Transition to our intensive outpatient program (IOP) with the confidence that you're stronger than what you've battled in the past. Through continued treatment and counseling, we'll guide you through your new normal and help you build a support system to keep you on a path to recovery.

## Advance

### ONE-ON-ONE THERAPY

After graduating from our continuum of care, we'll connect you with an aftercare provider (either your own or a trusted partner) for traditional one-on-one therapy, as needed.