

Our team of experts is here to help guide you with a personal plan designed around **your** individual needs.

Ask our care team where **your** journey begins.

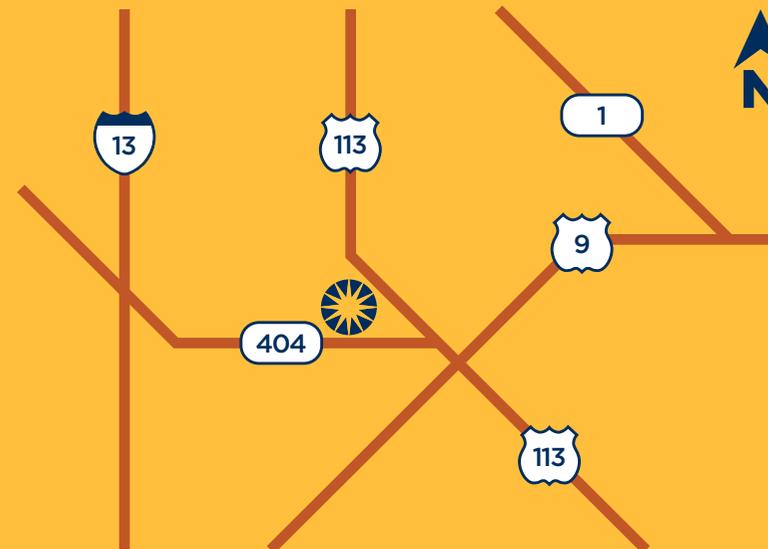
Our Treatment Options

- ☀ Child/Adolescent Programs
- ☀ Co-Occurring/Substance Use Disorder Programs
- ☀ Integrity Program for Older Adults
- ☀ Mental Health Services
- ☀ Outpatient Program



Skip the ER. 24/7 No-Cost Evaluations.
Walk-Ins and Appointments Welcome.

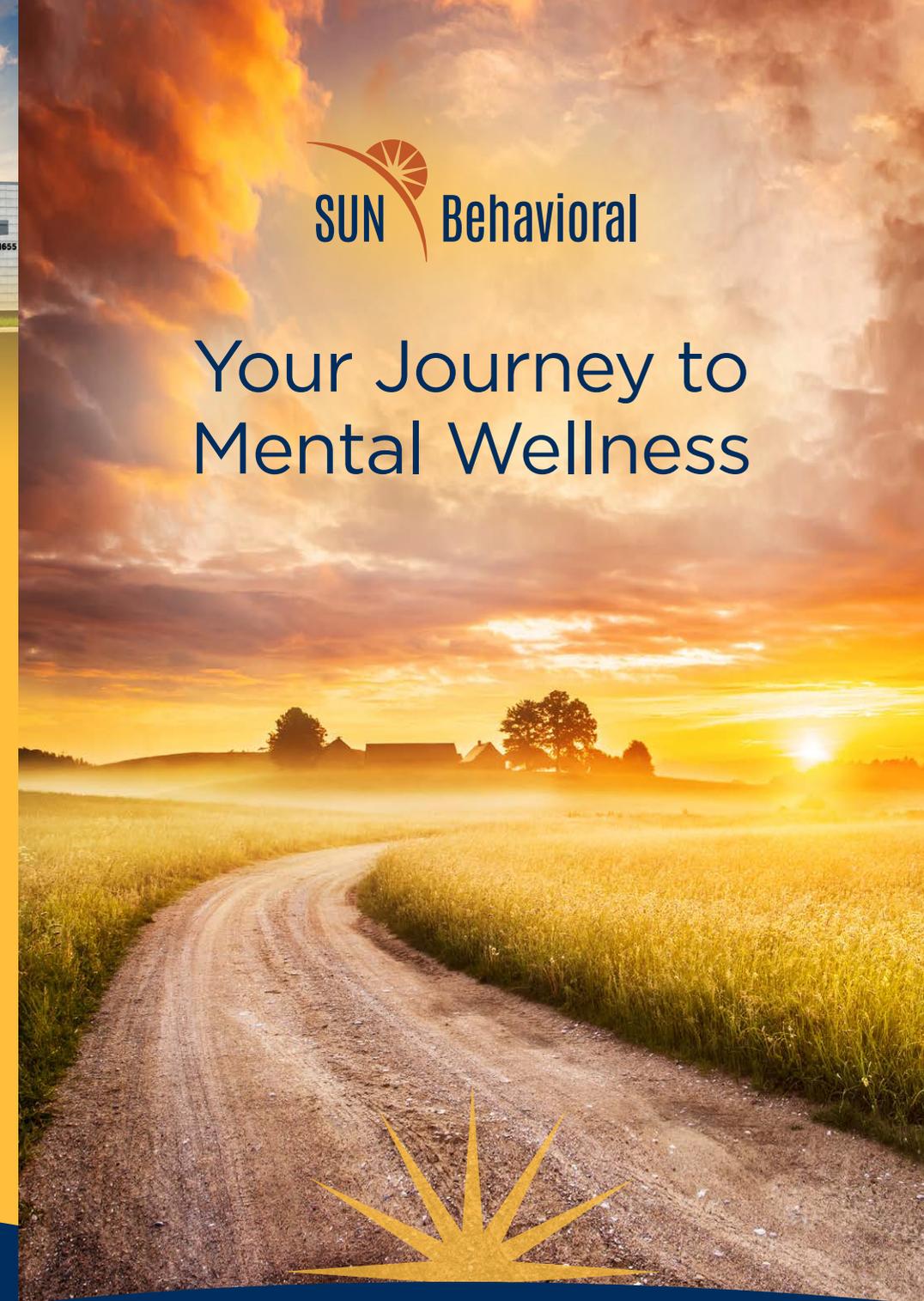
Call **SUN First.**



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Your Journey to
Mental Wellness



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.

SUN's treatment features include:

- Expert psychiatrists and nurse practitioners
- On-site AA meetings
- Compassionate around-the-clock nursing care
- Collaboration with outpatient providers
- Aftercare planning and support for continued recovery

Our judgment-free programs put you on a path to reclaim your life. You'll achieve wellness with the following:

- Renewed mental clarity
- The ability to identify underlying issues and triggers
- Healthier coping skills and tools
- Defined core beliefs
- Dependable support system in your community
- Relapse prevention plan