



SONORA OUTPATIENT SERVICES

OUTPATIENT SERVICES

*Partial Hospitalization Program | Substance Use
Mental Health Intensive Outpatient Programs*

Trauma-Focused Treatment

Making the decision to receive treatment for an addiction or mental health concern isn't easy. It might be among the toughest choices you'll ever make.

But it will also be *one of the most important*. At Sonora Behavioral Health, our outpatient treatment programs can be *not only life-changing, but lifesaving*. We'll help you focus on getting the help you need in a trauma-informed environment that's specifically designed to get you started on your journey toward recovery. Our programming includes:

- **Partial Hospitalization Program (PHP):** Our most intensive outpatient program, our PHP focuses on intensive process groups and coping strategies, psychiatry services, and medical and psychoeducation that promotes healthy living.
- **Substance Use Intensive Outpatient Program (SU-IOP):** Designed for those individuals dealing with addiction, our SU-IOP focuses on personal motivations and strategies for recovery by offering group therapy, psychoeducation sessions, and family education and support.
- **Mental Health Intensive Outpatient Program (MH-IOP):** Ideal for those who struggle with depression, anxiety, and similar mental health concerns, this program helps clients identify, explore, and overcome the root causes of dysfunction and distress.
- **Adolescent Intensive Outpatient Program:** For young people ages 12-17, our adolescent IOP targets individual challenges with group and family therapies designed to focus on each client's unique struggles, strengths, and abilities.

Program Schedule

PHP	Monday–Friday	8:30am – 3:00pm
SU-IOP (am)	Monday, Wednesday, Friday	9:00am – 12:00pm
SU-IOP (pm)	Monday, Wednesday, Friday	12:00pm – 3:00pm
MH-IOP (am)	Tuesday, Wednesday, Thursday	9:00am – 12:00pm
MH-IOP (pm)	Monday, Wednesday, Friday	12:00pm – 3:00pm
Adolescent IOP	Tuesday, Wednesday, Thursday	4:30pm – 7:30pm
5-Day IOP	Monday–Friday	12:00pm – 3:00pm

MOST MAJOR INSURANCES ACCEPTED. FOR MORE INFORMATION, PLEASE CALL **(520) 399-8688**.

3130 E. Broadway Blvd., Suite 196, Tucson, AZ 85716 | www.sonorabehavioral.com