

Flexible outpatient programs for individuals who:

- Need therapeutic treatment more frequently than conventional outpatient services
- Can benefit from a structured step-down program to assure the transition to an independent lifestyle
- Require medication management to continue their treatment

Intensive Outpatient Program (IOP) & Partial Hospitalization Program (PHP)

These outpatient programs are ideal for individuals who need better coping skills to manage concerns beyond their current capabilities or support structure. Our treatment can:

- Reduce stress or anxiety that can follow a mental health crisis
- Improve functioning in daily living & create balance in your life

We can work with your primary psychiatrist and primary care provider to assure a smooth transition after your graduation from our IOP.

Both programs offer:

- Therapeutic tracks for people who are struggling with mental health concerns and/or chemical dependence
- Stabilization to improve function & return patients to their primary therapist or psychiatrist for continued treatment
- Free transportation for qualified patients who reside in the Tucson area



Admissions Information

Our assessment and referral department is staffed with therapists and registered nurses to accept admissions 24 hours a day. Please contact us with questions or to arrange an intake appointment.

Partial Hospitalization Program

Psychiatrists, master's-level therapists, and registered nurses clinically assess, diagnose, and develop individual treatment plans for each patient's specific needs. Participants meet Monday through Friday, 6 hours each day, with lunch included. The average participant is typically enrolled for 3 weeks.

Intensive Outpatient Program

Master's-level therapists clinically assess and treat patients who have mental health or chemical dependency concerns. Participants meet 3 days a week, 3 hours each day, for 12 weeks. At this level of care, patients are followed by their own psychiatrist in the community.



MENTAL HEALTH & ADDICTION PROGRAMMING



SONORA BEHAVIORAL HEALTH HOSPITAL
6050 North Corona Road | Tucson, AZ 85704

SONORA OUTPATIENT SERVICES
3130 East Broadway, Suite 196 | Tucson, AZ 85716
Referral Line: (520) 399-8688 | Fax: (520) 229-8419
www.sonorabehavioral.com

INSURANCE COVERAGE
Sonora Behavioral Health Hospital works with most insurance plans, including HMOs/PPOs, Medicare, and AHCCCS, and also offers affordable self-pay options.



Inpatient Hospitalization for Mental Health & Chemical Dependence

Sonora's 140-bed facility is one of the leading inpatient psychiatric centers in southern Arizona. Each of our units incorporates the latest in comfort and safety features designed to help patients feel at ease.

Sonora is fully accredited by The Joint Commission. We have received the Gold Seal of Approval based on the high-quality measure of achievements in our annual surveys. In addition, we are recognized by The Joint Commission as a "Top Performer on Key Quality Measures."



"Life is 10% of what happens to you and 90% of how you respond to it."

Adult Inpatient Care

Sonora Behavioral Health Hospital provides short-term inpatient services to individuals who are in an acute crisis situation. Patients experience a multidisciplinary care approach, along with individualized treatment plans for mental health and chemical dependence concerns.

Child & Adolescent Inpatient Care

Children and adolescents have a dedicated unit with separate programming to meet their specific needs. Patients are evaluated by our team of professionals and receive care according to individualized treatment plans. Parents and guardians can count on a team approach to treatment and regular involvement. Students also have time to complete schoolwork each day, if they feel able to do so.

Inpatient Treatment

Inpatient care covers medically monitored detox, significant depression, anxiety, thought disturbances, hallucinations, suicidal ideation, and the effects of trauma. The length of stay varies by patient but averages about 7 days.

Inpatient Treatment Components

- Psychiatrists & psychiatric nurse practitioners meet individually with patients on a regular basis to clinically assess, diagnose, & treat mental health conditions.
- Medical practitioners meet with patients to perform a physical to establish baseline health & order diagnostic testing.
- Master's-level social workers & activity therapists provide group therapy daily.
- Registered nurses educate patients on medication, nutrition, & self-care.
- Behavioral health technicians lead several additional patient groups daily.
- We offer medical management & groups focused on detoxification & chemical dependence for those who are struggling with alcohol or drug addiction.
- Education & discharge planning family sessions are available.
- All treatment includes safe discharge plans & referrals to community resources.

