

OUTPATIENT SERVICES

Whether you need additional support in maintaining the progress you've made at an inpatient program or residential care facility, or you need more help than individual counseling can provide in managing your mental health or addiction, we can help.

Aurora's outpatient services offer a nurturing environment for patients to receive treatment while maintaining their everyday activities such as work and school. Families and support are encouraged to participate as part of the healing process.

PARTIAL HOSPITALIZATION PROGRAM (PHP)

AGES 13+

PHP (day treatment) is our most structured outpatient program, providing daily connections with peers along with clinical and medical oversight. Therapy is provided in a group setting and runs up to six hours a day, with lunch, coffee and snacks provided.

INTENSIVE OUTPATIENT (IOP)

AGES 13+

IOP is a less intensive option that allows individuals to maintain their daily routines such as attending work or school. This program runs three hours per day, with snacks and coffee provided.

ELECTROCONVULSIVE THERAPY (ECT)

AGES 13+

ECT is a medically supervised procedure in which small electric currents are passed through the brain to trigger a brief seizure.

MAY BE A GOOD TREATMENT OPTION IF

- Medications are not tolerated
- Other forms of treatment have not worked

A course of treatment has been shown to change the brain chemistry, reversing symptoms of depression, bipolar disorder, suicidal thinking and schizophrenia.



GROUP TYPES

- Mental Health
- Substance Use
- Trauma

Outpatient is for individuals dealing with:

DEPRESSION & ANXIETY

SUBSTANCE ABUSE

TRAUMA

SUICIDAL THOUGHTS

IMPULSE CONTROL

OCD

BIPOLAR DISORDER

IN NETWORK PLANS



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TEMPE, AZ 85283
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AURORA WEST

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PATIENT SERVICES	870
HELPLINE	7012

