

Our Partial Hospitalization Program gives the extra support some people need.

At Aspire, we know that there is not a single treatment program that is right for everyone; therefore, we offer a variety of programs so the program can fit the individual's needs. One of these is our Partial Hospitalization Program (PHP). **PHP is a 5 day a week / 6 hours a day** program designed for individuals who continue to struggle with maintaining abstinence from substance and addictive behaviors, but in a less intensive environment than full hospitalization, yet offering more support than a typical outpatient program.

We have found it effective for individuals transitioning from a higher level of care, or unable to go to a higher level, such as a residential or in-patient treatment center.



Our unique philosophy and supportive environment has helped Aspire Counseling Services to become one of the fastest growing substance abuse and mental health facilities in California.



Call or Email toll-free 24/7
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(888) 585-7373

aspirecounselingservice.com

Planting Seeds, Saving Lives

Aspire Counseling Services Locations:

9830 Brimhall Rd. Suite 100
Bakersfield, CA 93312
t. (661) 829-7300 f. (661) 829-7302

7498 N. Remington Ave. Suite 102
Fresno, CA 93711
t. / f. 559-777-6797

28118 Bouquet Canyon Rd.
Santa Clarita, CA 91350
t. / f. 661-296-4444

865 Aerovista Place. Suite 130
San Luis Obispo, CA 93401
t. / f. 805-329-5595

1445 E. Los Angeles Ave. Suite 104
Simi Valley, CA 93065
t. / f. (805) 329-5180

Aspire Behavioral Health:

8307 Brimhall Rd. Suite 1705
Bakersfield, CA 93312
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Adult Partial Hospitalization Program

PROGRAM OVERVIEW

Aspire has proven results in the treatment of alcohol and drug addiction. We have developed an innovative approach to addiction treatment that integrates the whole person, utilizing a multi-specialty team approach.

Our services include:

- Individual treatment planning
- Psychiatric care
- Assessment
- Drug & alcohol testing
- Multi-family group sessions
- Spiritual group support
- Crisis intervention
- Referrals
- Relapse prevention
- Discharge planning
- Aftercare

PROGRAM HIGHLIGHTS

Groups are facilitated by a team of experienced therapists and counselors that have proven results. The treatment team consists of:

- Certified Alcohol & Drug Counselors
- Marriage Family Therapist
- Relapse Prevention Specialist
- Certified Addiction Specialist
- Registered Alcohol & Drug Technicians



TREATMENTS

- Self-help Introduction
- Education of cross addiction
- Establishing a sober social support foundation
- Multifamily group therapy
- Yoga & meditation
- Cognitive behavior therapy
- Anger management
- Life skills
- Healing art
- Relapse prevention
- Nutrition education
- Self-esteem building
- Individual & group counseling sessions

