

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

At Aspire, we know that there is not one simple treatment program that is right for everyone; therefore, we offer a variety of programs to fit each individual's needs. One of these is our Partial Hospitalization Program (PHP). PHP is a 5 days a week / 6 hours a day program designed for individuals who continue to struggle with maintaining abstinence from substances and addictive behaviors. This provides a less intensive environment than full hospitalization, yet offers 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 residential or inpatient treatment center.

“ Our unique philosophy and supportive environment have helped Aspire Counseling Services to become one of the fastest growing substance use disorder and mental health treatment facilities in California. ”



SUD/Mental Health Treatment

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865 Aerovista Pl. Suite 130
San Luis Obispo, CA 93401
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21080 Centre Pointe Pkwy. Suite 101
Santa Clarita, CA 91350
t. / f. (661) 296-4444

2775 Tapo St. Suite 102
Simi Valley, CA 93065
t. / f. (805) 329-5180

SUD Treatment Only

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

12571 Hesperia Rd.
Victorville, CA 92395
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Mental Health Treatment Only

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Certified by the State Department of Health Care Services.
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Adult Partial Hospitalization Program

PROGRAM OVERVIEW

Aspire has proven results in the treatment of substance use disorders. 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
- Multi-family group therapy
- Yoga & meditation
- Cognitive behavioral therapy
- Anger management
- Life skills
- Healing art
- Relapse prevention
- Nutrition education
- Self-esteem building
- Individual & group counseling sessions

