

## ***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.

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***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.***

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### **SUD/Mental Health Treatment**

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Fresno, CA 93711  
t. / f. (559) 777-6797

4225 E. Windrose Dr. Suite 300  
Phoenix, AZ 85032  
t. / f. (480) 795-7906

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

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

12571 Hesperia Rd.  
Victorville, CA 92395  
t. / f. (760) 780-1237

### **SUD Treatment Only**

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

### **Mental Health Treatment Only**

8307 Brimhall Rd. Suite 1705  
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California



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

Arizona

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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

