



**NEWPORT
HEALTHCARE**

Empowering Lives. Restoring Families.™

Sample Schedule: Outpatient Programs

Our outpatient programs provide expert and compassionate clinical care for mental health and substance use disorders. Clients live at home while participating in a Partial Hospitalization Program or Intensive Outpatient Program at one of our nationwide locations. Here's an example of what a typical program day might look like.

Partial Hospitalization Program (PHP)

Full-day treatment 5 days a week, Monday–Friday:
Appropriate for clients recently discharged from an inpatient or residential program, or those in need of a higher level of care for ongoing mental health and/or substance use disorders.

- Minimum 4 hours clinical therapy daily, with therapists trained and supervised in modalities including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy–Informed Skills, Attachment-Based Family Therapy, and EMDR.
- Minimum 4 hours strengths-based academic programming each day to keep clients on track with their educational and career goals
- Psychiatric services as part of our integrated care model



Intensive Outpatient Program (IOP)

Partial-day programming, 3–5 days a week: Appropriate for clients recently discharged from a PHP program or those in need of additional support with ongoing mental health and/or substance use disorders.

- Clinical therapy utilizing a variety of modalities
- Family therapy and psychiatric services as needed
- Caring peer community and support for the whole family

Outpatient Services (offered in some locations)

Individual, family, and/or group therapy, typically one hour per day, 1–3 days per week, depending on the needs of the client and family. Appropriate for clients who are stepping down from IOP and would benefit from ongoing support within a caring community, to maintain recovery and positive behavior changes.

ACTIVITIES	
8:30–10:00 am	Academics
10:00–11:00 am	Psychoeducational Group
11:00 am–12:30 pm	Academics
12:30–1:00 pm	Lunch
1:00–2:00 pm	Process Group
2:00–3:00 pm	Academics
3:00–4:00 pm	Process Group
4:00–5:00 pm	Psychoeducational Group
5:00–6:00 pm	Skills Group

PHP and IOP Programs



**NEWPORT
ACADEMY**

A Newport Healthcare Program for Children & Teens



**NEWPORT
INSTITUTE**

A Newport Healthcare Program for Young Adults