

PARTIAL HOSPITALIZATION PROGRAM

Calistoga, CA

SUMMARY

Our new Partial Hospitalization Program (PHP) is designed for adults 18+ suffering from substance abuse and co-occurring mental health issues. Services are provided just a few blocks away from the main Duffy's Residential property at our Mary Burwell Memorial Outpatient Center.

This intermediate level of care offers a robust 6-day-per-week treatment schedule, granting clients more independence to practice their recovery skills while still delivering the structure they need as they transition back to daily life. While enrolled, participants will engage in group and one-on-one therapy, as well as psychoeducational classes and 12-step programming.

When availability permits, on-site supportive housing is provided at our beautiful 8-bed downtown Calistoga facility, Johnny's House. Attendees may also choose to commute to treatment from home or another off-site sober living environment if desired.

Prior participation in Duffy's residential program or another higher level of care is not required to attend our PHP, though it may be necessary depending on the severity of the applicant's symptoms. Each individual will receive a free and confidential assessment before admission to determine the appropriate level of care for their needs.

Upon completion of the outpatient level of care, clients will work closely with their treatment team to determine the best next steps for their unique recovery journey.



PROPERTY OVERVIEW

This charming 1918-era home received meticulous renovation yet still maintains its original detailing and character. The impressive, well-crafted woodwork and soaring ceilings preserve elements from the past. It houses four offices, a large group room, and an entertainment area for leisure activities.

Outside, a private, peaceful garden and courtyard surround a beautiful 3-tiered fountain, and mature trees dot the property adding to the serene environment. Additionally, a generously sized turf area in the back offers flexibility for several outdoor activities.



AMENITIES

The PHP/Day Treatment facility has a recreational area that includes ping-pong, billiards, foosball, television, and free Wi-Fi. Since programming occurs during the day, clients can enjoy these activities during leisure hours in the community.

SCHEDULE

<u>PROGRAM DURATION</u>	<u>WEEKLY STRUCTURE</u>
24 sessions over 4 weeks Monday – Friday 10:00am - 5:15pm Saturday 12:30pm - 6:30pm	<ul style="list-style-type: none">• 6 days/week – Monday through Saturday• 36 hours of programming• 1x individual sessions• Average of 16 psychoeducational groups• 3 optional groups

STAFF

Director of Outpatient Programming, counselors, and milieu staff.

TREATMENT

- Traditional 12-Step & evidence-based therapies
- Dialectical Behavioral Therapy (DBT)
- Seeking Safety
- The Artist Way
- Mindfulness
- Living in Balance
- Sex in Recovery
- Matrix Relapse Prevention
- Emotional Regulation
- Life Skills Training
- Wellness Classes
- Population Specific Groups

SPECIALTY POPULATIONS

Adults over 18 including Veterans, First Responders, Parents in Recovery, LGBTQ+ and BIPOC communities.

AFTERCARE SERVICES

Free lifetime aftercare meetings every Sunday from 3pm - 4pm via Zoom.

COMMUNITY SUPPORT - NA/AA MEETING (OPTIONAL)

- Meetings at Duffy's residential are open to the PHP clients three evenings per week (6:30pm - 7:30pm)
- Transportation to evening 12-Step meetings offered 6 nights per week by staff
- Sex and Recovery process group – 1 per week

INSURANCES ACCEPTED

LICENSED BY CA DHCS



Contact Duffy's Napa Valley Admissions at:

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