



PHP FOR WOMEN

About Our PHP for Women

The partial hospitalization program (PHP) at Southstone Recovery Center is for women who are struggling with addictions to substances such as alcohol, opioids, cocaine, methamphetamine, stimulants, benzodiazepines, and prescription drugs. We also treat co-occurring mental health disorders, including anxiety, bipolar disorder, posttraumatic stress disorder (PTSD), and obsessive-compulsive disorder (OCD). Programming is provided daily seven days a week.

Our PHP for women is designed for individuals who require structured services to manage symptoms of an addiction but do not need 24/7 supervision. This program uses evidence-based treatment and elements of the 12-Step recovery model to help participants achieve lasting recovery and live happy, productive lives. After daily programming, participants can focus on recreation during the evening hours.

Female-Specific PHP Services

- Individual therapy sessions
- Family therapy sessions
- Group therapy sessions
- Cognitive behavioral therapy (CBT)
- DBT-informed therapy
- Motivational interviewing
- Redecision therapy
- Recreational therapy
- 12-Step programming

Group therapy is a significant component of our PHP. Group topics include alcohol and other drug education, planning for sobriety, stress and emotional well-being, anger and communication, attitudes and beliefs, money management, addiction and loss, and physical wellness.

Each woman who takes part in our female-specific PHP works with our staff of experienced professionals, which includes nurse practitioners, certified substance abuse counselors, and other licensed mental health providers. Our team provides treatment in an atmosphere of dignity and respect, ensuring that everyone in our care gets the support they need to begin healing. Upon discharge, each woman receives a detailed aftercare plan that includes intensive outpatient therapy, individual therapy, and monthly community education sessions.

Women can enter care directly at the PHP level. Our team will help you determine if our programming is right for you based on your current needs.

CONTACT US TODAY!

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