

PHP - PARTIAL HOSPITALIZATION

- High Intensity Outpatient (HIOP)
- Day Treatment

Resource options for Partial Hospitalization Programs (PHP), High Intensity Outpatient (HIOP) and Day Treatment.

These resources support programs treating patients at ASAM Level 2.5, and provide 30+ hours of programming treatment per week, and extend up to 240 program hours.

The resource options provide support to the following PHP/HIOP program models and options:

- **Type A: Co-occurring Capable (COC or DDC):**
core or basic Substance Abuse Treatment Program with mental health elements.
(14 Units - 140 hours)
- **Type B: Co-occurring Enhanced (CEC or DDE):**
similar to ASAM level 3.5 resource set.
- **Type C: A subset of the Enhanced CEC Curriculum.**
This addresses a middle stage in the continuum between the most intensive treatment in the hospital or full-time residential (ASAM Levels 4.0 or 3.7) and the least intensive Withdrawal Management Outpatient resources (ASAM Level 1.7). It is shaped to address the high risks that can occur during the period after Post-Acute Withdrawal (PAWS).
- **Type D: Transition supplement**
Supplements one of the above program types with additional Transition resources and Life Skills supporting successful community reintegration after treatment.

Type A Co-occurring Capable: Core or basic Substance Abuse Treatment Program with mental health elements. Same as level 2.1	Key features: Comprehensive evidence-based substance abuse treatment resource. Built on CBT, DBT (with emotion regulation and distress tolerance skills practice), and risk factors management,. Also provides multiple Motivational Interviewing elements (MI) to support engagement in treatment and motivate progress through the stages of change. Recommended <i>Note: these units may be used in any order, thus providing flexibility and support for an open group/open admissions model.:</i> ● Substance abuse: OPEN to Change SUD Units A, B, C ● Basic co-occurring: conditions: Bridge A, B, C <i>Note: the above six (6) units are specifically shaped to mutually support co-occurring substance abuse and mental health issues as a dual diagnosis resource.</i> ● Relapse prevention: OPEN to Change Units D, E, F ● Behavioral health key conditions or issues (10-session Units): Anxiety, Depression, Trauma, Anger ● Treatment Adherence/Medication Compliance, Bridge Unit D (supports MAT) ● Basic Anger Management Unit: MAV-10 ● Flexible aftercare and recovery issues resources (also support 9-10 sessions each): RFPF-24 , RG-24. Issues in Recovery# 1 <i>Note: Many of the above resources are also available in Spanish.</i>
---	---

Type B Co-occurring Enhanced (CEC or DDE) Same as ASAM Level 3.7	These resources have been developed from the core concepts above, but have been expanded and enhanced (2025-2026). They address both substance abuse and co-occurring conditions with increased emphasis on symptoms identification and management. The additional resources provide multiple opportunities to address key triggers and symptoms through use of new emotion regulation strategies and distress tolerance skills in dozens of interactive and practical problem solving scenarios and situations, They also additionally address the significant risk of remission or relapse following post-acute withdrawal. As such, they address Post Acute Withdrawal Symptoms (PAWS) identification and management throughout, integrating symptoms recognition with multiple opportunities to practice and master self-management against their highest risks. This resource set (20 Units - 200 sessions) is structured to provide support across the Continuum of Care, ranging from immediate post-detox in a hospital setting through residential treatment options and then into Intensive Outpatient Programs (IOPs) and even into Extended Outpatient Programs (EOPs). The resources provide program leaders and clinicians the opportunity to shape individual and group treatment to accommodate individual needs and seamlessly provide robust documentation for Utilization Reviews on treatment progress and achievement of behaviorally-stated objectives. The twenty Units (200+ sessions) are shaped around the following four (4) major topics (details provided at www.insightandoutlook.com). ● Change for Life (C4L)) ● Managing Symptoms and Triggers (MST) ● Handling Difficult Feelings (HDF) ● Relapse Prevention - several of these units can also serve as flexible aftercare and recovery issues resources (these units support 9-10 session each): Additional resource include: ● Bridge Unit D - Treatment Adherence/Medication Compliance. Supports MAT. ● Basic Anger Management Unit: MAV-10 ● Resources for Serious and Persistent Mental Illness (SDMI). The Comprehensive Self-Management Curriculum, is an evidence-based 50-hour group and individual resource addressing mood disorders and psychotic spectrum disorders. Based on CBT, DBT, the MI change model, and social learning/skills theory. Transition resources: ● Unit RA This unit provides a change-focused approach to relapse prevention during the <u>post-residential transition period</u>. It targets external risk factors and the development of internal and external protective factors (safety nets). . ● Unit RF This unit also provides a change-focused approach to relapse prevention. It targets high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks. Focuses on the thoughts, feelings, and temptations which may occur prior to and during - the transition.
---	--

Type C A subset of the Enhanced CEC Curriculum. — Targets Post-Acute Withdrawal (PAWS)	Recommended here as a mid-stage resource in the continuum between the most intensive treatment in the hospital or full-time residential (ASAM Levels 4.0 or 3.7) and the least intensive Withdrawal Management Outpatient resources (ASAM Level 1.7). The selection of resources here depends on the position it fills in the treatment plan and treatment process - specifically what has been provided, and their progress in stages of change, self-management, and continuing treatment issues. The Withdrawal Management elements - in all 20 Units of the CEC-WM model, continually build on the MI and self-management process. Long-term remission self-management and relapse prevention depends on significant practice in emotion regulation strategies and distress tolerance skill - specifically addressing the most common and dangerous Post-Acute Withdrawal Symptoms (PAWS). The PHP level can be a critical place to practice those elements using the following program resource areas: ● Managing Symptoms and Triggers (MST) (5 units - 50 program hours) ● Relapse Prevention (5 units - 50 program hours) ● Sleep Hygiene (sleep management) (separate resource, or included on one of the 10-session self-management units).
---	---

Type D Providing one of the above program types with <u>additional Transition</u> resources supporting successful community reintegration after treatment.	● Relapse Prevention Units IR-1, IR-2, RFPF (30 sessions). Flexible aftercare and recovery issues resources which support 10 sessions each. Additional resource include: ● Bridge Unit D - Treatment Adherence/Medication Compliance. Supports MAT. Transition resources (support 10 sessions each). ● Unit RA This unit provides a change-focused approach to relapse prevention during the post-residential transition period. It targets external risk factors and the development of internal and external protective factors (safety nets). ● Unit RF This unit also provides a change-focused approach to recidivism and relapse prevention. It targets high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks. Focuses on the thoughts, feelings, and temptations which may occur prior to and during - the transition. Addresses both risk and protective factors. ● Life Skills - A New Freedom Life Skills Curriculum addresses critical life and lifestyle issues. Each hour-long lesson comprises a lesson plan with a detailed narrative for the counselor or teacher, and a handout/worksheet, https://www.newfreedomprograms.com/lis.php
---	--