



Journey to Recovery

Partial Hospitalization Programs (PHP)

Chemical Dependency ◆ **Mental Health** ◆ **Co-Occurring Disorders**

Journey to Recovery at Mesilla Valley Hospital offers two partial hospitalization programs (PHP) for adults — one for Chemical Dependency & one for Mental Health, with both addressing co-occurring disorders. PHP provides intense and highly-structured care that allows patients to:

- ◆ Return home every night
- ◆ Safely transition from inpatient care
- ◆ Avoid hospitalization
- ◆ Interact with others on the path to recovery
- ◆ Maintain family life
- ◆ Get their life back on track!

Chemical Dependency PHP

Our CD PHP is for adults struggling with drug & alcohol addiction. The program utilizes a Matrix Model approach to addiction treatment to help patients identify, develop and practice lifestyle changes necessary to improve functioning and to stay free of drugs and alcohol. Treatment components include: relapse prevention; attendance at on-site AA and NA meetings; and individual, group, and family therapy.

Mental Health PHP

Our Mental Health PHP is an intense mental health counseling program that is ideal for patients stepping down from an inpatient setting and those who need more mental health support than part-time or traditional outpatient counseling. PHP helps patients manage their mental health and the stress and anxiety that go along with it, while balancing work, relationships and other aspects of their lives.

Both PHP Programs provide structured treatment Monday thru Friday (lunch included) and incorporate medication management; on-site consultations with a psychiatrist; a mix of evidence-based therapies like Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Eye Movement Desensitization Reprocessing (EMDR); social & coping skills development; and more.

**To make a referral, please call our
Assessment & Referral Department at:**

575.382.3500 or 800.877.3500

We are available 24/7 & accept walk-ins anytime!

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