

AIS Simi Valley Weekly Schedule

Partial Hospitalization Program (PHP)



Monday	Tuesday	Wednesday
9:00 - 10:30AM Dual Recovery Group	9:00 - 10:30AM Dual Recovery Therapy Group	9:00 - 10:30AM Recreation Therapy Group
10:30AM - 12:00PM Gender-Specific Process Group*	10:30AM - 12:00PM Process Group*	10:30AM - 12:00PM Process Group*
12:00 - 1:00PM Lunch	12:00 - 1:00PM Lunch	12:00 - 1:00PM Lunch
1:00 - 2:30PM De-escalation Technique & 12-Step Group†	1:00 - 2:30PM Relapse Prevention Group	1:00 - 2:30PM Psycho-Education Group
2:30 - 4:00PM De-escalation Technique & 12-Step Group†	2:30 - 4:00PM Health & Wellness Group	2:30 - 4:00PM Anger Management Group
Thursday	Friday	Saturday
9:00 - 10:30AM Decision-Making Education Group	9:00 - 10:30AM Gorski Relapse Prevention Group	9:00 - 10:30AM Mindfulness Group
10:30AM - 12:00PM Gender-Specific Process Group*	10:30AM - 12:00PM Process Group*	10:30AM - 12:00PM Process Group*
12:00 - 1:00PM Lunch	12:00 - 1:00PM Lunch	12:00 - 1:00PM Lunch
1:00 - 2:30PM Recreation Therapy Group	1:00 - 2:30PM Psycho-Education Group	1:00 - 2:30PM Psycho-Education Group
2:30 - 4:00PM Stress Management Group	2:30 - 4:00PM Recovery Principles Group	2:30 - 4:00PM Community Integration

Additional Notes

- Clients meet weekly with their primary therapist for individual sessions. Every therapist has an open-door policy.
- †Monday afternoons, PHP clients split into two groups, one in De-escalation Technique and one in 12-Step Group, and switch at 2:30PM.
- Detox Panel every other Monday: PHP and IOP clients attend, often as speakers for our detox clients.

Recovery Meetings

- Narcotics Anonymous (NA): Wednesday evenings
- Weekly Alumni Meeting: Friday evenings, open to alumni of all AIS California locations
- Alcoholics Anonymous (AA): Sunday mornings
- Cocaine Anonymous (CA): Sunday evenings

Ancillary Services

- Sundays are a client free day with no clinical groups. Optional activities include church and paid-for outings like the movies, bowling, the zoo, and more!
- Staff transports clients to optional outside recovery meetings daily and to the grocery store weekly.
- Case management for FMLA, short-term disability, legal coordination, etc.

*Process Group Topics:

- Self Care
- Coping Mechanisms
- Short & Long Term Goals
- Communication Skills
- Support Systems

AIS Simi Valley Weekly Schedule

Intensive Outpatient Program (IOP)



ALL IN
SOLUTIONS

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