Since opening its doors in 1979, Phoenix House Orange County has helped save lives, reunite families, and strengthen communities. Located in a historic, Mission-style building on park-like grounds, Phoenix House provides a broad spectrum of residential and outpatient services to help clients break the cycle of substance abuse. Our clients create individualized treatment plans, designed to elevate their strengths and promote personal growth. Phoenix House offers separate, gender-responsive, trauma-informed residential treatment for women and men. Our caring staff provides also outpatient and intensive outpatient services, as well as recovery support.

**Treatment Philosophy**
Phoenix House provides an environment in which change is possible. Our highly-structured treatment approach features state-of-the-art evidence-based curriculum and counseling by experienced and well-trained professional staff. We address the underlying causes of alcohol and drug abuse, including medical, psychological, and social triggers. Family reunification is a crucial step in the recovery process.

**Our Services**
Providing a flexible length of stay, our program includes a demanding regimen of evidence-based therapy groups and individual counseling sessions. We also help residents achieve and sustain recovery through:

- Assessments & treatment planning
- Case management & referrals to services
- Independent living & life skills development
- Vocational & job readiness services
- Housing assistance & sober living programs
- Evidence-based & trauma-informed practices
- Parenting classes
- Literacy improvement
- Anger management
- Physical fitness activities
- Health education
- Dual diagnosis support

The goal for our clients is not only to give up drugs and alcohol, but also to gain the tools to live a sober, productive life. Our residential and outpatient treatment programs for adults are fully accredited by the California Department of Alcohol and Drug Programs and by CARF – the Commission on Accreditation of Rehabilitation Facilities.
Phoenix House Orange County
Adult Outpatient & Intensive Outpatient Services

Phoenix House’s Outpatient Programs provide substance abuse and mental health treatment services to adults with an identified need for this level of service. The agency offers individual and group counseling, educational workshops, and family therapy. Intensive Outpatient Services serve as step down from Residential Treatment, a step up from Outpatient Services, and an initial option for clients who meet admission criteria with no previous treatment history. Regular Outpatient Services feature six hours of treatment weekly, while Intensive Outpatient Services includes a minimum of nine hours of treatment activities per week.

Client Population: Phoenix House Outpatient Services are designed for adults (18+ years old), with a history of drug and alcohol abuse, as well as emotional or behavioral disorders.

Program Components: Phoenix House treatment services include evidence-based cognitive-behavioral practices, enhanced family services, and the tools and concepts of the self-help recovery philosophy. Clients attend counseling sessions and follow customized treatment plans that involve families in their treatment. Individual, group, and family counseling is delivered by experienced mental health and substance abuse professionals. Completion of the program is determined by maintenance of sobriety, and preparation of personal plans for relapse prevention and the life in recovery.

Treatment Planning and Case Management: A comprehensive assessment is completed within the first week of admission. Clear, reasonable, and objective treatment goals are set with the client according to the diagnosis and severity of problems. The frequency and duration of outpatient visits are based on the individual’s progress toward his or her goals. Treatment plans include referrals to appropriate professional and community resources.

Accreditation: The program is certified by the California Department of Health Care Services, and accredited by CARF – the Commission on Accreditation of Rehabilitation Facilities. Financial support for Phoenix House Outpatient Services is provided by the Orange County Health Care Agency and other public and private funders.