

# Rainier Springs Outpatient Programs



Our outpatient treatment programs offer several pathways to help you build healthy coping skills, identify triggers and replacement behaviors, and achieve a higher quality of life.

**Now offering day and evening group therapy, virtual and in-person treatment to fit your needs.**

## WE OFFER:

- Comprehensive psychiatric evaluations and treatment
- Group therapy
- Medication management
- Family education and/or counseling
- Holistic therapies (art, yoga, music)
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Alumni support

## GROUPS:

- Interpersonal Process
- Skill Development
- Psychotherapy
- AA
- Yoga
- Music Therapy
- Music & Movement
- Spirituality
- Healthy Living

## Getting Started



### SCHEDULE AN ASSESSMENT

Better mental health begins with an assessment by a behavioral health professional. The assessment is a conversation about your emotional, social and physical health and provides important information to our medical and clinical teams who will help you make a care plan.



### LEARN ABOUT YOUR CARE PLAN

Our team will thoroughly review the recommended treatment plan with you including what to expect in therapy and how to fully benefit from our programs.



### TREATMENT AND AFTER CARE

Your path to better health begins with regular attendance and completion of the recommended treatment plan. Your care team will work with you to coordinate continued maintenance care with trusted community providers.



### CALL US

Find out more about our programs, discuss insurance coverage and get answers to your questions about treatment.

# Weekly Groups Schedule

## MONDAY



9:00 AM – 1:45 PM  
Interpersonal Process  
Psychotherapy  
Skill Development  
Healthy Living



4:00 PM – 7:45 PM  
AA Group  
Relapse Prevention  
Interpersonal Process  
Skill Development  
Psychotherapy

## TUESDAY



9:00 AM – 1:45 PM  
Interpersonal Process  
Psychotherapy  
Skill Development  
Yoga



4:00 PM – 7:45 PM  
Yoga  
Relapse Prevention  
Interpersonal Process  
Skill Development  
Psychotherapy

## WEDNESDAY



9:00 AM – 1:45 PM  
Interpersonal Process  
Psychotherapy  
Skill Development  
Music Therapy or Spirituality



4:00 PM – 7:45 PM  
Music Therapy or Spirituality  
Relapse Prevention  
Interpersonal Process  
Skill Development  
Psychotherapy

## THURSDAY



9:00 AM – 1:45 PM  
Interpersonal Process  
Psychotherapy  
Skill Development  
Music & Movement Therapy



4:00 PM – 7:45 PM  
Music & Movement Therapy  
Relapse Prevention  
Interpersonal Process  
Skill Development  
Psychotherapy

## FRIDAY



9:00 AM – 1:45 PM  
Interpersonal Process  
Psychotherapy  
Skill Development  
Yoga



4:00 PM – 7:45 PM  
Yoga or Healthy Living  
Relapse Prevention  
Interpersonal Process  
Skill Development  
Psychotherapy



Virtual therapy is available for  
Oregon and Washington  
residents.

We accept most insurance  
plans including Medicare and  
Managed Medicare, TRICARE  
and WA State Medicaid.