

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)

GROUPS:

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

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.

 Rainier Springs
Changes[®]

OUTPATIENT PROGRAM
Phone: 360.356.7690
Fax: 360.718.9280

Weekly Groups Schedule

MONDAY



Mental Wellness PHP
9:00 AM – 2:30 PM
Mental Wellness IOP
9:00 AM – 12:00 PM
Sober Living PHP
12:00 PM – 5:30 PM
Sober Living IOP
12:00 PM – 3:00 PM



Mental Wellness PHP
4:00 PM – 9:30 PM
Mental Wellness IOP
5:00 PM – 8:00 PM
Mental Wellness Virtual IOP
5:00 PM – 8:00 PM

TUESDAY



Mental Wellness PHP
9:00 AM – 2:30 PM
Mental Wellness IOP
9:00 AM – 12:00 PM
Sober Living PHP
12:00 PM – 5:30 PM
Sober Living IOP
12:00 PM – 3:00 PM



Mental Wellness PHP
4:00 PM – 9:30 PM
Mental Wellness IOP
5:00 PM – 8:00 PM

WEDNESDAY



Mental Wellness PHP
9:00 AM – 2:30 PM
Mental Wellness IOP
9:00 AM – 12:00 PM
Sober Living PHP
12:00 PM – 5:30 PM
Sober Living IOP
12:00 PM – 3:00 PM



Mental Wellness PHP
4:00 PM – 9:30 PM
Mental Wellness IOP
5:00 PM – 8:00 PM
Mental Wellness Virtual IOP
5:00 PM – 8:00 PM

THURSDAY



Mental Wellness PHP
9:00 AM – 2:30 PM
Mental Wellness IOP
9:00 AM – 12:00 PM
Sober Living PHP
12:00 PM – 5:30 PM
Sober Living IOP
12:00 PM – 3:00 PM



Mental Wellness PHP
4:00 PM – 9:30 PM
Mental Wellness IOP
5:00 PM – 8:00 PM
Mental Wellness Virtual IOP
5:00 PM – 8:00 PM
Alumni Group
7:00 PM – 8:30 PM

FRIDAY



Mental Wellness PHP
9:00 AM – 2:30 PM
Mental Wellness IOP
9:00 AM – 12:00 PM
Sober Living PHP
12:00 PM – 5:30 PM
Sober Living IOP
12:00 PM – 3:00 PM



Mental Wellness PHP
4:00 PM – 9:30 PM
Mental Wellness IOP
5:00 PM – 8:00 PM
Mental Wellness Virtual IOP
5:00 PM – 8:00 PM

ALUMNI GROUP

Click [HERE](#) to sign up for the group.
You will then receive a follow up
call with access information.

Zoom ID: 836 9297 1687



On-site and virtual therapy is
available for Oregon and
Washington residents.

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