

Partial Hospitalization Program (PHP) for Addiction in Houston, TX

Our partial hospitalization program (PHP) in Houston, Texas provides comprehensive treatment for adults and young adults with addiction and co-occurring conditions. At (COMPANY NAME), patients receive intensive treatment at an outpatient level that supports healing and wellness.

Our Partial Hospitalization Program in Houston, Texas

(COMPANY NAME) partial hospitalization program (PHP) in Houston, Texas, provides structured, comprehensive support for individuals who have completed our residential treatment program and are ready to take the next step in their recovery. PHP offers a supportive transition from residential care while allowing patients to gradually increase their independence and begin applying the skills they developed in a less intensive setting.

Our PHP builds upon already established personalized treatment planning and may include continued clinical care, therapy, relapse prevention education, life-skills development, and support for co-occurring mental health issues. Because this program is exclusively available to graduates of our residential program, our team already understands each patient's history, needs, and progress, allowing us to provide consistent, coordinated care as they continue working toward long-term recovery.

Admissions / Getting Started Block

Why Patients Choose (COMPANY NAME)

At (COMPANY NAME) Health, our partial hospitalization program (PHP) provides structured, clinically intensive care for adults and young adults navigating substance use, underlying mental health concerns, trauma, and chronic pain.

Comprehensive Care for Substance Use and Co-Occurring Disorders

Our multidisciplinary team addresses substance use disorder alongside underlying mental health conditions, trauma, chronic pain, and other factors that may affect recovery. By treating the whole person — not just the symptoms — we help patients build the insight, stability, and skills needed for lasting change.

Structured Day Treatment and Clinical Support

PHP provides a consistent daily schedule of therapy, clinical services, skills development, and recovery-focused programming. This level of structure offers increased support and accountability while helping patients practice their treatment goals in real-life settings.

Personalized Treatment in a Supportive Setting

Every patient receives an individualized treatment plan based on their goals, clinical needs, stage of recovery, and personal circumstances. Our team works closely with each patient to monitor progress and adjust care as needs change.

Trauma-Informed and Evidence-Based Care

Our team utilizes proven therapeutic approaches such as cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), eye movement desensitization and reprocessing (EMDR), family therapy, and group therapy. These services help patients address the underlying factors contributing to substance use and mental health challenges.

Integrative Therapies That Support Whole-Person Healing

In addition to traditional clinical care, patient treatment plans may include movement therapy, art and expressive therapies, yoga, nutrition support, mindfulness, and wellness-focused programming. These services support emotional, physical, and psychological well-being throughout recovery.

Continued Support Beyond PHP

Recovery continues beyond the PHP setting. Through alumni programming, family support services, individualized aftercare planning, step-down treatment recommendations, group therapy opportunities, and ongoing clinical connections, we help patients build a strong foundation for continued success.

Accreditations Block

Who Is PHP For?

Our PHP in Houston, TX is designed for residential treatment graduates who are ready to continue their recovery with greater independence while maintaining structured

clinical support. PHP can benefit individuals with substance use disorders who need continued support managing cravings, strengthening coping skills, and building a foundation for lasting recovery. It also supports individuals with co-occurring mental health concerns, chronic pain, trauma, or process addictions through continued therapy, medication management, and holistic care.

PHP also serves as an important step for individuals transitioning from residential treatment to a less intensive level of care. Rather than moving directly from 24/7 residential support into traditional outpatient treatment, patients can continue receiving structured care while gradually returning to everyday responsibilities. For those who need more support than traditional outpatient treatment but no longer require residential care, our PHP provides the structure, clinical guidance, and continued accountability needed to strengthen recovery and prepare for the next stage of life.

[Harness the Power of Wellness](#)

What to Expect from Our PHP in Texas

(COMPANY NAME) partial hospitalization program provides a well-rounded approach to recovery, combining therapy, medical support, and skill-building activities to help you or your loved one heal.

Comprehensive Care

We offer expert-led therapy, medication management, and holistic interventions tailored to your individual needs.

Supportive Environment

Our Houston location provides access to a large recovery community, world-class healthcare providers, and specialized programs.

Convenient Location

(COMPANY NAME) Health is conveniently located in the heart of Houston, offering a welcoming and accessible environment for healing.

Our PHP provides intensive, structured support while helping you gradually transition back into daily life and build the skills needed for lasting recovery.

[Start Your Path to Recovery](#)

[CTA] Take the Next Step Toward Healing

Ready to take the next step in your recovery journey? (COMPANY NAME) Health's partial hospitalization program in Houston provides the support and structure you need to reclaim a life you love.

[Contact us today](#) for a confidential assessment and discover how our personalized approach to treatment can help you achieve lasting wellness.

Our Partial Hospitalization Program in Houston, Texas

(COMPANY NAME) Health's PHP provides a well-rounded approach to recovery, combining therapy, medical support, and skill-building activities.

Individual and Evidence-Based Therapy

We offer individual therapy sessions tailored to your individual needs, goals, and experiences. Whether you're exploring the underlying causes of addiction, processing trauma, or developing healthier coping strategies, our therapists provide a safe, supportive environment for meaningful healing and growth.

Our evidence-based approach may incorporate cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR), motivational interviewing (MI), transcranial magnetic stimulation (TMS), and other therapeutic interventions based on your unique needs.

Group Therapy

Group therapy provides an opportunity to share experiences, gain insight from peers, and learn from others navigating similar challenges in recovery. Through connection and mutual support, clients can build a greater sense of community while developing skills and perspectives that support lasting recovery.

Medication-Assisted Treatment (MAT)

When appropriate, we use FDA-approved medications to help manage withdrawal symptoms and cravings, supporting continued progress in recovery.

Psychiatric Care

Our experienced psychiatrists provide ongoing assessment and treatment for dual diagnosis, ensuring you receive comprehensive care and support.

Family Therapy

We recognize the importance of family support in recovery. Family therapy can help strengthen relationships, improve communication, and build a family bond for ongoing support.

Relapse Prevention & Coping Skills Training

At (COMPANY NAME) our PHP is designed to support you as you transition towards a healthier lifestyle. Learn practical strategies to identify triggers, manage cravings, and navigate recovery obstacles with relapse prevention.

[Become a Healthier You](#)

Holistic Healing Approach

At (COMPANY NAME) Health, we take a holistic approach to recovery that supports the mind, body, and spirit. Alongside traditional therapies, clients can participate in yoga, meditation, equine therapy, sound baths, breathwork, and creative therapies designed to promote relaxation, emotional regulation, self-awareness, and healthy self-expression.

These complementary therapies offer additional ways to manage stress, connect with the body, process emotions, and develop healthy tools for navigating recovery. By incorporating holistic care into individualized treatment, we support each client's overall well-being throughout their recovery journey.

What We Treat

Our PHP provides continued support for individuals recovering from substance use disorders, helping them strengthen the skills needed for lasting recovery. We also treat co-occurring mental health conditions through integrated care that addresses the connection between substance use and emotional well-being. For clients with a history of trauma, our trauma-informed approach provides a safe, supportive environment to process difficult experiences and develop healthier ways of coping.

Benefits of Our PHP in Houston

At (COMPANY NAME), we're dedicated to providing exceptional care that empowers you to thrive in recovery.

Structured Support

Our PHP provides a structured environment to help you remain focused, accountable, and committed to your recovery goals. Expect active participation in therapy sessions, assignments, and group discussions.

Flexible Scheduling

While our PHP involves regular sessions, typically several hours per day, multiple days a week, we understand the importance of flexibility. We'll work with you to create a schedule that allows you to maintain daily responsibilities alongside treatment.

Expert Clinical Team

Our multidisciplinary [team](#) includes licensed therapists, psychiatrists, and medical professionals. Our compassionate experts have 100+ years of combined experience and are passionate about helping you achieve lasting recovery.

Comprehensive, Trauma-Informed Care

We offer specialized, trauma-informed care tailored to your individual needs. Whether you're struggling with trauma, addiction, chronic pain, or psychiatric disorders, our team provides comprehensive support every step of the way.

Comfortable, Home-Like Environment

Our beautiful, boutique-style facility provides a calming and supportive space for healing. We believe a comfortable, welcoming environment is essential for creating a sense of safety and promoting successful recovery.

Strong Aftercare & Alumni Support

We're committed to supporting you long after your treatment program ends. Our robust aftercare program includes ongoing support groups, relapse prevention planning, and continued therapy options, ensuring you have the tools and resources you need to maintain sobriety.

[Begin Healing](#)

Knowing When PHP Is the Right Fit

PHP may be the right fit for individuals who have completed residential treatment but would still benefit from structured clinical support as they transition toward greater independence. It can provide continued accountability and therapeutic support for those who need more care than traditional outpatient care but no longer require 24/7 residential services.

PHP may also be appropriate for individuals who need continued support managing cravings, mental health symptoms, trauma, or other challenges that can affect recovery. Our

PHP is available exclusively to graduates of our residential treatment program and builds upon the progress made during residential care.

Moving Forward with Our PHP in Houston, TX

Continuing treatment after residential care can provide the structure and support needed to strengthen recovery and navigate the challenges of everyday life. Our PHP helps residential graduates build on their progress, develop greater confidence, and continue working toward lasting well-being. With the right support and commitment to recovery, moving forward can be a meaningful step toward a healthier, more fulfilling future.

Contact (COMPANY NAME) today to learn more about our PHP in Houston, TX, and take the next step toward healing.

FAQs

How long can you stay in PHP?

The length of your stay in our partial hospitalization program depends on your individual treatment needs, progress, and recovery goals. PHP is currently available to graduates of our residential treatment program, and our team works with each patient to determine the appropriate duration of care. Your treatment plan may be adjusted as your needs change, with continued support available as you transition toward greater independence.

Do I need detox before starting your partial hospitalization program in Houston, TX?

Our partial hospitalization program is currently limited to graduates of our residential treatment program. For patients who need detox, our medically managed detox program provides 24/7 nursing care and withdrawal management before residential treatment. Our team will complete an initial assessment to help determine the appropriate level of care and guide you or your loved one through the next steps.

What is the difference between PHP and IOP?

A partial hospitalization program (PHP) and an intensive outpatient program (IOP) both provide structured addiction treatment for individuals working toward recovery. However, they differ in the level of support and intensity of care. PHP generally offers more intensive, structured clinical services, while IOP provides a more flexible schedule that allows patients to balance treatment with daily responsibilities.

Both PHP and IOP are currently limited to graduates of our residential treatment program. Our team can help determine which level of care best aligns with your individual needs and recovery goals.

CTA

If you're ready to continue your recovery journey after residential treatment, (COMPANY NAME) PHP in Houston, TX, can provide the structure and support you need to move forward. Contact our team today to learn more about our program and take the next step toward lasting recovery.

Meta Title:

Partial Hospitalization Program (PHP) for Addiction in Houston, TX

Meta Description:

(COMPANY NAME) offers a partial hospitalization program (PHP) in Houston, including evidence-based therapy, relapse prevention, and medication management.