

# Outpatient Programs (PHP & IOP)



Lowcountry Transitions Behavioral Health offers both half-day Intensive Outpatient (IOP) and full-day Partial Hospitalization (PHP) programs for adults who need more support than they are receiving from routine therapy sessions but do not require the intensity of an inpatient stay or need support when stepping down from an inpatient stay.

Our treatment structure combines education, clinical processing and experiential learning provided by an interdisciplinary team consisting of psychiatrists, nurses, social workers and therapists. We are here to help you achieve maximum benefit from the program while continuing to live at home and work.

Lowcountry Transitions Outpatient program offers group services geared to meet the needs of individuals who are attempting to cope with:

- Depression
- Panic and Anxiety
- Alcohol and Substance Use
- Bipolar Disorder
- Grief and Loss
- Post Traumatic Stress Disorder
- Relationship Issues
- Postpartum Depression
- Adjustment Disorder



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## PROGRAM COMPONENTS:

- Group Therapy
- DBT/CBT
- Communication skills
- Relapse Prevention
- Psychiatric Evaluation
- Medication Management
- Mindfulness Meditations
- Anger Management
- Self-esteem
- Treatment Planning
- Skill Building
- Problem Solving
- Coping Skills
- Goal Setting

**Partial Hospitalization Program** runs 5 days a week Monday – Friday 9:00am – 2:00pm

**Intensive Outpatient Programs** runs 3-5 days a week Monday – Friday 9:00am - Noon

Lowcountry Transitions Outpatient program offers services on site at 9225 University Blvd, Suite C, Charleston, SC 29406.

Lowcountry Transitions Outpatient also offers the option to participate virtually to receive behavioral health treatment in a format utilizing a secure HIPPA compliant Telehealth platform. Telehealth enables you to remotely access the quality care of our outpatient services.

**For more information or to schedule an initial no cost consult call (843) 847-3080  
Or visit our website at [TridentHealthSystem.com/Service/Behavioral-Health](https://TridentHealthSystem.com/Service/Behavioral-Health)**



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